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	Formwork installation and stripping	**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	Check the formwork design and that props sit on sole plates on firm ground	Formwork collapse	Workers. How: Formwork or falsework fails during a concrete pour and collapses with workers on or under it.	**High (10) Unlikely / Fatal**	1.1 Keep people out from under the formwork during the pour. [Isolate] 1.2 Use formwork designed by a competent person or engineer for the load. [Control (engineering)] 1.3 Formwork collapse: see step 7 for the full controls [Control (procedures)]	**Medium (5) Very unlikely / Fatal**	Site supervisor
2	Plan deliveries and crane lifts of form materials, with an exclusion zone under the load	Crane and lifting failure Falling tools and materials Being hit by mobile plant Rules: Lifting Operations and Lifting Equipment Regulations 1998 (LOLER); Work at Height Regulations 2005, regulation 10 (falling objects); CDM Regulations 2015 and PUWER 1998	Workers, Public, People below, Visitors. How: A load falls or swings, or the crane tips, crushing workers under or near the lift. Tools, materials or debris fall from above and hit someone working or walking below.	**Very high (15) Possible / Fatal**	2.1 Barricade the lift zone and keep everyone out from under the load. [Isolate] 2.2 Use a crane rated for the load at the radius, set up on firm ground with outrigger pads. [Control (engineering)] 2.3 Check slings, chains, shackles and hooks before use. Remove anything damaged or not tagged. [Control (engineering)] 2.4 Have a lift plan made by an appointed person, following LOLER. [Control (procedures)] 2.5 Use CPCS or NPORS carded crane operators, slingers and signallers. [Control (procedures)] 2.6 Barricade and sign the drop zone under overhead work so nobody walks beneath. [Isolate] 2.7 Fit toe boards, kick plates and mesh screens on scaffolds and edges. [Control (engineering)] 2.8 Use catch fans, debris netting or covered walkways where people pass below. [Control (engineering)] 2.9 Tether hand tools when working at height. [Control (engineering)] 2.10 Keep platforms tidy. Do not stack materials near edges or above toe board height. [Control (procedures)] 2.11 Separate people and plant with barriers, exclusion zones and marked walkways. [Isolate] 2.12 Use plant with working reversing alarms, cameras and lights. [Control (engineering)] 2.13 Have a traffic management plan showing plant routes, loading areas and pedestrian paths. [Control (procedures)]	**Medium (8) Unlikely / Major injury**	Site supervisor

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
					2.14 Use a spotter when reversing or working near people. [Control (procedures)] 2.15 Make eye contact with the operator before going near. Stay out of the swing radius. [Control (procedures)]		
3	Install edge protection before anyone works near an edge	Falling from height Falling through a floor opening or void Rules: Work at Height Regulations 2005	Workers, People below, Visitors. How: A worker falls from any height where a fall could cause injury, such as an edge, platform or opening. A worker steps into an open hole, stairwell, lift shaft or penetration and falls to the level below.	**Very high (20) Likely / Fatal**	3.1 Do the work from the ground where you can, for example pre-assemble on the ground or use extension poles. [Eliminate] 3.2 Install guardrails or edge protection on all open edges before work starts. [Isolate] 3.3 Use a scaffold, mobile tower or MEWP instead of working off a ladder. [Control (engineering)] 3.4 Where edge protection is not practical, use a fall restraint or fall arrest system on a rated anchor point. [Control (engineering)] 3.5 Have a rescue plan so a worker hanging in a harness can be brought down within minutes. [Control (procedures)] 3.6 Wear a full body harness with a shock-absorbing lanyard, clipped on at all times when using fall arrest. [PPE] 3.7 Cover every hole and penetration with a fixed, secured cover marked "HOLE" or "DANGER". [Isolate] 3.8 Put guardrails with toe boards around stairwells, lift shafts, voids and open edges. [Isolate] 3.9 Install stairs early and fit temporary handrails as soon as they go in. [Control (engineering)] 3.10 Never remove a cover or guardrail without approval. Put it back straight away. [Control (procedures)] 3.11 Inspect covers and barriers daily and after other trades have been through. [Control (procedures)] 3.12 Keep lighting good enough to see openings, especially on lower floors and in the evening. [Control (procedures)] 3.13 Use a harness clipped to a rated anchor when working right next to an open void. [PPE]	**Medium (5) Very unlikely / Fatal**	Site supervisor
4	Cut and fix form ply and timber with saw guards working	Saw cuts and kickback Nail gun injuries Wood and MDF dust Loud noise Rules: Provision and Use of Work Equipment Regulations 1998 (PUWER); COSHH Regulations 2002; Control of Noise at Work Regulations 2005	Workers, People nearby. How: Circular saws, drop saws and table saws cut fingers and hands or throw material back at the user. A nail gun fires by accident, or a nail goes through the timber or ricochets and hits the user or someone nearby.	**High (12) Possible / Major injury**	4.1 Keep blade guards fitted and working, and use the riving knife on table saws. [Control (engineering)] 4.2 Use push sticks and clamps, and support long pieces so they do not pinch the blade. [Control (engineering)] 4.3 Use a sharp, undamaged blade made for the material. [Control (procedures)] 4.4 Stand to one side of the blade line, out of the kickback path. [Control (procedures)] 4.5 Use a nail gun with a sequential (single shot) trigger, not a contact or bump trigger. [Reduce / substitute] 4.6 Disconnect the air or battery before clearing jams, adjusting or moving between work areas. [Control (engineering)] 4.7 Keep your free hand at least 30 cm from the nailing point. [Control (procedures)] 4.8 Never point the gun at anyone or carry it with your finger on the	**Medium (8) Unlikely / Major injury**	Site supervisor

