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	Pressure washing and surface prep	**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	Cover power points and outside lights, and keep leads off wet ground	Electric shock from leads and power tools Electric shock from live wiring Rules: Electricity at Work Regulations 1989	Workers, Occupants. How: Damaged leads, plugs or tools, or water near power, give the user an electric shock. 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 Use battery-powered tools where you can. [Reduce / substitute] 1.2 Use 110V tools through a centre-tapped transformer, or battery tools. Use an RCD on any 230V supply. [Control (engineering)] 1.3 Keep leads off the ground and out of water, using lead stands or hooks. [Control (engineering)] 1.4 Check leads, plugs and tools before every use. Tag out and remove anything damaged. [Control (procedures)] 1.5 Keep tools and leads inspected and PAT tested on a regular schedule. [Control (procedures)] 1.6 Do not use tools in rain or wet areas unless they are rated for it. [Control (procedures)] 1.7 Wear safety boots and dry gloves. [PPE] 1.8 Isolate the power before any work. Do not work live. [Eliminate] 1.9 Lock out and tag the isolation point with your own personal lock and danger tag. [Isolate] 1.10 Prove dead at the point of work with an approved voltage indicator (GS38), and prove the tester before and after. [Control (engineering)] 1.11 Only competent, qualified electricians do electrical work, following a safe isolation procedure. [Control (procedures)]	**Medium (5) Very unlikely / Fatal**	Site supervisor

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
					1.12 Check for back feeds from solar, batteries and generators that can keep a circuit live after the main switch is off. [Control (procedures)] 1.13 If live work cannot be avoided, use a permit, a safety observer and insulated tools. [Control (procedures)] 1.14 Wear insulated gloves, arc-rated clothing and a face shield when testing or working near live parts. [PPE]		
2	Check surfaces for asbestos and lead paint first	Disturbing asbestos Lead paint dust and fumes Rules: Control of Asbestos Regulations 2012; Control of Lead at Work Regulations 2002	Workers, Occupants, Public, Residents, Children. How: Buildings built before 2000 may contain asbestos. Drilling, cutting or breaking it releases fibres that cause cancer years later. 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.	**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. [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 Test old paint for lead before you sand, scrape, cut or heat it. [Eliminate] 2.8 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] 2.9 Seal off the work area with plastic sheeting and keep residents, children and pets out. [Isolate] 2.10 Clean up with an H-class vacuum and wet wipes. Never dry sweep. [Control (engineering)] 2.11 Wash hands and face before eating, drinking or smoking. Change out of dusty clothes before going home. [Control (procedures)] 2.12 Wear an FFP3 mask, disposable coveralls and gloves. [PPE]	**Medium (5) Very unlikely / Fatal**	Site supervisor
3	Never use the pressure washer from a ladder	Falling from a ladder High pressure water jetting Rules: Work at Height Regulations 2005	Workers, People nearby. How: The ladder slips or tips, or the worker overreaches, and they fall onto a hard surface. High pressure water cuts through skin and injects water and dirt	**High (12) Possible / Major injury**	3.1 Use a podium step, mobile tower or MEWP for longer jobs instead of a straight ladder. [Reduce / substitute] 3.2 Use EN 131 professional ladders in good condition. Remove any damaged ladder from site. [Control (engineering)] 3.3 Set extension ladders at a 4 to 1 angle on firm, level ground, tied or footed, and reaching 1 metre above the landing. [Control (engineering)] 3.4 Use ladders only for short, light work (about 30 minutes in one spot). Do not carry heavy or awkward loads up a ladder. [Control	**Medium (8) Unlikely / Major injury**	Site supervisor

