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	Internal strip-out	**Start date**	9 Nov 2026
Working hours	7:00 am to 3:30 pm	**Trade**	Demolition

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	Check the refurbishment and demolition asbestos survey and have any asbestos removed first, by an HSE licensed asbestos contractor where the work is licensable	Disturbing asbestos Rules: Control of Asbestos Regulations 2012	Workers, Occupants, Public. How: Buildings built before 2000 may contain asbestos. Drilling, cutting or breaking it releases fibres that cause cancer years later.	**Very high (15) Possible / Fatal**	1.1 Before work on any building built before 2000, check the refurbishment and demolition asbestos survey for the work area (HSE HSG264). If there is none, presume asbestos is present or have it sampled before you start. [Eliminate] 1.2 Seal off the work area and keep everyone else out. [Isolate] 1.3 If asbestos must be disturbed, keep it wet, use hand tools not power tools, and clean up with an H-class vacuum. [Control (engineering)] 1.4 Most asbestos insulation, coatings and insulating board need a licensed contractor. Notifiable non-licensed work is notified to HSE before it starts. Other work needs trained workers and controls. [Control (procedures)] 1.5 Stop work straight away if you find suspect asbestos. Do not touch it and tell your supervisor. [Control (procedures)] 1.6 Wear a fit-tested FFP3 mask (or better) and disposable type 5 coveralls. [PPE]	**Medium (5) Very unlikely / Fatal**	Site supervisor
2	Check for lead paint and other hazardous	Lead paint dust and fumes	Workers, Residents, Children, Occupants.	**High (12) Possible / Major injury**	2.1 Test old paint for lead before you sand, scrape, cut or heat it. [Eliminate]	**Medium (6) Unlikely / Lost time**	Site supervisor

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	materials before work starts	Hazardous chemicals Rules: Control of Lead at Work Regulations 2002; COSHH Regulations 2002	How: Lead paint was common before the 1970s and was used in some buildings until 1992. Sanding, scraping or heating it releases dust or fumes that poison workers and families, especially children. Glues, sealants, solvents, acids, cleaners and cement burn skin and eyes or cause breathing problems and poisoning.		2.2 Use wet scraping, chemical strippers or shrouded tools with extraction instead of dry sanding. Never burn off lead paint with an open flame. [Reduce / substitute] 2.3 Seal off the work area with plastic sheeting and keep residents, children and pets out. [Isolate] 2.4 Clean up with an H-class vacuum and wet wipes. Never dry sweep. [Control (engineering)] 2.5 Wash hands and face before eating, drinking or smoking. Change out of dusty clothes before going home. [Control (procedures)] 2.6 Wear an FFP3 mask, disposable coveralls and gloves. [PPE] 2.7 Choose the least harmful product that does the job, for example water-based instead of solvent-based. [Reduce / substitute] 2.8 Use chemicals in well-ventilated areas, or use fans and extraction in closed rooms. [Control (engineering)] 2.9 Do a COSHH assessment and read the Safety Data Sheet (SDS) before use. [Control (procedures)] 2.10 Keep chemicals in labelled containers. Never decant into drink bottles. [Control (procedures)] 2.11 Store chemicals away from heat, food and drink, and keep products that react with each other apart. [Control (procedures)] 2.12 Have eye wash and a spill kit nearby, and wash hands before eating. [Control (procedures)] 2.13 Wear chemical-resistant gloves and safety glasses or goggles as listed on the SDS. [PPE] 2.14 Use a respirator with the right cartridge if the SDS calls for one. [PPE]	**injury**	
3	Isolate and cap power, gas and water to the area, and confirm they are dead	Electric shock from live wiring Gas and fuel lines Rules: Electricity at Work Regulations 1989; Gas Safety (Installation and Use) Regulations 1998	Workers, Occupants, Public. How: Contact with live wires, distribution boards or equipment gives an electric shock or arc flash burn that can kill. Damaging or opening a gas or fuel line causes a leak, fire or explosion.	**Very high (15) Possible / Fatal**	3.1 Isolate the power before any work. Do not work live. [Eliminate] 3.2 Lock out and tag the isolation point with your own personal lock and danger tag. [Isolate] 3.3 Prove dead at the point of work with an approved voltage indicator (GS38), and prove the tester before and after. [Control (engineering)] 3.4 Only competent, qualified electricians do electrical work, following a safe isolation procedure. [Control (procedures)] 3.5 Check for back feeds from solar, batteries and generators that can keep a circuit live after the main switch is off. [Control (procedures)] 3.6 If live work cannot be avoided, use a permit, a safety observer and insulated tools. [Control (procedures)] 3.7 Wear insulated gloves, arc-rated clothing and a face shield when testing or working near live parts. [PPE] 3.8 Isolate and purge the line before work, with the owner's approval. [Eliminate] 3.9 Lock off and tag the isolation valve. [Isolate] 3.10 Check for leaks with a gas detector before and during work,	**Medium (5) Very unlikely / Fatal**	Site supervisor

