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	Interior painting	**Start date**	9 Nov 2026
Working hours	7:00 am to 3:30 pm	**Trade**	Painting

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	Agree work areas with occupants and protect floors and furniture	Working in an occupied home or building Slips and trips	Residents, Children, Staff, Workers, Visitors, Public. 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. Workers slip on wet or muddy ground or trip on leads, offcuts and uneven ground, causing sprains, broken bones or head injuries.	**Medium (9) Possible / Lost time injury**	1.1 Plan noisy, dusty or risky work for when the building is empty. [Eliminate] 1.2 Close off the work area with barriers, plastic sheeting or locked doors, and put up signs. [Isolate] 1.3 Keep fire exits and paths clear at all times. [Control (procedures)] 1.4 Tell occupants before you turn off power, water or gas, and before noisy or dusty work. [Control (procedures)] 1.5 Lock away tools, chemicals and materials each day, out of reach of children. [Control (procedures)] 1.6 Clean up dust and debris at the end of each day. [Control (procedures)] 1.7 Plan walkways and keep them clear of materials, hoses and leads. [Eliminate] 1.8 Run leads and hoses overhead on hooks or stands, or along walls, not across walkways. [Control (engineering)] 1.9 Fill or cover holes, and lay boards or mats on muddy access paths. [Control (engineering)] 1.10 Clean up offcuts, packaging and spills as you go, not at the end of the day. [Control (procedures)]	**Low (4) Unlikely / Minor injury**	Site supervisor

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
					1.11 Keep work areas, stairs and access paths well lit. [Control (procedures)] 1.12 Wear safety boots with good grip, laced up. [PPE]		
2	Test old paint for lead before sanding	Lead paint dust and fumes Rules: Control of Lead at Work Regulations 2002	Workers, Residents, Children. 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.	**High (12) Possible / Major injury**	2.1 Test old paint for lead before you sand, scrape, cut or heat it. [Eliminate] 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]	**Low (4) Very unlikely / Major injury**	Site supervisor
3	Fill and sand walls with a dust mask and vacuum sander	General dust Repetitive work and awkward postures	Workers, Occupants. How: Dust from plasterboard, filler, cement and clean up irritates eyes and lungs and makes it hard to see. Doing the same movement for hours, kneeling or working overhead causes long-term damage to joints, muscles and tendons.	**Medium (9) Possible / Lost time 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 Wear a dust mask and safety glasses. [PPE] 3.7 Use tools that cut the effort: powered screwdrivers, long-handled tools and extension poles for overhead work. [Reduce / substitute] 3.8 Set work up at waist height on benches or trestles where you can. [Control (engineering)] 3.9 Use light tools with good grips, and keep blades and bits sharp. [Control (engineering)] 3.10 Rotate tasks and take short breaks every hour on repetitive work. [Control (procedures)] 3.11 Warm up before heavy physical work and report aches and pains early. [Control (procedures)] 3.12 Wear knee pads for kneeling work and gloves for grip. [PPE]	**Medium (6) Unlikely / Lost time injury**	Site supervisor
4	Paint from a platform ladder, not chairs or tins	Falling from a ladder Repetitive work and awkward postures Rules: Work at Height Regulations 2005	Workers. How: The ladder slips or tips, or the worker overreaches, and they fall onto a hard surface. Doing the same	**High (12) Possible / Major injury**	4.1 Use a podium step, mobile tower or MEWP for longer jobs instead of a straight ladder. [Reduce / substitute] 4.2 Use EN 131 professional ladders in good condition. Remove any damaged ladder from site. [Control (engineering)] 4.3 Set extension ladders at a 4 to 1 angle on firm, level ground, tied or footed, and reaching 1 metre above the landing. [Control	**Medium (8) Unlikely / Major injury**	Site supervisor