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
			into the body, or the hose whips.		(procedures)] 3.5 Keep three points of contact and your belt buckle between the stiles. Do not overreach. [Control (procedures)] 3.6 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)] 3.7 Check the ladder before each use: feet, rungs, stiles and locks. [Control (procedures)] 3.8 Wear non-slip safety boots with clean soles. [PPE] 3.9 Set an exclusion zone around the jetting area. [Isolate] 3.10 Use a dead man's trigger that stops the jet when released, and check hoses and fittings before use. [Control (engineering)] 3.11 Only trained operators use high pressure jetting gear. [Control (procedures)] 3.12 Never point the lance at anyone or put a hand in front of it. [Control (procedures)] 3.13 Treat any jetting injury as serious and go to hospital, even if it looks small. [Control (procedures)] 3.14 Wear a face shield, waterproof clothing, gloves, hearing protection and safety boots. [PPE]		
4	Mix and apply cleaning chemicals as the label says	Hazardous chemicals Rules: COSHH Regulations 2002	Workers, Occupants. How: Glues, sealants, solvents, acids, cleaners and cement burn skin and eyes or cause breathing problems and poisoning.	**Medium (9) Possible / Lost time injury**	4.1 Choose the least harmful product that does the job, for example water-based instead of solvent-based. [Reduce / substitute] 4.2 Use chemicals in well-ventilated areas, or use fans and extraction in closed rooms. [Control (engineering)] 4.3 Do a COSHH assessment and read the Safety Data Sheet (SDS) before use. [Control (procedures)] 4.4 Keep chemicals in labelled containers. Never decant into drink bottles. [Control (procedures)] 4.5 Store chemicals away from heat, food and drink, and keep products that react with each other apart. [Control (procedures)] 4.6 Have eye wash and a spill kit nearby, and wash hands before eating. [Control (procedures)] 4.7 Wear chemical-resistant gloves and safety glasses or goggles as listed on the SDS. [PPE] 4.8 Use a respirator with the right cartridge if the SDS calls for one. [PPE]	**Medium (6) Unlikely / Lost time injury**	Site supervisor
5	Wash down, keeping the lance away from people	High pressure water jetting Loud noise Slips and trips Rules: Control of Noise at Work Regulations 2005	Workers, People nearby, Visitors, Public. How: High pressure water cuts through skin and injects water and dirt into the body, or the hose whips. Saws, grinders, jackhammers	**High (12) Likely / Lost time injury**	5.1 High pressure water jetting: see step 3 for the full controls [Control (procedures)] 5.2 Use quieter tools and methods, such as cut-to-size materials, low-noise machines and battery tools. [Reduce / substitute] 5.3 Keep noisy plant away from work areas, and use screens or distance between the noise and people. [Isolate] 5.4 Keep tools maintained and use mufflers on compressors and generators. [Control (engineering)]	**Medium (6) Unlikely / Lost time injury**	Site supervisor

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
			and machines cause permanent hearing loss and ringing in the ears over time.		5.5 Limit time on noisy tools and rotate workers. [Control (procedures)] 5.6 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)] 5.7 Assess noise. At 85 dB(A) or more, hearing protection is required and the zone must be marked. [Control (procedures)] 5.8 Plan walkways and keep them clear of materials, hoses and leads. [Eliminate] 5.9 Run leads and hoses overhead on hooks or stands, or along walls, not across walkways. [Control (engineering)] 5.10 Fill or cover holes, and lay boards or mats on muddy access paths. [Control (engineering)] 5.11 Clean up offcuts, packaging and spills as you go, not at the end of the day. [Control (procedures)] 5.12 Keep work areas, stairs and access paths well lit. [Control (procedures)]		
6	Stop runoff entering surface water drains and clean up	Poor housekeeping and waste	Workers, Visitors. How: Rubbish, offcuts and materials left lying around cause trips, cuts and fires, and block exits.	**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]	**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	Cover power points and outside lights, and keep leads off wet ground	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.
2	Check surfaces for asbestos and lead paint first	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

Step	What we will do	How it is done safely
		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	Never use the pressure washer from a ladder	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.
4	Mix and apply cleaning chemicals as the label says	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.
5	Wash down, keeping the lance away from people	High pressure water jetting: see step 3 for the full controls Use quieter tools and methods, such as cut-to-size materials, low-noise machines and battery tools. Keep noisy plant away from work areas, and use screens or distance between the noise and people.
6	Stop runoff entering surface water drains and clean up	Order materials to size and send packaging back where you can. Put skips and waste chutes close to the work. Clean as you go, and do a full clean up at the end of each day.

5. PPE AND PERMITS

Required PPE	Permits and plans
Safety boots Safety goggles Chemical-resistant gloves Ear defenders Rigger gloves Half-mask respirator (P3 filters) Coveralls Safety helmet Face shield	None required

6. PLANT AND EQUIPMENT

Plant / equipment	Licence or training needed	Inspection needed	Rego / ID	Last inspected	Certificate / report
Pressure washer (jet wash)					
Extension ladder		Pre-use check every day it is used, plus regular detailed visual inspections recorded (HSE INDG455)			
Generator (110V site transformer)					

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