RISK ASSESSMENT AND METHOD STATEMENT (RAMS)

Business name

Document: RAMS-001 Rev 1
Prepared: 9 Nov 2026
Review by: 9 Dec 2026
Highest risk after controls: Medium

1. BUSINESS AND JOB DETAILS

Job	Concrete grinding and polishing	**Start date**	9 Nov 2026
Working hours	7:00 am to 3:30 pm	**Trade**	Concreting

2. WORK INVOLVING PARTICULAR RISKS (CDM 2015 SCHEDULE 3)

	Risk of burial under earthfalls, engulfment in swampland or falling from a height, made worse by the work, processes or site		Work on wells, underground earthworks and tunnels
YES	Chemical or biological substances that are a particular danger, or that need health monitoring by law		Divers with a system of air supply
	Ionising radiation needing controlled or supervised areas		Work in caissons with a compressed air atmosphere
	Work near high voltage power lines		Use of explosives
	Risk of drowning		Assembling or dismantling heavy prefabricated components

3. RISK ASSESSMENT

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
1	Close off the area and seal doors to stop dust spreading	Working in an occupied home or building Silica dust from concrete, brick, stone and tiles Rules: COSHH Regulations 2002	Residents, Children, Staff, Workers, People nearby. How: Residents, staff or children wander into the work area and get hurt, or the work blocks exits or cuts off power or water while people are inside. Cutting, grinding or drilling concrete, brick, stone, tiles or fibre cement makes fine silica dust that causes silicosis and lung cancer.	**Very high (20) Likely / Fatal**	1.1 Plan noisy, dusty or risky work for when the building is empty. [Eliminate] 1.2 Close off the work area with barriers, plastic sheeting or locked doors, and put up signs. [Isolate] 1.3 Keep fire exits and paths clear at all times. [Control (procedures)] 1.4 Tell occupants before you turn off power, water or gas, and before noisy or dusty work. [Control (procedures)] 1.5 Lock away tools, chemicals and materials each day, out of reach of children. [Control (procedures)] 1.6 Clean up dust and debris at the end of each day. [Control (procedures)] 1.7 Order materials cut to size, or use low-dust methods such as score and snap or a block splitter. [Reduce / substitute] 1.8 Cut outdoors or in a separate area, with other people well away and upwind. [Isolate] 1.9 Silica dust from concrete, brick, stone and tiles: see step 5 for the full controls [Control (procedures)]	**Medium (5) Very unlikely / Fatal**	Site supervisor

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
2	Connect the grinder to an H-class extractor before starting	Silica dust from concrete, brick, stone and tiles Electric shock from leads and power tools Rules: COSHH Regulations 2002; Electricity at Work Regulations 1989	Workers, People nearby. How: Cutting, grinding or drilling concrete, brick, stone, tiles or fibre cement makes fine silica dust that causes silicosis and lung cancer. Damaged leads, plugs or tools, or water near power, give the user an electric shock.	**Very high (20) Likely / Fatal**	2.1 Use water on the blade or on-tool dust extraction connected to an H-class vacuum. [Control (engineering)] 2.2 Clean up with a vacuum or wet methods. Never dry sweep or use compressed air. [Control (procedures)] 2.3 Silica dust from concrete, brick, stone and tiles: see step 5 for the full controls [Control (procedures)] 2.4 Use battery-powered tools where you can. [Reduce / substitute] 2.5 Use 110V tools through a centre-tapped transformer, or battery tools. Use an RCD on any 230V supply. [Control (engineering)] 2.6 Keep leads off the ground and out of water, using lead stands or hooks. [Control (engineering)] 2.7 Check leads, plugs and tools before every use. Tag out and remove anything damaged. [Control (procedures)] 2.8 Keep tools and leads inspected and PAT tested on a regular schedule. [Control (procedures)] 2.9 Do not use tools in rain or wet areas unless they are rated for it. [Control (procedures)] 2.10 Wear safety boots and dry gloves. [PPE]	**Medium (5) Very unlikely / Fatal**	Site supervisor
3	Grind with hearing and breathing protection, rotating operators	Loud noise Hand-arm and whole-body vibration Repetitive work and awkward postures Rules: Control of Noise at Work Regulations 2005; Control of Vibration at Work Regulations 2005	Workers, People nearby. How: Saws, grinders, jackhammers and machines cause permanent hearing loss and ringing in the ears over time. Long periods on jackhammers, grinders, compactors or riding plant cause white finger, numbness and back damage.	**High (12) Likely / Lost time injury**	3.1 Use quieter tools and methods, such as cut-to-size materials, low-noise machines and battery tools. [Reduce / substitute] 3.2 Keep noisy plant away from work areas, and use screens or distance between the noise and people. [Isolate] 3.3 Keep tools maintained and use mufflers on compressors and generators. [Control (engineering)] 3.4 Limit time on noisy tools and rotate workers. [Control (procedures)] 3.5 If you have to shout to be heard by someone 2 metres away, the noise is probably 85 dB(A) or more: wear hearing protection. [Control (procedures)] 3.6 Assess noise. At 85 dB(A) or more, hearing protection is required and the zone must be marked. [Control (procedures)] 3.7 Use low-vibration tools and methods, such as a breaker on an excavator instead of a hand jackhammer. [Reduce / substitute] 3.8 Keep tools sharp and well maintained, and use anti-vibration handles and seats. [Control (engineering)] 3.9 Limit trigger time using the HSE vibration calculator to stay below the exposure action value, and rotate workers. [Control (procedures)] 3.10 Keep hands warm and dry, and take regular breaks. [Control (procedures)] 3.11 Report tingling, numbness or white fingers early. [Control (procedures)] 3.12 Use tools that cut the effort: powered screwdrivers, long-handled tools and extension poles for overhead work. [Reduce / substitute] 3.13 Set work up at waist height on benches or trestles where you	**Medium (6) Unlikely / Lost time injury**	Site supervisor

