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	Footings: dig, rebar and pour	**Start date**	9 Nov 2026
Working hours	7:00 am to 3:30 pm	**Trade**	Concreting

2. RISK ASSESSMENT

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
1	Locate underground services before excavating	Hitting underground services Gas and fuel lines Rules: HSE HSG47 Avoiding danger from underground services; Gas Safety (Installation and Use) Regulations 1998	Workers, Public, Occupants. How: Digging, drilling or driving pegs hits a buried power cable, gas pipe or water main, causing electrocution, explosion or flooding. Damaging or opening a gas or fuel line causes a leak, fire or explosion.	**Very high (15) Possible / Fatal**	1.1 Keep machine buckets well clear of marked services and use a spotter. [Isolate] 1.2 Do a CAT and Genny scan before digging and mark services on the ground. [Control (engineering)] 1.3 Hand dig trial holes to find services before machine digging (safe digging practice). [Control (engineering)] 1.4 Get utility plans before digging and check them against what you see on site. [Control (procedures)] 1.5 Keep plans or locate tickets on site and check them again if the work area grows. [Control (procedures)] 1.6 If you hit a service, stop, get everyone clear, and call the owner and emergency services. [Control (procedures)] 1.7 Wear safety boots, gloves and hi-vis when digging. [PPE] 1.8 Isolate and purge the line before work, with the owner's approval. [Eliminate] 1.9 Lock off and tag the isolation valve. [Isolate] 1.10 Check for leaks with a gas detector before and during work, and ventilate the area. [Control (engineering)] 1.11 Only Gas Safe registered engineers work on gas fittings. [Control (procedures)] 1.12 Remove ignition sources: no smoking, no hot work and no sparking tools near the line. [Control (procedures)] 1.13 Know where the shut-off valve is and what to do if a leak happens. [Control (procedures)] 1.14 Wear safety glasses and gloves, and keep a fire extinguisher close by. [PPE]	**Medium (5) Very unlikely / Fatal**	Site supervisor
2	Dig footings, keeping people out of the excavator swing	Being hit by mobile plant Trench or excavation collapse	Workers, Visitors, Public. How: Excavators, loaders, telehandlers and trucks run over or	**Very high (15) Possible / Fatal**	2.1 Separate people and plant with barriers, exclusion zones and marked walkways. [Isolate] 2.2 Use plant with working reversing alarms, cameras and lights. [Control (engineering)] 2.3 Have a traffic management plan showing plant routes, loading	**Medium (5) Very unlikely / Fatal**	Site supervisor

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
		Rules: CDM Regulations 2015 and PUWER 1998; CDM Regulations 2015, regulation 22 (excavations)	crush workers, especially when reversing or slewing. The trench walls cave in and bury or crush a worker. Any excavation can collapse, however shallow. Sides must be supported or battered back wherever a collapse could hurt someone.		areas and pedestrian paths. [Control (procedures)] 2.4 Use a spotter when reversing or working near people. [Control (procedures)] 2.5 Make eye contact with the operator before going near. Stay out of the swing radius. [Control (procedures)] 2.6 Operators hold a CPCS, NPORS or equal card for the plant they use. [Control (procedures)] 2.7 Do a pre-start check on each machine every day and record it. [Control (procedures)] 2.8 Wear hi-vis clothing and a hard hat. [PPE] 2.9 Use methods that keep people out of the trench, such as directional boring or working from the surface. [Eliminate] 2.10 Barricade or cover the excavation so people and plant cannot fall in. [Isolate] 2.11 Support or batter back the sides of any excavation where collapse could happen. Use trench boxes or sheet piling for deeper trenches. [Control (engineering)] 2.12 Keep spoil, materials and plant at least 1 metre back from the edge. [Control (engineering)] 2.13 Provide a safe way in and out, such as a ladder near where people work. [Control (engineering)] 2.14 Inspect the excavation at the start of each shift and after rain or anything that could weaken it. Record it. [Control (procedures)] 2.15 Never work alone in a trench. Watch for water, cracks and bulging walls, and get out if you see them. [Control (procedures)] 2.16 Wear a hard hat, hi-vis and safety boots. [PPE]		
3	Cover or barricade open footings	Falling through a floor opening or void Public entering the work area Rules: Work at Height Regulations 2005; CDM Regulations 2015	Workers, Visitors, Public, Children. How: A worker steps into an open hole, stairwell, lift shaft or penetration and falls to the level below. Members of the public, including children, walk into the site and are hit by plant or falling objects, or fall into holes.	**Very high (15) Possible / Fatal**	3.1 Cover every hole and penetration with a fixed, secured cover marked "HOLE" or "DANGER". [Isolate] 3.2 Put guardrails with toe boards around stairwells, lift shafts, voids and open edges. [Isolate] 3.3 Install stairs early and fit temporary handrails as soon as they go in. [Control (engineering)] 3.4 Never remove a cover or guardrail without approval. Put it back straight away. [Control (procedures)] 3.5 Inspect covers and barriers daily and after other trades have been through. [Control (procedures)] 3.6 Keep lighting good enough to see openings, especially on lower floors and in the evening. [Control (procedures)] 3.7 Use a harness clipped to a rated anchor when working right next to an open void. [PPE] 3.8 Fence off the site with secure temporary fencing and lock the gates when you leave. [Isolate] 3.9 Give pedestrians a safe, marked path around the work, with ramps for prams and wheelchairs. [Isolate] 3.10 Use hoarding, covered walkways or catch fans where work is above public areas. [Control (engineering)]	**Medium (5) Very unlikely / Fatal**	Site supervisor

