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	Demolish a small building	**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 asbestos survey, get asbestos removed, and get services disconnected	Disturbing asbestos Electric shock from live wiring Gas and fuel lines Hitting underground services Rules: Control of Asbestos Regulations 2012; Electricity at Work Regulations 1989; Gas Safety (Installation and Use) Regulations 1998; HSE HSG47 Avoiding danger from underground services	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 gives an electric shock or arc flash burn that can kill.	**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 Isolate the power before any work. Do not work live. [Eliminate] 1.7 Lock out and tag the isolation point with your own personal lock and danger tag. [Isolate] 1.8 Prove dead at the point of work with an approved voltage indicator (GS38), and prove the tester before and after. [Control (engineering)]	**Medium (5) Very unlikely / Fatal**	Site supervisor

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
					1.9 Only competent, qualified electricians do electrical work, following a safe isolation procedure. [Control (procedures)] 1.10 Isolate and purge the line before work, with the owner's approval. [Eliminate] 1.11 Lock off and tag the isolation valve. [Isolate] 1.12 Check for leaks with a gas detector before and during work, and ventilate the area. [Control (engineering)] 1.13 Only Gas Safe registered engineers work on gas fittings. [Control (procedures)] 1.14 Keep machine buckets well clear of marked services and use a spotter. [Isolate] 1.15 Do a CAT and Genny scan before digging and mark services on the ground. [Control (engineering)] 1.16 Hand dig trial holes to find services before machine digging (safe digging practice). [Control (engineering)] 1.17 Get utility plans before digging and check them against what you see on site. [Control (procedures)]		
2	Fence the site and set up traffic and public control	Public entering the work area Road traffic Rules: CDM Regulations 2015; Safety at Street Works and Road Works Code of Practice (Red Book)	Public, Children, Workers, Road users. How: Members of the public, including children, walk into the site and are hit by plant or falling objects, or fall into holes. Passing cars and trucks hit workers or plant working on or next to a road.	**Very high (15) Possible / Fatal**	2.1 Fence off the site with secure temporary fencing and lock the gates when you leave. [Isolate] 2.2 Give pedestrians a safe, marked path around the work, with ramps for prams and wheelchairs. [Isolate] 2.3 Use hoarding, covered walkways or catch fans where work is above public areas. [Control (engineering)] 2.4 Put signs at each entry: site name, contact number and "No unauthorised entry". [Control (procedures)] 2.5 Make the site safe at the end of each day: cover holes, lower plant, remove ladders and lock tools away. [Control (procedures)] 2.6 Use a spotter when moving plant or materials across public paths. [Control (procedures)] 2.7 Do the work at low-traffic times, or close the road or lane with approval. [Eliminate] 2.8 Put solid barriers between the work and traffic where speeds are high, not just cones. [Isolate] 2.9 Use a truck-mounted attenuator or buffer vehicle on high speed roads. [Control (engineering)] 2.10 Set up signs and cones to Chapter 8 (Traffic Signs Manual) by trained operatives. [Control (procedures)] 2.11 Get a street works permit or licence from the highway authority before you start. [Control (procedures)] 2.12 Park work vehicles to shield the work zone, with beacons on. [Control (procedures)] 2.13 Wear Class 2 or 3 hi-vis clothing (EN ISO 20471). [PPE]	**Medium (5) Very unlikely / Fatal**	Site supervisor
3	Strip out by hand before machine demolition	Lifting and carrying heavy loads Cuts from sharp edges	Workers, People below. How: Lifting, carrying, pushing or twisting with	**Very high (20) Likely / Fatal**	3.1 Plan to avoid carrying: have materials delivered, and old items picked up, as close as possible to where they are used. [Eliminate] 3.2 Use lighter or smaller loads: order smaller bags and shorter	**Medium (6) Unlikely / Lost time**	Site supervisor

