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	Kitchen renovation	**Start date**	9 Nov 2026
Working hours	7:00 am to 3:30 pm	**Trade**	General building

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 for asbestos and isolate power, gas and water	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 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 Wear a fit-tested FFP3 mask (or better) and disposable type 5 coveralls. [PPE] 1.7 Isolate the power before any work. Do not work live. [Eliminate] 1.8 Lock out and tag the isolation point with your own personal lock and danger tag. [Isolate] 1.9 Prove dead at the point of work with an approved voltage	**Medium (5) Very unlikely / Fatal**	Site supervisor

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
					indicator (GS38), and prove the tester before and after. [Control (engineering)] 1.10 Only competent, qualified electricians do electrical work, following a safe isolation procedure. [Control (procedures)] 1.11 Check for back feeds from solar, batteries and generators that can keep a circuit live after the main switch is off. [Control (procedures)] 1.12 Isolate and purge the line before work, with the owner's approval. [Eliminate] 1.13 Lock off and tag the isolation valve. [Isolate] 1.14 Check for leaks with a gas detector before and during work, and ventilate the area. [Control (engineering)] 1.15 Only Gas Safe registered engineers work on gas fittings. [Control (procedures)] 1.16 Remove ignition sources: no smoking, no hot work and no sparking tools near the line. [Control (procedures)]		
2	Remove old cabinets and appliances with two people	Lifting and carrying heavy loads Cuts from sharp edges Rules: Manual Handling Operations Regulations 1992	Workers. How: Lifting, carrying, pushing or twisting with heavy or awkward loads strains the back, shoulders or knees. Sheet metal, glass, blades, cable tray and offcuts cut hands and arms.	**High (12) Likely / Lost time injury**	2.1 Plan to avoid carrying: have materials delivered, and old items picked up, as close as possible to where they are used. [Eliminate] 2.2 Use lighter or smaller loads: order smaller bags and shorter lengths, and drain or break down old items before moving them. [Reduce / substitute] 2.3 Use trolleys, pallet jacks, hoists, vacuum lifters or plant instead of carrying by hand. [Control (engineering)] 2.4 Use a two-person lift for anything heavy, long or awkward. Plan the route first and clear it. [Control (procedures)] 2.5 Keep the load close, back straight and no twisting. Turn with your feet. [Control (procedures)] 2.6 Rotate tasks and take breaks on long lifting jobs. [Control (procedures)] 2.7 Wear gloves for grip and safety boots to protect your feet. [PPE] 2.8 Deburr or cover sharp edges, and fit edge protectors on exposed sheet metal. [Control (engineering)] 2.9 Use knives with retractable or self-retracting blades. [Control (engineering)] 2.10 Cut away from your body and keep your other hand clear. [Control (procedures)] 2.11 Put used blades in a blade bin or sharps container. [Control (procedures)] 2.12 Use two people to handle large sheets of metal or glass. [Control (procedures)] 2.13 Wear cut-resistant gloves and long sleeves. [PPE]	**Medium (6) Unlikely / Lost time injury**	Site supervisor
3	Patch walls and run new services	General dust Electric shock from live wiring	Workers, Occupants. How: Dust from plasterboard, filler, cement and clean up	**Very high (15) Possible / Fatal**	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]	**Medium (5) Very unlikely / Fatal**	Site supervisor