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
					3.11 Put signs at each entry: site name, contact number and "No unauthorised entry". [Control (procedures)] 3.12 Make the site safe at the end of each day: cover holes, lower plant, remove ladders and lock tools away. [Control (procedures)] 3.13 Use a spotter when moving plant or materials across public paths. [Control (procedures)]		
4	Cut and tie rebar, capping bars that stick up	Impalement on rebar Angle grinder injuries Lifting and carrying heavy loads Rules: Manual Handling Operations Regulations 1992	Workers, People nearby. How: A worker falls or trips onto exposed rebar or starter bars and is impaled or badly cut. The disc shatters, binds or kicks back, causing deep cuts to legs and hands or eye injuries.	**High (12) Possible / Major injury**	4.1 Cover or cap all exposed bar ends with approved caps or covers. [Control (engineering)] 4.2 Bend bars over where the design allows. [Control (engineering)] 4.3 Use edge protection near starter bars so nobody can fall onto them. [Control (engineering)] 4.4 Keep walkways clear of exposed bars and mark the hazard. [Control (procedures)] 4.5 Wear gloves, safety glasses and safety boots when handling bar. [PPE] 4.6 Use a guarded saw or a different tool where you can. [Reduce / substitute] 4.7 Keep the guard on and use the side handle. Never remove the guard. [Control (engineering)] 4.8 Use the right disc for the job, rated for the grinder's speed. Check it for cracks first. [Control (procedures)] 4.9 Only trained people change discs, with the grinder unplugged or the battery out. [Control (procedures)] 4.10 Keep both hands on the grinder and let the disc stop before putting it down. [Control (procedures)] 4.11 Plan to avoid carrying: have materials delivered, and old items picked up, as close as possible to where they are used. [Eliminate] 4.12 Use lighter or smaller loads: order smaller bags and shorter lengths, and drain or break down old items before moving them. [Reduce / substitute] 4.13 Use trolleys, pallet jacks, hoists, vacuum lifters or plant instead of carrying by hand. [Control (engineering)] 4.14 Use a two-person lift for anything heavy, long or awkward. Plan the route first and clear it. [Control (procedures)] 4.15 Keep the load close, back straight and no twisting. Turn with your feet. [Control (procedures)]	**Medium (8) Unlikely / Major injury**	Site supervisor
5	Pour and vibrate concrete	Wet concrete and cement burns Hand-arm and whole-body vibration Loud noise Rules: Control of Vibration at Work Regulations 2005;	Workers, People nearby. How: Wet concrete, mortar and cement burn skin and eyes. Burns can be deep and are often not felt until later. Long periods on jackhammers, grinders,	**High (12) Likely / Lost time injury**	5.1 Use long-handled tools and pumps to cut down contact. [Control (engineering)] 5.2 Wash concrete off skin straight away with clean water. [Control (procedures)] 5.3 Have clean water and eye wash where concrete or mortar is mixed and used. [Control (procedures)] 5.4 Do a COSHH assessment for cement, lime and mortar, and check hands regularly for early signs of dermatitis. [Control (procedures)]	**Medium (6) Unlikely / Lost time injury**	Site supervisor