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
		Falling from height Rules: Manual Handling Operations Regulations 1992; Work at Height Regulations 2005	heavy or awkward loads strains the back, shoulders or knees. Sheet metal, glass, blades, cable tray and offcuts cut hands and arms.		lengths, and drain or break down old items before moving them. [Reduce / substitute] 3.3 Use trolleys, pallet jacks, hoists, vacuum lifters or plant instead of carrying by hand. [Control (engineering)] 3.4 Use a two-person lift for anything heavy, long or awkward. Plan the route first and clear it. [Control (procedures)] 3.5 Keep the load close, back straight and no twisting. Turn with your feet. [Control (procedures)] 3.6 Deburr or cover sharp edges, and fit edge protectors on exposed sheet metal. [Control (engineering)] 3.7 Use knives with retractable or self-retracting blades. [Control (engineering)] 3.8 Cut away from your body and keep your other hand clear. [Control (procedures)] 3.9 Put used blades in a blade bin or sharps container. [Control (procedures)] 3.10 Use two people to handle large sheets of metal or glass. [Control (procedures)] 3.11 Do the work from the ground where you can, for example pre-assemble on the ground or use extension poles. [Eliminate] 3.12 Install guardrails or edge protection on all open edges before work starts. [Isolate] 3.13 Use a scaffold, mobile tower or MEWP instead of working off a ladder. [Control (engineering)] 3.14 Where edge protection is not practical, use a fall restraint or fall arrest system on a rated anchor point. [Control (engineering)] 3.15 Have a rescue plan so a worker hanging in a harness can be brought down within minutes. [Control (procedures)]	**injury**	
4	Demolish with the excavator, keeping everyone outside the exclusion zone	Being hit by mobile plant Structural collapse during alterations Demolition and falling debris Rules: CDM Regulations 2015 and PUWER 1998; CDM Regulations 2015, regulation 19 (stability of structures); CDM Regulations 2015, regulation 20 (demolition)	Workers, Visitors, Public, Occupants, Neighbours. How: Excavators, loaders, telehandlers and trucks run over or crush workers, especially when reversing or slewing. Removing a wall, beam, post or bracing makes part of the building fall on workers.	**Very high (15) Possible / Fatal**	4.1 Separate people and plant with barriers, exclusion zones and marked walkways. [Isolate] 4.2 Use plant with working reversing alarms, cameras and lights. [Control (engineering)] 4.3 Have a traffic management plan showing plant routes, loading areas and pedestrian paths. [Control (procedures)] 4.4 Use a spotter when reversing or working near people. [Control (procedures)] 4.5 Make eye contact with the operator before going near. Stay out of the swing radius. [Control (procedures)] 4.6 Get an engineer to check before removing any wall, beam, post or bracing that may be load-bearing. [Eliminate] 4.7 Keep everyone clear of the area under and next to the work. [Isolate] 4.8 Install temporary props, needles or shoring as designed before removing any support. [Control (engineering)] 4.9 Follow the engineer's sequence. Do not change it without approval. [Control (procedures)]	**Medium (5) Very unlikely / Fatal**	Site supervisor