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
		Rules: Electricity at Work Regulations 1989	irritates eyes and lungs and makes it hard to see. Contact with live wires, distribution boards or equipment gives an electric shock or arc flash burn that can kill.		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 Wear a dust mask and safety glasses. [PPE] 3.7 If live work cannot be avoided, use a permit, a safety observer and insulated tools. [Control (procedures)] 3.8 Wear insulated gloves, arc-rated clothing and a face shield when testing or working near live parts. [PPE] 3.9 Electric shock from live wiring: see step 1 for the full controls [Control (procedures)]		
4	Install cabinets and benchtops, wet cutting stone	Silica dust from concrete, brick, stone and tiles Lifting and carrying heavy loads Saw cuts and kickback Rules: COSHH Regulations 2002; Manual Handling Operations Regulations 1992; Provision and Use of Work Equipment Regulations 1998 (PUWER)	Workers, People nearby. How: Cutting, grinding or drilling concrete, brick, stone, tiles or fibre cement makes fine silica dust that causes silicosis and lung cancer. Lifting, carrying, pushing or twisting with heavy or awkward loads strains the back, shoulders or knees.	**Very high (20) Likely / Fatal**	4.1 Order materials cut to size, or use low-dust methods such as score and snap or a block splitter. [Reduce / substitute] 4.2 Cut outdoors or in a separate area, with other people well away and upwind. [Isolate] 4.3 Use water on the blade or on-tool dust extraction connected to an H-class vacuum. [Control (engineering)] 4.4 Clean up with a vacuum or wet methods. Never dry sweep or use compressed air. [Control (procedures)] 4.5 Do a COSHH assessment and keep exposure below the workplace exposure limit (0.1 mg/m3 respirable crystalline silica, 8 hours). [Control (procedures)] 4.6 Workers regularly exposed to silica dust get health surveillance (COSHH reg 11, HSE G404). [Control (procedures)] 4.7 Wear a fit-tested FFP3 mask. [PPE] 4.8 Lifting and carrying heavy loads: see step 2 for the full controls [Control (procedures)] 4.9 Keep blade guards fitted and working, and use the riving knife on table saws. [Control (engineering)] 4.10 Use push sticks and clamps, and support long pieces so they do not pinch the blade. [Control (engineering)] 4.11 Use a sharp, undamaged blade made for the material. [Control (procedures)] 4.12 Stand to one side of the blade line, out of the kickback path. [Control (procedures)] 4.13 Let the blade stop fully before reaching in or putting the saw down. [Control (procedures)]	**Medium (8) Unlikely / Major injury**	Site supervisor
5	Fit off, test gas and power, and clean up	Gas and fuel lines Electric shock from live wiring Poor housekeeping and waste	Workers, Occupants, Public, Visitors. How: Damaging or opening a gas or fuel line causes a leak, fire or explosion. Contact	**Very high (15) Possible / Fatal**	5.1 Know where the shut-off valve is and what to do if a leak happens. [Control (procedures)] 5.2 Wear safety glasses and gloves, and keep a fire extinguisher close by. [PPE] 5.3 Gas and fuel lines: see step 1 for the full controls [Control (procedures)]	**Medium (5) Very unlikely / Fatal**	Site supervisor

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
		Rules: Gas Safety (Installation and Use) Regulations 1998; Electricity at Work Regulations 1989	with live wires, distribution boards or equipment gives an electric shock or arc flash burn that can kill.		5.4 Electric shock from live wiring: see step 1 for the full controls [Control (procedures)] 5.5 Order materials to size and send packaging back where you can. [Eliminate] 5.6 Put skips and waste chutes close to the work. [Control (engineering)] 5.7 Clean as you go, and do a full clean up at the end of each day. [Control (procedures)] 5.8 Keep exits, stairs and walkways clear at all times. [Control (procedures)] 5.9 Stack materials neatly on level ground, away from edges. [Control (procedures)] 5.10 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)]		

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 for asbestos and isolate power, gas and water	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	Remove old cabinets and appliances with two people	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.
3	Patch walls and run new services	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	Install cabinets and benchtops, wet cutting stone	Order materials cut to size, or use low-dust methods such as score and snap or a block splitter. Cut outdoors or in a separate area, with other people well away and upwind. Use water on the blade or on-tool dust extraction connected to an H-class vacuum.
5	Fit off, test gas and power, and clean up	Know where the shut-off valve is and what to do if a leak happens. Wear safety glasses and gloves, and keep a fire extinguisher close by. Gas and fuel lines: see step 1 for the full controls

5. PPE AND PERMITS

Required PPE	Permits and plans

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

6. PLANT AND EQUIPMENT

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

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