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	Install sockets	**Start date**	9 Nov 2026
Working hours	7:00 am to 3:30 pm	**Trade**	Electrical

2. RISK ASSESSMENT

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
1	Locate the circuit at the consumer unit, isolate it, lock off and label and test to prove dead	Electric shock from live wiring Rules: Electricity at Work Regulations 1989	Workers, Occupants. How: 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 Isolate the power before any work. Do not work live. [Eliminate] 1.2 Lock out and tag the isolation point with your own personal lock and danger tag. [Isolate] 1.3 Prove dead at the point of work with an approved voltage indicator (GS38), and prove the tester before and after. [Control (engineering)] 1.4 Only competent, qualified electricians do electrical work, following a safe isolation procedure. [Control (procedures)] 1.5 Check for back feeds from solar, batteries and generators that can keep a circuit live after the main switch is off. [Control (procedures)] 1.6 If live work cannot be avoided, use a permit, a safety observer and insulated tools. [Control (procedures)] 1.7 Wear insulated gloves, arc-rated clothing and a face shield when testing or working near live parts. [PPE]	**Medium (5) Very unlikely / Fatal**	Site supervisor
2	Scan the wall for pipes and cables before cutting the hole	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**	2.1 Electric shock from live wiring: see step 1 for the full controls [Control (procedures)] 2.2 Isolate and purge the line before work, with the owner's approval. [Eliminate] 2.3 Lock off and tag the isolation valve. [Isolate] 2.4 Check for leaks with a gas detector before and during work, and ventilate the area. [Control (engineering)] 2.5 Only Gas Safe registered engineers work on gas fittings. [Control (procedures)] 2.6 Remove ignition sources: no smoking, no hot work and no sparking tools near the line. [Control (procedures)] 2.7 Know where the shut-off valve is and what to do if a leak happens. [Control (procedures)] 2.8 Wear safety glasses and gloves, and keep a fire extinguisher close by. [PPE]	**Medium (5) Very unlikely / Fatal**	Site supervisor

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
3	Cut in the box and run the cable, keeping dust down	General dust Injury from power tools Falling from a ladder Rules: Provision and Use of Work Equipment Regulations 1998 (PUWER); Work at Height 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. Drills, saws, routers and sanders kick back, catch clothing or throw debris, causing cuts, broken bones and eye injuries.	**High (12) Possible / Major injury**	3.1 Use low-dust products, such as dust-reduced or pre-mixed compounds. [Reduce / substitute] 3.2 Seal off the work area with plastic sheeting in occupied buildings. [Isolate] 3.3 Use tools with dust extraction and a vacuum for clean up. [Control (engineering)] 3.4 Lightly mist the area with water to keep dust down, away from anything electrical. [Control (engineering)] 3.5 Never dry sweep or blow dust off with compressed air. [Control (procedures)] 3.6 Keep all guards fitted and working. Never tie back or remove a guard. [Control (engineering)] 3.7 Clamp or secure the work piece. Do not hold it by hand. [Control (engineering)] 3.8 Only trained, competent people use power tools, following the maker's instructions. [Control (procedures)] 3.9 Check tools before use. Unplug or remove the battery before changing blades or bits. [Control (procedures)] 3.10 No loose clothing, jewellery or long hair near spinning parts. [Control (procedures)] 3.11 Use a podium step, mobile tower or MEWP for longer jobs instead of a straight ladder. [Reduce / substitute] 3.12 Use EN 131 professional ladders in good condition. Remove any damaged ladder from site. [Control (engineering)] 3.13 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)] 3.14 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)] 3.15 Keep three points of contact and your belt buckle between the stiles. Do not overreach. [Control (procedures)]	**Medium (8) Unlikely / Major injury**	Site supervisor
4	Terminate the socket and check connections are tight	Electric shock from leads and power tools Repetitive work and awkward postures Rules: Electricity at Work Regulations 1989	Workers. How: Damaged leads, plugs or tools, or water near power, give the user an electric shock. Doing the same movement for hours, kneeling or working overhead causes long-term damage to joints, muscles and tendons.	**High (12) Possible / Major injury**	4.1 Use battery-powered tools where you can. [Reduce / substitute] 4.2 Use 110V tools through a centre-tapped transformer, or battery tools. Use an RCD on any 230V supply. [Control (engineering)] 4.3 Keep leads off the ground and out of water, using lead stands or hooks. [Control (engineering)] 4.4 Check leads, plugs and tools before every use. Tag out and remove anything damaged. [Control (procedures)] 4.5 Keep tools and leads inspected and PAT tested on a regular schedule. [Control (procedures)] 4.6 Do not use tools in rain or wet areas unless they are rated for it. [Control (procedures)] 4.7 Wear safety boots and dry gloves. [PPE] 4.8 Use tools that cut the effort: powered screwdrivers, long-handled tools and extension poles for overhead work. [Reduce / substitute]	**Medium (6) Unlikely / Lost time injury**	Site supervisor