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
					4.10 Check props daily. Do not remove them until the permanent support is in and approved. [Control (procedures)] 4.11 Check for asbestos, lead, live services and structural risks before demolition starts. [Eliminate] 4.12 Disconnect and cap power, gas and water before demolition. [Isolate] 4.13 Set an exclusion zone bigger than the distance the structure could fall. [Isolate] 4.14 Use a machine with a guarded cab instead of hand demolition where practical. [Control (engineering)] 4.15 Use chutes or bins to get debris down. Never drop it from height. [Control (engineering)] 4.16 Record the demolition, dismantling or strip-out arrangements in writing before work starts (CDM 2015 reg 20(2)). [Control (procedures)]		
5	Keep dust down with water	General dust Silica dust from concrete, brick, stone and tiles Loud noise Rules: COSHH Regulations 2002; Control of Noise at Work Regulations 2005	Workers, Occupants, People nearby. How: Dust from plasterboard, filler, cement and clean up irritates eyes and lungs and makes it hard to see. 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**	5.1 Use low-dust products, such as dust-reduced or pre-mixed compounds. [Reduce / substitute] 5.2 Seal off the work area with plastic sheeting in occupied buildings. [Isolate] 5.3 Use tools with dust extraction and a vacuum for clean up. [Control (engineering)] 5.4 Lightly mist the area with water to keep dust down, away from anything electrical. [Control (engineering)] 5.5 Never dry sweep or blow dust off with compressed air. [Control (procedures)] 5.6 Order materials cut to size, or use low-dust methods such as score and snap or a block splitter. [Reduce / substitute] 5.7 Cut outdoors or in a separate area, with other people well away and upwind. [Isolate] 5.8 Use water on the blade or on-tool dust extraction connected to an H-class vacuum. [Control (engineering)] 5.9 Clean up with a vacuum or wet methods. Never dry sweep or use compressed air. [Control (procedures)] 5.10 Do a COSHH assessment and keep exposure below the workplace exposure limit (0.1 mg/m3 respirable crystalline silica, 8 hours). [Control (procedures)] 5.11 Workers regularly exposed to silica dust get health surveillance (COSHH reg 11, HSE G404). [Control (procedures)] 5.12 Wear a fit-tested FFP3 mask. [PPE] 5.13 Use quieter tools and methods, such as cut-to-size materials, low-noise machines and battery tools. [Reduce / substitute] 5.14 Keep noisy plant away from work areas, and use screens or distance between the noise and people. [Isolate] 5.15 Keep tools maintained and use mufflers on compressors and generators. [Control (engineering)] 5.16 Limit time on noisy tools and rotate workers. [Control	**Medium (6) Unlikely / Lost time injury**	Site supervisor

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
					(procedures)] 5.17 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)] 5.18 Assess noise. At 85 dB(A) or more, hearing protection is required and the zone must be marked. [Control (procedures)]		
6	Sort and load waste into trucks, then level the site	Being hit by mobile plant Road traffic Poor housekeeping and waste Rules: CDM Regulations 2015 and PUWER 1998; Safety at Street Works and Road Works Code of Practice (Red Book)	Workers, Visitors, Public, Road users. How: Excavators, loaders, telehandlers and trucks run over or crush workers, especially when reversing or slewing. Passing cars and trucks hit workers or plant working on or next to a road.	**Very high (15) Possible / Fatal**	6.1 Operators hold a CPCS, NPORS or equal card for the plant they use. [Control (procedures)] 6.2 Do a pre-start check on each machine every day and record it. [Control (procedures)] 6.3 Wear hi-vis clothing and a hard hat. [PPE] 6.4 Being hit by mobile plant: see step 4 for the full controls [Control (procedures)] 6.5 Road traffic: see step 2 for the full controls [Control (procedures)] 6.6 Order materials to size and send packaging back where you can. [Eliminate] 6.7 Put skips and waste chutes close to the work. [Control (engineering)] 6.8 Clean as you go, and do a full clean up at the end of each day. [Control (procedures)] 6.9 Keep exits, stairs and walkways clear at all times. [Control (procedures)] 6.10 Stack materials neatly on level ground, away from edges. [Control (procedures)] 6.11 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)]	**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	Check the asbestos survey, get asbestos removed, and get services disconnected	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.
2	Fence the site and set up traffic and public control	Fence off the site with secure temporary fencing and lock the gates when you leave. Give pedestrians a safe, marked path around the work, with ramps for prams and wheelchairs. Use hoarding, covered walkways or catch fans where work is above public areas.
3	Strip out by hand before machine demolition	Plan to avoid carrying: have materials delivered, and old items picked up, as close as possible to where they are used. Use lighter or

Step	What we will do	How it is done safely
		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.
4	Demolish with the excavator, keeping everyone outside the exclusion zone	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.
5	Keep dust down with water	Use low-dust products, such as dust-reduced or pre-mixed compounds. Seal off the work area with plastic sheeting in occupied buildings. Use tools with dust extraction and a vacuum for clean up.
6	Sort and load waste into trucks, then level the site	Operators hold a CPCS, NPORS or equal card for the plant they use. Do a pre-start check on each machine every day and record it. Wear hi-vis clothing and a hard hat.

5. PPE AND PERMITS

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

6. 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			
Skid steer loader	CPCS or NPORS skid steer card				
Site dumper	CPCS or NPORS forward tipping dumper card				
Hand tools					
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