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					and ventilate the area. [Control (engineering)] 3.11 Only Gas Safe registered engineers work on gas fittings. [Control (procedures)] 3.12 Remove ignition sources: no smoking, no hot work and no sparking tools near the line. [Control (procedures)] 3.13 Know where the shut-off valve is and what to do if a leak happens. [Control (procedures)] 3.14 Wear safety glasses and gloves, and keep a fire extinguisher close by. [PPE]		
4	Seal the area from occupants, set up dust control and keep exits clear	Working in an occupied home or building General dust Fire and emergencies Rules: CDM 2015 regs 29 to 31 (fire on construction sites). Occupied premises: Regulatory Reform (Fire Safety) Order 2005 (England and Wales), Fire (Scotland) Act 2005, Fire Safety Regulations (NI) 2010	Residents, Children, Staff, Workers, Occupants, Visitors. 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. Dust from plasterboard, filler, cement and clean up irritates eyes and lungs and makes it hard to see.	**High (10) Unlikely / Fatal**	4.1 Plan noisy, dusty or risky work for when the building is empty. [Eliminate] 4.2 Close off the work area with barriers, plastic sheeting or locked doors, and put up signs. [Isolate] 4.3 Keep fire exits and paths clear at all times. [Control (procedures)] 4.4 Tell occupants before you turn off power, water or gas, and before noisy or dusty work. [Control (procedures)] 4.5 Lock away tools, chemicals and materials each day, out of reach of children. [Control (procedures)] 4.6 Use low-dust products, such as dust-reduced or pre-mixed compounds. [Reduce / substitute] 4.7 Seal off the work area with plastic sheeting in occupied buildings. [Isolate] 4.8 Use tools with dust extraction and a vacuum for clean up. [Control (engineering)] 4.9 Lightly mist the area with water to keep dust down, away from anything electrical. [Control (engineering)] 4.10 Never dry sweep or blow dust off with compressed air. [Control (procedures)] 4.11 Provide fire extinguishers suited to the site, checked and easy to reach. [Control (engineering)] 4.12 Keep exits and escape routes clear and signed. [Control (engineering)] 4.13 Have a site emergency plan: alarm, exits, assembly point and emergency contacts. [Control (procedures)] 4.14 Keep a stocked first aid kit and at least one trained first aider on site. [Control (procedures)] 4.15 Know the site address and how emergency services get in. Call 999. [Control (procedures)]	**Medium (5) Very unlikely / Fatal**	Site supervisor
5	Confirm which walls are load bearing and leave them alone without an engineer design	Structural collapse during alterations Rules: CDM Regulations 2015, regulation 19 (stability of	Workers, Occupants. How: Removing a wall, beam, post or bracing makes part of the building fall on workers.	**High (10) Unlikely / Fatal**	5.1 Get an engineer to check before removing any wall, beam, post or bracing that may be load-bearing. [Eliminate] 5.2 Keep everyone clear of the area under and next to the work. [Isolate] 5.3 Install temporary props, needles or shoring as designed before removing any support. [Control (engineering)]	**Medium (5) Very unlikely / Fatal**	Site supervisor

