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	Load-bearing wall removal	**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	Get the engineer design for the new beam and temporary propping	Structural collapse during alterations Rules: CDM Regulations 2015, regulation 19 (stability of structures)	Workers, Occupants. How: Removing a wall, beam, post or bracing makes part of the building fall on workers.	**High (10) Unlikely / Fatal**	1.1 Get an engineer to check before removing any wall, beam, post or bracing that may be load-bearing. [Eliminate] 1.2 Keep everyone clear of the area under and next to the work. [Isolate] 1.3 Structural collapse during alterations: see step 3 for the full controls [Control (procedures)]	**Medium (5) Very unlikely / Fatal**	Site supervisor
2	Check for asbestos and isolate any services in the wall	Disturbing asbestos Electric shock from live wiring Gas and fuel lines Rules: Control of Asbestos Regulations 2012; Electricity at Work Regulations 1989; Gas Safety (Installation and Use) Regulations 1998	Workers, Occupants, Public. How: Buildings built before 2000 may contain asbestos. Drilling, cutting or breaking it releases fibres that cause cancer years later. Contact with live wires, distribution boards or equipment	**Very high (15) Possible / Fatal**	2.1 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] 2.2 Seal off the work area and keep everyone else out. [Isolate] 2.3 If asbestos must be disturbed, keep it wet, use hand tools not power tools, and clean up with an H-class vacuum. [Control (engineering)] 2.4 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.	**Medium (5) Very unlikely / Fatal**	Site supervisor

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
			gives an electric shock or arc flash burn that can kill.		[Control (procedures)] 2.5 Stop work straight away if you find suspect asbestos. Do not touch it and tell your supervisor. [Control (procedures)] 2.6 Wear a fit-tested FFP3 mask (or better) and disposable type 5 coveralls. [PPE] 2.7 Isolate the power before any work. Do not work live. [Eliminate] 2.8 Lock out and tag the isolation point with your own personal lock and danger tag. [Isolate] 2.9 Prove dead at the point of work with an approved voltage indicator (GS38), and prove the tester before and after. [Control (engineering)] 2.10 Only competent, qualified electricians do electrical work, following a safe isolation procedure. [Control (procedures)] 2.11 Check for back feeds from solar, batteries and generators that can keep a circuit live after the main switch is off. [Control (procedures)] 2.12 Isolate and purge the line before work, with the owner's approval. [Eliminate] 2.13 Lock off and tag the isolation valve. [Isolate] 2.14 Check for leaks with a gas detector before and during work, and ventilate the area. [Control (engineering)] 2.15 Only Gas Safe registered engineers work on gas fittings. [Control (procedures)] 2.16 Remove ignition sources: no smoking, no hot work and no sparking tools near the line. [Control (procedures)]		
3	Install props and needles before taking anything out	Structural collapse during alterations Lifting and carrying heavy loads Rules: CDM Regulations 2015, regulation 19 (stability of structures); Manual Handling Operations Regulations 1992	Workers, Occupants. How: Removing a wall, beam, post or bracing makes part of the building fall on workers. Lifting, carrying, pushing or twisting with heavy or awkward loads strains the back, shoulders or knees.	**High (12) Likely / Lost time injury**	3.1 Get an engineer to check before removing any wall, beam, post or bracing that may be load-bearing. [Eliminate] 3.2 Keep everyone clear of the area under and next to the work. [Isolate] 3.3 Install temporary props, needles or shoring as designed before removing any support. [Control (engineering)] 3.4 Follow the engineer's sequence. Do not change it without approval. [Control (procedures)] 3.5 Check props daily. Do not remove them until the permanent support is in and approved. [Control (procedures)] 3.6 Wear a hard hat and safety boots. [PPE] 3.7 Plan to avoid carrying: have materials delivered, and old items picked up, as close as possible to where they are used. [Eliminate] 3.8 Use lighter or smaller loads: order smaller bags and shorter lengths, and drain or break down old items before moving them. [Reduce / substitute] 3.9 Lifting and carrying heavy loads: see step 5 for the full controls [Control (procedures)]	**Medium (6) Unlikely / Lost time injury**	Site supervisor
4	Remove the wall in small sections, from	Demolition and falling debris	Workers, Public, Neighbours, People	**Very high (20) Likely / Fatal**	4.1 Check for asbestos, lead, live services and structural risks before demolition starts. [Eliminate]	**Medium (8) Unlikely /**	Site supervisor