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
					can. [Control (engineering)] 3.14 Use light tools with good grips, and keep blades and bits sharp. [Control (engineering)] 3.15 Rotate tasks and take short breaks every hour on repetitive work. [Control (procedures)] 3.16 Warm up before heavy physical work and report aches and pains early. [Control (procedures)]		
4	Apply densifiers or sealers with ventilation	Hazardous chemicals Flammable liquids and gases Rules: COSHH Regulations 2002; Dangerous Substances and Explosive Atmospheres Regulations 2002 (DSEAR)	Workers, Occupants, Public. How: Glues, sealants, solvents, acids, cleaners and cement burn skin and eyes or cause breathing problems and poisoning. Petrol, solvents, thinners and LPG catch fire or explode when vapour reaches a spark, flame or hot surface.	**High (10) Unlikely / Fatal**	4.1 Choose the least harmful product that does the job, for example water-based instead of solvent-based. [Reduce / substitute] 4.2 Use chemicals in well-ventilated areas, or use fans and extraction in closed rooms. [Control (engineering)] 4.3 Do a COSHH assessment and read the Safety Data Sheet (SDS) before use. [Control (procedures)] 4.4 Keep chemicals in labelled containers. Never decant into drink bottles. [Control (procedures)] 4.5 Store chemicals away from heat, food and drink, and keep products that react with each other apart. [Control (procedures)] 4.6 Have eye wash and a spill kit nearby, and wash hands before eating. [Control (procedures)] 4.7 Wear chemical-resistant gloves and safety glasses or goggles as listed on the SDS. [PPE] 4.8 Use a respirator with the right cartridge if the SDS calls for one. [PPE] 4.9 Use non-flammable or water-based products where you can. [Reduce / substitute] 4.10 Keep ignition sources away: no smoking, no hot work and no running engines near flammables. [Isolate] 4.11 Store fuels and solvents in approved, closed containers in a ventilated area away from the work. [Control (engineering)] 4.12 Refuel equipment outdoors with the engine off and cool. [Control (procedures)] 4.13 Keep only what you need for the day on site. [Control (procedures)] 4.14 Store gas cylinders upright, secured and outdoors. [Control (procedures)] 4.15 Keep a suitable fire extinguisher where flammables are used or stored. [Control (procedures)] 4.16 Wear chemical gloves and safety glasses when pouring or mixing. [PPE]	**Medium (6) Unlikely / Lost time injury**	Site supervisor
5	Vacuum all dust, never sweep dry, then reopen the area	Silica dust from concrete, brick, stone and tiles Poor housekeeping and waste	Workers, People nearby, Visitors. How: Cutting, grinding or drilling concrete, brick, stone, tiles or fibre cement makes fine	**Very high (20) Likely / Fatal**	5.1 Order materials cut to size, or use low-dust methods such as score and snap or a block splitter. [Reduce / substitute] 5.2 Cut outdoors or in a separate area, with other people well away and upwind. [Isolate] 5.3 Use water on the blade or on-tool dust extraction connected to an H-class vacuum. [Control (engineering)]	**Medium (5) Very unlikely / Fatal**	Site supervisor

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
		Rules: COSHH Regulations 2002	silica dust that causes silicosis and lung cancer. Rubbish, offcuts and materials left lying around cause trips, cuts and fires, and block exits.		5.4 Clean up with a vacuum or wet methods. Never dry sweep or use compressed air. [Control (procedures)] 5.5 Do a COSHH assessment and keep exposure below the workplace exposure limit (0.1 mg/m3 respirable crystalline silica, 8 hours). [Control (procedures)] 5.6 Workers regularly exposed to silica dust get health surveillance (COSHH reg 11, HSE G404). [Control (procedures)] 5.7 Wear a fit-tested FFP3 mask. [PPE] 5.8 Order materials to size and send packaging back where you can. [Eliminate] 5.9 Put skips and waste chutes close to the work. [Control (engineering)] 5.10 Clean as you go, and do a full clean up at the end of each day. [Control (procedures)] 5.11 Keep exits, stairs and walkways clear at all times. [Control (procedures)] 5.12 Stack materials neatly on level ground, away from edges. [Control (procedures)] 5.13 Use a registered waste carrier and keep waste transfer notes for at least 2 years. Keep hazardous waste such as asbestos separate, with consignment notes (special waste in Scotland). [Control (procedures)] 5.14 Wear gloves when handling waste. [PPE]		

Risk key: risk = likelihood x consequence on a 5 x 5 matrix. Low, Medium, High, Very high. Work must not start while the risk after controls is high or above. Controls are listed in order of the hierarchy of control (eric-pd): Eliminate, Reduce / substitute, Isolate, Control (engineering), Control (procedures), PPE.