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
		structures)			5.4 Follow the engineer's sequence. Do not change it without approval. [Control (procedures)] 5.5 Check props daily. Do not remove them until the permanent support is in and approved. [Control (procedures)] 5.6 Wear a hard hat and safety boots. [PPE]		
6	Strip fittings and linings from the top down, using a platform ladder or mobile scaffold for ceilings	Falling tools and materials Cuts from sharp edges Falling from a ladder Rules: Work at Height Regulations 2005, regulation 10 (falling objects); Work at Height Regulations 2005	Workers, Public, People below. How: Tools, materials or debris fall from above and hit someone working or walking below. Sheet metal, glass, blades, cable tray and offcuts cut hands and arms.	**High (12) Possible / Major injury**	6.1 Barricade and sign the drop zone under overhead work so nobody walks beneath. [Isolate] 6.2 Fit toe boards, kick plates and mesh screens on scaffolds and edges. [Control (engineering)] 6.3 Use catch fans, debris netting or covered walkways where people pass below. [Control (engineering)] 6.4 Tether hand tools when working at height. [Control (engineering)] 6.5 Keep platforms tidy. Do not stack materials near edges or above toe board height. [Control (procedures)] 6.6 Deburr or cover sharp edges, and fit edge protectors on exposed sheet metal. [Control (engineering)] 6.7 Use knives with retractable or self-retracting blades. [Control (engineering)] 6.8 Cut away from your body and keep your other hand clear. [Control (procedures)] 6.9 Put used blades in a blade bin or sharps container. [Control (procedures)] 6.10 Use two people to handle large sheets of metal or glass. [Control (procedures)] 6.11 Use a podium step, mobile tower or MEWP for longer jobs instead of a straight ladder. [Reduce / substitute] 6.12 Use EN 131 professional ladders in good condition. Remove any damaged ladder from site. [Control (engineering)] 6.13 Set extension ladders at a 4 to 1 angle on firm, level ground, tied or footed, and reaching 1 metre above the landing. [Control (engineering)] 6.14 Use ladders only for short, light work (about 30 minutes in one spot). Do not carry heavy or awkward loads up a ladder. [Control (procedures)] 6.15 Keep three points of contact and your belt buckle between the stiles. Do not overreach. [Control (procedures)]	**Medium (8) Unlikely / Major injury**	Site supervisor
7	Cut or break materials with dust extraction	Angle grinder injuries Loud noise Hand-arm and whole-body vibration Silica dust from concrete, brick, stone and tiles Rules: Control of Noise	Workers, People nearby. How: The disc shatters, binds or kicks back, causing deep cuts to legs and hands or eye injuries. Saws, grinders, jackhammers and machines cause	**Very high (20) Likely / Fatal**	7.1 Use a guarded saw or a different tool where you can. [Reduce / substitute] 7.2 Keep the guard on and use the side handle. Never remove the guard. [Control (engineering)] 7.3 Use the right disc for the job, rated for the grinder's speed. Check it for cracks first. [Control (procedures)] 7.4 Only trained people change discs, with the grinder unplugged or the battery out. [Control (procedures)] 7.5 Use quieter tools and methods, such as cut-to-size materials,	**Medium (8) Unlikely / Major injury**	Site supervisor

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
		at Work Regulations 2005; Control of Vibration at Work Regulations 2005; COSHH Regulations 2002	permanent hearing loss and ringing in the ears over time.		low-noise machines and battery tools. [Reduce / substitute] 7.6 Keep noisy plant away from work areas, and use screens or distance between the noise and people. [Isolate] 7.7 Keep tools maintained and use mufflers on compressors and generators. [Control (engineering)] 7.8 Limit time on noisy tools and rotate workers. [Control (procedures)] 7.9 Assess noise. At 85 dB(A) or more, hearing protection is required and the zone must be marked. [Control (procedures)] 7.10 Use low-vibration tools and methods, such as a breaker on an excavator instead of a hand jackhammer. [Reduce / substitute] 7.11 Keep tools sharp and well maintained, and use anti-vibration handles and seats. [Control (engineering)] 7.12 Limit trigger time using the HSE vibration calculator to stay below the exposure action value, and rotate workers. [Control (procedures)] 7.13 Keep hands warm and dry, and take regular breaks. [Control (procedures)] 7.14 Order materials cut to size, or use low-dust methods such as score and snap or a block splitter. [Reduce / substitute] 7.15 Cut outdoors or in a separate area, with other people well away and upwind. [Isolate] 7.16 Use water on the blade or on-tool dust extraction connected to an H-class vacuum. [Control (engineering)] 7.17 Clean up with a vacuum or wet methods. Never dry sweep or use compressed air. [Control (procedures)] 7.18 Do a COSHH assessment and keep exposure below the workplace exposure limit (0.1 mg/m3 respirable crystalline silica, 8 hours). [Control (procedures)] 7.19 Workers regularly exposed to silica dust get health surveillance (COSHH reg 11, HSE G404). [Control (procedures)] 7.20 Wear a fit-tested FFP3 mask. [PPE]		
8	Watch for needles, droppings and mould in wall and ceiling cavities	Needles and sharps Mould and droppings	Workers, Occupants. How: Used syringes or sharp objects hidden in ceilings, wall cavities, rubbish or soil stab workers and can pass on infection. Water-damaged buildings, bird and rat droppings and dead animals hold mould and germs that cause breathing problems and infections.	**Medium (9) Possible / Lost time injury**	8.1 Use tongs or a pick-up tool. Never pick up needles by hand. [Control (engineering)] 8.2 Put needles in a hard sharps container with a lid. [Control (engineering)] 8.3 Look before you reach. Use a torch to check ceilings, cavities and rubbish. [Control (procedures)] 8.4 If you are stuck, wash the area with soap and water and see a doctor straight away. [Control (procedures)] 8.5 Wear puncture-resistant gloves and safety boots. [PPE] 8.6 Fix the water leak and dry the area before removing mould. [Eliminate] 8.7 Seal off the area with plastic sheeting and keep occupants out. [Isolate] 8.8 Clean up with an H-class vacuum and wet wipes. Never dry	**Low (4) Very unlikely / Major injury**	Site supervisor