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
					4.9 Set work up at waist height on benches or trestles where you can. [Control (engineering)] 4.10 Use light tools with good grips, and keep blades and bits sharp. [Control (engineering)] 4.11 Rotate tasks and take short breaks every hour on repetitive work. [Control (procedures)] 4.12 Warm up before heavy physical work and report aches and pains early. [Control (procedures)] 4.13 Wear knee pads for kneeling work and gloves for grip. [PPE]		
5	Test polarity, earth and RCD protection, then restore power and clean up	Electric shock from live wiring Poor housekeeping and waste Rules: Electricity at Work Regulations 1989	Workers, Occupants, Visitors. How: Contact with live wires, distribution boards or equipment gives an electric shock or arc flash burn that can kill. Rubbish, offcuts and materials left lying around cause trips, cuts and fires, and block exits.	**Very high (15) Possible / Fatal**	5.1 Electric shock from live wiring: see step 1 for the full controls [Control (procedures)] 5.2 Order materials to size and send packaging back where you can. [Eliminate] 5.3 Put skips and waste chutes close to the work. [Control (engineering)] 5.4 Clean as you go, and do a full clean up at the end of each day. [Control (procedures)] 5.5 Keep exits, stairs and walkways clear at all times. [Control (procedures)] 5.6 Stack materials neatly on level ground, away from edges. [Control (procedures)] 5.7 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)] 5.8 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.

3. METHOD STATEMENT: SEQUENCE OF WORK

Step	What we will do	How it is done safely
1	Locate the circuit at the consumer unit, isolate it, lock off and label and test to prove 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.
2	Scan the wall for pipes and cables before cutting the hole	Electric shock from live wiring: see step 1 for the full controls Isolate and purge the line before work, with the owner's approval. Lock off and tag the isolation valve.
3	Cut in the box and run the cable, keeping dust down	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.
4	Terminate the socket and check connections are tight	Use battery-powered tools where you can. Use 110V tools through a centre-tapped transformer, or battery tools. Use an RCD on any 230V supply. Keep leads off the ground and out of water, using lead stands or hooks.

Step	What we will do	How it is done safely
5	Test polarity, earth and RCD protection, then restore power and clean up	Electric shock from live wiring: see step 1 for the full controls Order materials to size and send packaging back where you can. Put skips and waste chutes close to the work.

4. PPE AND PERMITS

Required PPE	Permits and plans
Safety boots Safety glasses Rigger gloves Insulated electrical gloves Arc-rated clothing and face shield FFP3 dust mask Ear defenders Safety helmet Knee pads	Permit to work (electrical isolation)

5. PLANT AND EQUIPMENT

Plant / equipment	Licence or training needed	Inspection needed	Rego / ID	Last inspected	Certificate / report
Electrical test equipment (multifunction tester)		Check leads and probes meet HSE GS38 before each use; prove the voltage indicator on a proving unit before and after; calibrate at the maker's interval (usually yearly)			
Power drill		User check before each use; formal visual inspection and PAT testing at intervals set by risk (110V on site)			
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