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
					trigger. [Control (procedures)] 4.9 Buy pre-cut or pre-finished timber where you can. [Reduce / substitute] 4.10 Cut outdoors or in a well-ventilated area away from others. [Isolate] 4.11 Use saws and sanders with dust extraction connected to an M-class (or better) vacuum. [Control (engineering)] 4.12 Clean up with a vacuum, not a broom or compressed air. [Control (procedures)] 4.13 Do a COSHH assessment for hardwood and MDF dust. [Control (procedures)] 4.14 Use quieter tools and methods, such as cut-to-size materials, low-noise machines and battery tools. [Reduce / substitute] 4.15 Keep noisy plant away from work areas, and use screens or distance between the noise and people. [Isolate] 4.16 Keep tools maintained and use mufflers on compressors and generators. [Control (engineering)] 4.17 Limit time on noisy tools and rotate workers. [Control (procedures)] 4.18 Assess noise. At 85 dB(A) or more, hearing protection is required and the zone must be marked. [Control (procedures)]		
5	Erect props, bearers and joists in the designed order, bracing as you go. Work from a platform or from below, never walking on unfixed joists	Formwork collapse Lifting and carrying heavy loads Falling from height Rules: Manual Handling Operations Regulations 1992; Work at Height Regulations 2005	Workers, People below. How: Formwork or falsework fails during a concrete pour and collapses with workers on or under it. Lifting, carrying, pushing or twisting with heavy or awkward loads strains the back, shoulders or knees.	**Very high (20) Likely / Fatal**	5.1 A competent person inspects the formwork and props before the pour and signs it off. [Control (procedures)] 5.2 Follow the design for prop spacing, bracing and pour rate. [Control (procedures)] 5.3 Formwork collapse: see step 7 for the full controls [Control (procedures)] 5.4 Plan to avoid carrying: have materials delivered, and old items picked up, as close as possible to where they are used. [Eliminate] 5.5 Use lighter or smaller loads: order smaller bags and shorter lengths, and drain or break down old items before moving them. [Reduce / substitute] 5.6 Use trolleys, pallet jacks, hoists, vacuum lifters or plant instead of carrying by hand. [Control (engineering)] 5.7 Use a two-person lift for anything heavy, long or awkward. Plan the route first and clear it. [Control (procedures)] 5.8 Keep the load close, back straight and no twisting. Turn with your feet. [Control (procedures)] 5.9 Falling from height: see step 3 for the full controls [Control (procedures)]	**Medium (6) Unlikely / Lost time injury**	Site supervisor
6	Lay the deck, cover penetrations and cap rebar bars that stick up	Falling through a floor opening or void Impalement on rebar Falling from height Strong wind and storms	Workers, Visitors, People below, Public. How: A worker steps into an open hole, stairwell, lift shaft or	**Very high (20) Likely / Fatal**	6.1 Falling through a floor opening or void: see step 3 for the full controls [Control (procedures)] 6.2 Cover or cap all exposed bar ends with approved caps or covers. [Control (engineering)] 6.3 Bend bars over where the design