4. METHOD STATEMENT: SEQUENCE OF WORK

Step	What we will do	How it is done safely
1	Close off the area and seal doors to stop dust spreading	Plan noisy, dusty or risky work for when the building is empty. Close off the work area with barriers, plastic sheeting or locked doors, and put up signs. Keep fire exits and paths clear at all times.
2	Connect the grinder to an H-class extractor before starting	Use water on the blade or on-tool dust extraction connected to an H-class vacuum. Clean up with a vacuum or wet methods. Never dry sweep or use compressed air. Silica dust from concrete, brick, stone and tiles: see step 5 for the full controls
3	Grind with hearing and breathing protection, rotating operators	Use quieter tools and methods, such as cut-to-size materials, low-noise machines and battery tools. Keep noisy plant away from work areas, and use screens or distance between the noise and people. Keep tools maintained and use mufflers on compressors and generators.
4	Apply densifiers or sealers with ventilation	Choose the least harmful product that does the job, for example water-based instead of solvent-based. Use chemicals in well-ventilated areas, or use fans and extraction in closed rooms. Do a COSHH assessment and read the Safety Data Sheet (SDS) before use.
5	Vacuum all dust, never sweep dry, then reopen the area	Order materials cut to size, or use low-dust methods such as score and snap or a block splitter. Cut outdoors or in a separate area,

Step	What we will do	How it is done safely
		with other people well away and upwind. Use water on the blade or on-tool dust extraction connected to an H-class vacuum.

5. PPE AND PERMITS

Required PPE	Permits and plans
Safety boots Safety glasses Ear defenders Half-mask respirator (P3 filters) Knee pads FFP3 dust mask Rigger gloves Chemical-resistant gloves Safety goggles Coveralls	None required

6. PLANT AND EQUIPMENT

Plant / equipment	Licence or training needed	Inspection needed	Rego / ID	Last inspected	Certificate / report
Angle grinder (disc cutter)		User check before each use; formal visual inspection and PAT testing at intervals set by risk (110V on site)			
H-class dust extractor		User check before each use; formal visual inspection and PAT testing at intervals set by risk (110V on site)			
Generator (110V site transformer)					

7. CREW COMPETENCY, TICKETS AND LICENCES

Crew listed at sign-on below, with ticket and licence numbers.

8. EMERGENCY ARRANGEMENTS

Emergency number	999	**First aid kit**	In the work vehicle
Fire extinguisher	In the work vehicle	**Alarm and evacuation**	Shout "Fire" or "Stop" and use the site alarm. Stop work, make the area safe and go to the assembly point. Do not go back in until the supervisor says it is safe.
Reporting incidents	Report reportable incidents to HSE under RIDDOR 2013 (hse.gov.uk/riddor).		

9. SITE ARRANGEMENTS

Welfare	Toilets, drinking water, hand washing and a break area on site	**Security and access**	Work area fenced or kept locked when unattended. Tools and materials secured. Public kept out.
Environmental and waste	Waste goes in a skip or the van and is taken away by a registered waste carrier, with waste transfer notes kept (duty of care). Hazardous waste such as asbestos is kept separate and consigned correctly. Dust and noise kept to a minimum. No run-off into drains.		

10. MONITORING, REVIEW AND LEGAL BASIS

The supervisor checks the controls at the start of each shift and during the work. Stop work and review this RAMS if the work, the crew or the site conditions change, after any incident or near miss, or if the principal contractor asks.

Legal basis: Management of Health and Safety at Work Regulations 1999 and the Construction (Design and Management) Regulations 2015. Employers must assess the risks of their work and record the significant findings (required where you employ 5 or more people). On CDM projects, contractors give their RAMS to the principal contractor before starting, and brief the workers on it.

Keep this RAMS, every revision and the signed briefing register with the site file for the length of the job, and keep a copy in your records afterwards.

11. REVISION HISTORY

Rev	Date	By	What changed
1	9 Nov 2026		First issue

12. APPROVAL AND BRIEFING REGISTER

	Name	Signature	Date	
Prepared by				
Approved by				
Supervisor				
Principal contractor review				Accepted for use: Yes / No

By signing below, each person confirms this RAMS was explained to them in a site briefing, they understand it and will follow it, and they will stop work and tell the supervisor if anything changes.

Name	Role / company	Tickets / licences	Inducted	Signature	Date

Name	Role / company	Tickets / licences	Inducted	Signature	Date