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
			movement for hours, kneeling or working overhead causes long-term damage to joints, muscles and tendons.		(engineering)] 4.4 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)] 4.5 Keep three points of contact and your belt buckle between the stiles. Do not overreach. [Control (procedures)] 4.6 Do not work off the top three rungs of a leaning ladder. On a stepladder, do not stand on the top two steps (top three on swing-back or double-sided steps) unless there is a suitable handhold. [Control (procedures)] 4.7 Check the ladder before each use: feet, rungs, stiles and locks. [Control (procedures)] 4.8 Wear non-slip safety boots with clean soles. [PPE] 4.9 Repetitive work and awkward postures: see step 3 for the full controls [Control (procedures)]		
5	Keep windows open and lids on tins	Hazardous chemicals Flammable liquids and gases Rules: COSHH Regulations 2002; Dangerous Substances and Explosive Atmospheres Regulations 2002 (DSEAR)	Workers, Occupants, Public. How: Glues, sealants, solvents, acids, cleaners and cement burn skin and eyes or cause breathing problems and poisoning. Petrol, solvents, thinners and LPG catch fire or explode when vapour reaches a spark, flame or hot surface.	**High (10) Unlikely / Fatal**	5.1 Choose the least harmful product that does the job, for example water-based instead of solvent-based. [Reduce / substitute] 5.2 Use chemicals in well-ventilated areas, or use fans and extraction in closed rooms. [Control (engineering)] 5.3 Do a COSHH assessment and read the Safety Data Sheet (SDS) before use. [Control (procedures)] 5.4 Keep chemicals in labelled containers. Never decant into drink bottles. [Control (procedures)] 5.5 Store chemicals away from heat, food and drink, and keep products that react with each other apart. [Control (procedures)] 5.6 Have eye wash and a spill kit nearby, and wash hands before eating. [Control (procedures)] 5.7 Wear chemical-resistant gloves and safety glasses or goggles as listed on the SDS. [PPE] 5.8 Use a respirator with the right cartridge if the SDS calls for one. [PPE] 5.9 Use non-flammable or water-based products where you can. [Reduce / substitute] 5.10 Keep ignition sources away: no smoking, no hot work and no running engines near flammables. [Isolate] 5.11 Store fuels and solvents in approved, closed containers in a ventilated area away from the work. [Control (engineering)] 5.12 Refuel equipment outdoors with the engine off and cool. [Control (procedures)] 5.13 Keep only what you need for the day on site. [Control (procedures)] 5.14 Store gas cylinders upright, secured and outdoors. [Control (procedures)] 5.15 Keep a suitable fire extinguisher where flammables are used or stored. [Control (procedures)] 5.16 Wear chemical gloves and safety glasses when pouring or	**Medium (6) Unlikely / Lost time injury**	Site supervisor

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
					mixing. [PPE]		
6	Clean brushes away from drains and clear drop sheets	Poor housekeeping and waste Slips and trips	Workers, Visitors, Public. How: Rubbish, offcuts and materials left lying around cause trips, cuts and fires, and block exits. Workers slip on wet or muddy ground or trip on leads, offcuts and uneven ground, causing sprains, broken bones or head injuries.	**Medium (8) Likely / Minor injury**	6.1 Order materials to size and send packaging back where you can. [Eliminate] 6.2 Put skips and waste chutes close to the work. [Control (engineering)] 6.3 Clean as you go, and do a full clean up at the end of each day. [Control (procedures)] 6.4 Keep exits, stairs and walkways clear at all times. [Control (procedures)] 6.5 Stack materials neatly on level ground, away from edges. [Control (procedures)] 6.6 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)] 6.7 Wear gloves when handling waste. [PPE] 6.8 Slips and trips: see step 1 for the full controls [Control (procedures)]	**Low (4) Unlikely / Minor 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	Agree work areas with occupants and protect floors and furniture	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.
2	Test old paint for lead before sanding	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	Fill and sand walls with a dust mask and vacuum sander	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	Paint from a platform ladder, not chairs or tins	Use a podium step, mobile tower or MEWP for longer jobs instead of a straight ladder. Use EN 131 professional ladders in good condition. Remove any damaged ladder from site. Set extension ladders at a 4 to 1 angle on firm, level ground, tied or footed, and reaching 1 metre above the landing.
5	Keep windows open and lids on tins	Choose the least harmful product that does the job, for example water-based instead of solvent-based. Use chemicals in well-ventilated areas, or use fans and extraction in closed rooms. Do a COSHH assessment and read the Safety Data Sheet (SDS) before use.
6	Clean brushes away from drains and clear drop sheets	Order materials to size and send packaging back where you can. Put skips and waste chutes close to the work. Clean as you go,

Step	What we will do	How it is done safely
		and do a full clean up at the end of each day.

5. PPE AND PERMITS

Required PPE	Permits and plans
Safety boots Safety glasses FFP3 dust mask Chemical-resistant gloves Half-mask respirator (P3 filters) Coveralls Rigger gloves Knee pads Safety helmet Safety goggles	None required

6. PLANT AND EQUIPMENT

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