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
		Control of Noise at Work Regulations 2005	compactors or riding plant cause white finger, numbness and back damage.		5.5 Wear waterproof gloves, long sleeves and waterproof boots with trousers worn over the top. [PPE] 5.6 Wear safety glasses or goggles to stop splashes. [PPE] 5.7 Use low-vibration tools and methods, such as a breaker on an excavator instead of a hand jackhammer. [Reduce / substitute] 5.8 Keep tools sharp and well maintained, and use anti-vibration handles and seats. [Control (engineering)] 5.9 Limit trigger time using the HSE vibration calculator to stay below the exposure action value, and rotate workers. [Control (procedures)] 5.10 Keep hands warm and dry, and take regular breaks. [Control (procedures)] 5.11 Report tingling, numbness or white fingers early. [Control (procedures)] 5.12 Use quieter tools and methods, such as cut-to-size materials, low-noise machines and battery tools. [Reduce / substitute] 5.13 Keep noisy plant away from work areas, and use screens or distance between the noise and people. [Isolate] 5.14 Keep tools maintained and use mufflers on compressors and generators. [Control (engineering)] 5.15 Limit time on noisy tools and rotate workers. [Control (procedures)] 5.16 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)] 5.17 Assess noise. At 85 dB(A) or more, hearing protection is required and the zone must be marked. [Control (procedures)]		
6	Clean up tools and waste	Poor housekeeping and waste	Workers, Visitors. How: Rubbish, offcuts and materials left lying around cause trips, cuts and fires, and block exits.	**Medium (8) Likely / Minor injury**	6.1 Order materials to size and send packaging back where you can. [Eliminate] 6.2 Put skips and waste chutes close to the work. [Control (engineering)] 6.3 Clean as you go, and do a full clean up at the end of each day. [Control (procedures)] 6.4 Keep exits, stairs and walkways clear at all times. [Control (procedures)] 6.5 Stack materials neatly on level ground, away from edges. [Control (procedures)] 6.6 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)] 6.7 Wear gloves when handling waste. [PPE]	**Low (4) Unlikely / Minor injury**	Site supervisor

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.

3. METHOD STATEMENT: SEQUENCE OF WORK

Step	What we will do	How it is done safely
1	Locate underground services before excavating	Keep machine buckets well clear of marked services and use a spotter. Do a CAT and Genny scan before digging and mark services on the ground. Hand dig trial holes to find services before machine digging (safe digging practice).
2	Dig footings, keeping people out of the excavator swing	Separate people and plant with barriers, exclusion zones and marked walkways. Use plant with working reversing alarms, cameras and lights. Have a traffic management plan showing plant routes, loading areas and pedestrian paths.
3	Cover or barricade open footings	Cover every hole and penetration with a fixed, secured cover marked "HOLE" or "DANGER". Put guardrails with toe boards around stairwells, lift shafts, voids and open edges. Install stairs early and fit temporary handrails as soon as they go in.
4	Cut and tie rebar, capping bars that stick up	Cover or cap all exposed bar ends with approved caps or covers. Bend bars over where the design allows. Use edge protection near starter bars so nobody can fall onto them.
5	Pour and vibrate concrete	Use long-handled tools and pumps to cut down contact. Wash concrete off skin straight away with clean water. Have clean water and eye wash where concrete or mortar is mixed and used.
6	Clean up tools and waste	Order materials to size and send packaging back where you can. Put skips and waste chutes close to the work. Clean as you go, and do a full clean up at the end of each day.

4. PPE AND PERMITS

Required PPE	Permits and plans
Safety boots Hi-vis vest Safety helmet Chemical-resistant gloves Safety glasses Rigger gloves Face shield Ear defenders Cut-resistant gloves Safety goggles Knee pads	Permit to dig

5. PLANT AND EQUIPMENT

Plant / equipment	Licence or training needed	Inspection needed	Rego / ID	Last inspected	Certificate / report
Excavator (360)	CPCS or NPORS excavator card	Daily pre-use checks and PUWER inspection; if used to lift loads, LOLER thorough examination every 12 months and its lifting accessories every 6 months			
Concrete pump					

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

6. CREW COMPETENCY, TICKETS AND LICENCES

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

7. 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).		

8. 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.		

9. 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.

10. REVISION HISTORY

Rev	Date	By	What changed
1	9 Nov 2026		First issue

Rev	Date	By	What changed

11. 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