allows. [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: Work at Height Regulations 2005	penetration and falls to the level below. A worker falls or trips onto exposed rebar or starter bars and is impaled or badly cut.		6.4 Use edge protection near starter bars so nobody can fall onto them. [Control (engineering)] 6.5 Keep walkways clear of exposed bars and mark the hazard. [Control (procedures)] 6.6 Falling from height: see step 3 for the full controls [Control (procedures)] 6.7 Check the forecast each morning and plan work at height and lifting around the weather. [Eliminate] 6.8 Tie down or weigh down loose sheets, panels, boards and rubbish at the end of each shift. [Control (engineering)] 6.9 Set wind limits for roof work, platforms and cranes, using the manufacturer's limits, and stop when they are reached. [Control (procedures)] 6.10 Stop work and get down in lightning. Wait 30 minutes after the last thunder before going back up. [Control (procedures)]		
7	Inspect forms and props and get sign off before the pour, then watch them during it	Formwork collapse Wet concrete and cement burns	Workers. How: Formwork or falsework fails during a concrete pour and collapses with workers on or under it. Wet concrete, mortar and cement burn skin and eyes. Burns can be deep and are often not felt until later.	**High (10) Unlikely / Fatal**	7.1 Keep people out from under the formwork during the pour. [Isolate] 7.2 Use formwork designed by a competent person or engineer for the load. [Control (engineering)] 7.3 A competent person inspects the formwork and props before the pour and signs it off. [Control (procedures)] 7.4 Follow the design for prop spacing, bracing and pour rate. [Control (procedures)] 7.5 Watch for movement or bulging during the pour and stop if it happens. [Control (procedures)] 7.6 Do not strip formwork until the concrete reaches the strength the engineer requires. [Control (procedures)] 7.7 Wear a hard hat, safety boots and gloves. [PPE] 7.8 Use long-handled tools and pumps to cut down contact. [Control (engineering)] 7.9 Wash concrete off skin straight away with clean water. [Control (procedures)] 7.10 Have clean water and eye wash where concrete or mortar is mixed and used. [Control (procedures)] 7.11 Do a COSHH assessment for cement, lime and mortar, and check hands regularly for early signs of dermatitis. [Control (procedures)] 7.12 Wear waterproof gloves, long sleeves and waterproof boots with trousers worn over the top. [PPE] 7.13 Wear safety glasses or goggles to stop splashes. [PPE]	**Medium (5) Very unlikely / Fatal**	Site supervisor
8	Strip forms only when the engineer says so, from a safe position, back propping as designed	Falling tools and materials Structural collapse during alterations Lifting and carrying	Workers, Public, People below, Occupants. How: Tools, materials or debris fall from above and hit someone	**High (12) Possible / Major injury**	8.1 Lower materials with a hoist, chute or rope. Never throw or drop anything down. [Control (procedures)] 8.2 Wear a hard hat anywhere objects could fall. [PPE] 8.3 Falling tools and materials: see step 2 for the full controls [Control (procedures)]	**Medium (8) Unlikely / Major injury**	Site supervisor