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
					sweep. [Control (engineering)] 8.9 Bag mouldy material on site and remove it promptly. [Control (procedures)] 8.10 Wash hands and face before eating and at the end of each shift. [Control (procedures)] 8.11 Wear an FFP3 mask, gloves, goggles and disposable coveralls. [PPE]		
9	Load waste into the skip by hand or chute, keeping walkways clear	Lifting and carrying heavy loads Poor housekeeping and waste Rules: Manual Handling Operations Regulations 1992	Workers, Visitors. How: Lifting, carrying, pushing or twisting with heavy or awkward loads strains the back, shoulders or knees. Rubbish, offcuts and materials left lying around cause trips, cuts and fires, and block exits.	**High (12) Likely / Lost time injury**	9.1 Plan to avoid carrying: have materials delivered, and old items picked up, as close as possible to where they are used. [Eliminate] 9.2 Use lighter or smaller loads: order smaller bags and shorter lengths, and drain or break down old items before moving them. [Reduce / substitute] 9.3 Use trolleys, pallet jacks, hoists, vacuum lifters or plant instead of carrying by hand. [Control (engineering)] 9.4 Use a two-person lift for anything heavy, long or awkward. Plan the route first and clear it. [Control (procedures)] 9.5 Keep the load close, back straight and no twisting. Turn with your feet. [Control (procedures)] 9.6 Rotate tasks and take breaks on long lifting jobs. [Control (procedures)] 9.7 Wear gloves for grip and safety boots to protect your feet. [PPE] 9.8 Order materials to size and send packaging back where you can. [Eliminate] 9.9 Put skips and waste chutes close to the work. [Control (engineering)] 9.10 Clean as you go, and do a full clean up at the end of each day. [Control (procedures)] 9.11 Keep exits, stairs and walkways clear at all times. [Control (procedures)] 9.12 Stack materials neatly on level ground, away from edges. [Control (procedures)] 9.13 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)] 9.14 Wear gloves when handling waste. [PPE]	**Medium (6) Unlikely / Lost time 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.

4. METHOD STATEMENT: SEQUENCE OF WORK

Step	What we will do	How it is done safely
1	Check the refurbishment and demolition asbestos survey	Before work on any building built before 2000, check the refurbishment and demolition asbestos survey for the work area (HSE

Step	What we will do	How it is done safely
	and have any asbestos removed first, by an HSE licensed asbestos contractor where the work is licensable	HSG264). If there is none, presume asbestos is present or have it sampled before you start. Seal off the work area and keep everyone else out. If asbestos must be disturbed, keep it wet, use hand tools not power tools, and clean up with an H-class vacuum.
2	Check for lead paint and other hazardous materials before work starts	Test old paint for lead before you sand, scrape, cut or heat it. Use wet scraping, chemical strippers or shrouded tools with extraction instead of dry sanding. Never burn off lead paint with an open flame. Seal off the work area with plastic sheeting and keep residents, children and pets out.
3	Isolate and cap power, gas and water to the area, and confirm they are dead	Isolate the power before any work. Do not work live. Lock out and tag the isolation point with your own personal lock and danger tag. Prove dead at the point of work with an approved voltage indicator (GS38), and prove the tester before and after.
4	Seal the area from occupants, set up dust control and keep exits clear	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.
5	Confirm which walls are load bearing and leave them alone without an engineer design	Get an engineer to check before removing any wall, beam, post or bracing that may be load-bearing. Keep everyone clear of the area under and next to the work. Install temporary props, needles or shoring as designed before removing any support.
6	Strip fittings and linings from the top down, using a platform ladder or mobile scaffold for ceilings	Barricade and sign the drop zone under overhead work so nobody walks beneath. Fit toe boards, kick plates and mesh screens on scaffolds and edges. Use catch fans, debris netting or covered walkways where people pass below.
7	Cut or break materials with dust extraction	Use a guarded saw or a different tool where you can. Keep the guard on and use the side handle. Never remove the guard. Use the right disc for the job, rated for the grinder's speed. Check it for cracks first.
8	Watch for needles, droppings and mould in wall and ceiling cavities	Use tongs or a pick-up tool. Never pick up needles by hand. Put needles in a hard sharps container with a lid. Look before you reach. Use a torch to check ceilings, cavities and rubbish.
9	Load waste into the skip by hand or chute, keeping walkways clear	Plan to avoid carrying: have materials delivered, and old items picked up, as close as possible to where they are used. Use lighter or smaller loads: order smaller bags and shorter lengths, and drain or break down old items before moving them. Use trolleys, pallet jacks, hoists, vacuum lifters or plant instead of carrying by hand.

5. PPE AND PERMITS

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

6. PLANT AND EQUIPMENT

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)			
Breaker					
H-class dust extractor		User check before each use; formal visual inspection and PAT testing at intervals set by risk (110V on site)			
Trailer					

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