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
	the top down	Falling tools and materials Silica dust from concrete, brick, stone and tiles Loud noise Rules: CDM Regulations 2015, regulation 20 (demolition); Work at Height Regulations 2005, regulation 10 (falling objects); COSHH Regulations 2002; Control of Noise at Work Regulations 2005	below, People nearby. How: Part of a structure collapses early, or debris falls and hits workers or the public during demolition or strip out. Tools, materials or debris fall from above and hit someone working or walking below.		4.2 Disconnect and cap power, gas and water before demolition. [Isolate] 4.3 Set an exclusion zone bigger than the distance the structure could fall. [Isolate] 4.4 Use a machine with a guarded cab instead of hand demolition where practical. [Control (engineering)] 4.5 Record the demolition, dismantling or strip-out arrangements in writing before work starts (CDM 2015 reg 20(2)). [Control (procedures)] 4.6 Barricade and sign the drop zone under overhead work so nobody walks beneath. [Isolate] 4.7 Fit toe boards, kick plates and mesh screens on scaffolds and edges. [Control (engineering)] 4.8 Use catch fans, debris netting or covered walkways where people pass below. [Control (engineering)] 4.9 Tether hand tools when working at height. [Control (engineering)] 4.10 Order materials cut to size, or use low-dust methods such as score and snap or a block splitter. [Reduce / substitute] 4.11 Cut outdoors or in a separate area, with other people well away and upwind. [Isolate] 4.12 Use water on the blade or on-tool dust extraction connected to an H-class vacuum. [Control (engineering)] 4.13 Clean up with a vacuum or wet methods. Never dry sweep or use compressed air. [Control (procedures)] 4.14 Do a COSHH assessment and keep exposure below the workplace exposure limit (0.1 mg/m3 respirable crystalline silica, 8 hours). [Control (procedures)] 4.15 Workers regularly exposed to silica dust get health surveillance (COSHH reg 11, HSE G404). [Control (procedures)] 4.16 Wear a fit-tested FFP3 mask. [PPE] 4.17 Use quieter tools and methods, such as cut-to-size materials, low-noise machines and battery tools. [Reduce / substitute] 4.18 Keep noisy plant away from work areas, and use screens or distance between the noise and people. [Isolate] 4.19 Keep tools maintained and use mufflers on compressors and generators. [Control (engineering)] 4.20 Limit time on noisy tools and rotate workers. [Control (procedures)] 4.21 Assess noise. At 85 dB(A) or more, hearing protection is required and the zone must be marked. [Control (procedures)]	**Major injury**	
5	Lift in and fix the new beam with enough people or a lifting aid	Lifting and carrying heavy loads Crane and lifting failure Falling from a ladder Rules: Manual Handling	Workers, Public. How: Lifting, carrying, pushing or twisting with heavy or awkward loads strains the back, shoulders or knees. A	**High (12) Likely / Lost time injury**	5.1 Plan to avoid carrying: have materials delivered, and old items picked up, as close as possible to where they are used. [Eliminate] 5.2 Use lighter or smaller loads: order smaller bags and shorter lengths, and drain or break down old items before moving them. [Reduce / substitute] 5.3 Use trolleys, pallet jacks, hoists, vacuum lifters or plant instead	**Medium (8) Unlikely / Major injury**	Site supervisor

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
		Operations Regulations 1992; Lifting Operations and Lifting Equipment Regulations 1998 (LOLER); Work at Height Regulations 2005	load falls or swings, or the crane tips, crushing workers under or near the lift.		of carrying by hand. [Control (engineering)] 5.4 Use a two-person lift for anything heavy, long or awkward. Plan the route first and clear it. [Control (procedures)] 5.5 Keep the load close, back straight and no twisting. Turn with your feet. [Control (procedures)] 5.6 Barricade the lift zone and keep everyone out from under the load. [Isolate] 5.7 Use a crane rated for the load at the radius, set up on firm ground with outrigger pads. [Control (engineering)] 5.8 Check slings, chains, shackles and hooks before use. Remove anything damaged or not tagged. [Control (engineering)] 5.9 Have a lift plan made by an appointed person, following LOLER. [Control (procedures)] 5.10 Use CPCS or NPORS carded crane operators, slingers and signallers. [Control (procedures)] 5.11 Use a podium step, mobile tower or MEWP for longer jobs instead of a straight ladder. [Reduce / substitute] 5.12 Use EN 131 professional ladders in good condition. Remove any damaged ladder from site. [Control (engineering)] 5.13 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)] 5.14 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)] 5.15 Keep three points of contact and your belt buckle between the stiles. Do not overreach. [Control (procedures)]		
6	Remove props only after the engineer signs off	Structural collapse during alterations Poor housekeeping and waste Rules: CDM Regulations 2015, regulation 19 (stability of structures)	Workers, Occupants, Visitors. How: Removing a wall, beam, post or bracing makes part of the building fall on workers. Rubbish, offcuts and materials left lying around cause trips, cuts and fires, and block exits.	**High (10) Unlikely / Fatal**	6.1 Structural collapse during alterations: see step 3 for the full controls [Control (procedures)] 6.2 Order materials to size and send packaging back where you can. [Eliminate] 6.3 Put skips and waste chutes close to the work. [Control (engineering)] 6.4 Clean as you go, and do a full clean up at the end of each day. [Control (procedures)] 6.5 Keep exits, stairs and walkways clear at all times. [Control (procedures)] 6.6 Stack materials neatly on level ground, away from edges. [Control (procedures)] 6.7 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)] 6.8 Wear gloves when handling waste. [PPE]	**Medium (5) Very unlikely / Fatal**	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	Get the engineer design for the new beam and temporary propping	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. Structural collapse during alterations: see step 3 for the full controls
2	Check for asbestos and isolate any services in the wall	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. 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.
3	Install props and needles before taking anything out	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.
4	Remove the wall in small sections, from the top down	Check for asbestos, lead, live services and structural risks before demolition starts. Disconnect and cap power, gas and water before demolition. Set an exclusion zone bigger than the distance the structure could fall.
5	Lift in and fix the new beam with enough people or a lifting aid	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.
6	Remove props only after the engineer signs off	Structural collapse during alterations: see step 3 for the full controls Order materials to size and send packaging back where you can. Put skips and waste chutes close to the work.

5. PPE AND PERMITS

Required PPE	Permits and plans
Safety boots Safety helmet Safety glasses FFP3 dust mask Ear defenders Rigger gloves Half-mask respirator (P3 filters) Coveralls Hi-vis vest	Lift plan (LOLER reg 8)

6. PLANT AND EQUIPMENT

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

Plant / equipment	Licence or training needed	Inspection needed	Rego / ID	Last inspected	Certificate / report
Breaker					
Podium step		Pre-use check every day it is used, plus regular detailed visual inspections recorded (HSE INDG455)			

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

Rev	Date	By	What changed

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