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
		heavy loads Rules: Work at Height Regulations 2005, regulation 10 (falling objects); CDM Regulations 2015, regulation 19 (stability of structures); Manual Handling Operations Regulations 1992	working or walking below. Removing a wall, beam, post or bracing makes part of the building fall on workers.		8.4 Get an engineer to check before removing any wall, beam, post or bracing that may be load-bearing. [Eliminate] 8.5 Keep everyone clear of the area under and next to the work. [Isolate] 8.6 Install temporary props, needles or shoring as designed before removing any support. [Control (engineering)] 8.7 Follow the engineer's sequence. Do not change it without approval. [Control (procedures)] 8.8 Check props daily. Do not remove them until the permanent support is in and approved. [Control (procedures)] 8.9 Rotate tasks and take breaks on long lifting jobs. [Control (procedures)] 8.10 Wear gloves for grip and safety boots to protect your feet. [PPE] 8.11 Lifting and carrying heavy loads: see step 5 for the full controls [Control (procedures)]		
9	Denail, stack timber and clean up	Cuts from sharp edges Poor housekeeping and waste	Workers, Visitors. How: Sheet metal, glass, blades, cable tray and offcuts cut hands and arms. Rubbish, offcuts and materials left lying around cause trips, cuts and fires, and block exits.	**Medium (8) Likely / Minor injury**	9.1 Deburr or cover sharp edges, and fit edge protectors on exposed sheet metal. [Control (engineering)] 9.2 Use knives with retractable or self-retracting blades. [Control (engineering)] 9.3 Cut away from your body and keep your other hand clear. [Control (procedures)] 9.4 Put used blades in a blade bin or sharps container. [Control (procedures)] 9.5 Use two people to handle large sheets of metal or glass. [Control (procedures)] 9.6 Wear cut-resistant gloves and long sleeves. [PPE] 9.7 Order materials to size and send packaging back where you can. [Eliminate] 9.8 Put skips and waste chutes close to the work. [Control (engineering)] 9.9 Clean as you go, and do a full clean up at the end of each day. [Control (procedures)] 9.10 Keep exits, stairs and walkways clear at all times. [Control (procedures)] 9.11 Stack materials neatly on level ground, away from edges. [Control (procedures)] 9.12 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)] 9.13 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	Check the formwork design and that props sit on sole plates on firm ground	Keep people out from under the formwork during the pour. Use formwork designed by a competent person or engineer for the load. Formwork collapse: see step 7 for the full controls
2	Plan deliveries and crane lifts of form materials, with an exclusion zone under the load	Barricade the lift zone and keep everyone out from under the load. Use a crane rated for the load at the radius, set up on firm ground with outrigger pads. Check slings, chains, shackles and hooks before use. Remove anything damaged or not tagged.
3	Install edge protection before anyone works near an edge	Do the work from the ground where you can, for example pre-assemble on the ground or use extension poles. Install guardrails or edge protection on all open edges before work starts. Use a scaffold, mobile tower or MEWP instead of working off a ladder.
4	Cut and fix form ply and timber with saw guards working	Keep blade guards fitted and working, and use the riving knife on table saws. Use push sticks and clamps, and support long pieces so they do not pinch the blade. Use a sharp, undamaged blade made for the material.
5	Erect props, bearers and joists in the designed order, bracing as you go. Work from a platform or from below, never walking on unfixed joists	A competent person inspects the formwork and props before the pour and signs it off. Follow the design for prop spacing, bracing and pour rate. Formwork collapse: see step 7 for the full controls
6	Lay the deck, cover penetrations and cap rebar bars that stick up	Falling through a floor opening or void: see step 3 for the full controls Cover or cap all exposed bar ends with approved caps or covers. Bend bars over where the design allows.
7	Inspect forms and props and get sign off before the pour, then watch them during it	Keep people out from under the formwork during the pour. Use formwork designed by a competent person or engineer for the load. A competent person inspects the formwork and props before the pour and signs it off.
8	Strip forms only when the engineer says so, from a safe position, back propping as designed	Lower materials with a hoist, chute or rope. Never throw or drop anything down. Wear a hard hat anywhere objects could fall. Falling tools and materials: see step 2 for the full controls
9	Denail, stack timber and clean up	Deburr or cover sharp edges, and fit edge protectors on exposed sheet metal. Use knives with retractable or self-retracting blades. Cut away from your body and keep your other hand clear.

4. PPE AND PERMITS

Required PPE	Permits and plans
Safety boots Safety helmet Safety glasses Rigger gloves Ear defenders Full body harness and lanyard Hi-vis vest FFP3 dust mask Chemical-resistant gloves Safety goggles Knee pads Cut-resistant gloves	Lift plan (LOLER reg 8)

5. PLANT AND EQUIPMENT

Plant / equipment	Licence or training needed	Inspection needed	Rego / ID	Last inspected	Certificate / report
Circular saw		User check before each use; formal visual inspection and PAT testing at intervals set by risk (110V on site)			
Nail gun					
Power drill		User check before each use; formal visual inspection and PAT testing at intervals set by risk (110V on site)			
Mobile crane	CPCS or NPORS crane operator card, plus slinger signaller card; lift plan by an Appointed Person	LOLER thorough examination at least every 12 months (lifting accessories such as slings and shackles every 6 months), plus daily pre-use checks			
Hand tools					

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

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