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	Fit coving	**Start date**	9 Nov 2026
Working hours	7:00 am to 3:30 pm	**Trade**	Plastering and dry lining

2. RISK ASSESSMENT

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
1	Set up a platform ladder or trestles	Falling from a ladder Falling from height Rules: Work at Height Regulations 2005	Workers, People below. How: The ladder slips or tips, or the worker overreaches, and they fall onto a hard surface. A worker falls from any height where a fall could cause injury, such as an edge, platform or opening.	**Very high (20) Likely / Fatal**	1.1 Use a podium step, mobile tower or MEWP for longer jobs instead of a straight ladder. [Reduce / substitute] 1.2 Use EN 131 professional ladders in good condition. Remove any damaged ladder from site. [Control (engineering)] 1.3 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)] 1.4 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)] 1.5 Keep three points of contact and your belt buckle between the stiles. Do not overreach. [Control (procedures)] 1.6 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)] 1.7 Check the ladder before each use: feet, rungs, stiles and locks. [Control (procedures)] 1.8 Wear non-slip safety boots with clean soles. [PPE] 1.9 Do the work from the ground where you can, for example pre-assemble on the ground or use extension poles. [Eliminate] 1.10 Install guardrails or edge protection on all open edges before work starts. [Isolate] 1.11 Use a scaffold, mobile tower or MEWP instead of working off a ladder. [Control (engineering)] 1.12 Where edge protection is not practical, use a fall restraint or fall arrest system on a rated anchor point. [Control (engineering)] 1.13 Have a rescue plan so a worker hanging in a harness can be brought down within minutes. [Control (procedures)] 1.14 Wear a full body harness with a shock-absorbing lanyard, clipped on at all times when using fall arrest. [PPE]	**Medium (8) Unlikely / Major injury**	Site supervisor

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
2	Cut mitres with a saw on a stand	Saw cuts and kickback General dust Rules: Provision and Use of Work Equipment Regulations 1998 (PUWER)	Workers, Occupants. How: Circular saws, drop saws and table saws cut fingers and hands or throw material back at the user. Dust from plasterboard, filler, cement and clean up irritates eyes and lungs and makes it hard to see.	**High (12)** **Possible / Major injury**	2.1 Keep blade guards fitted and working, and use the riving knife on table saws. [Control (engineering)] 2.2 Use push sticks and clamps, and support long pieces so they do not pinch the blade. [Control (engineering)] 2.3 Use a sharp, undamaged blade made for the material. [Control (procedures)] 2.4 Stand to one side of the blade line, out of the kickback path. [Control (procedures)] 2.5 Let the blade stop fully before reaching in or putting the saw down. [Control (procedures)] 2.6 Wear safety glasses, hearing protection and close-fitting clothes. [PPE] 2.7 Use low-dust products, such as dust-reduced or pre-mixed compounds. [Reduce / substitute] 2.8 Seal off the work area with plastic sheeting in occupied buildings. [Isolate] 2.9 Use tools with dust extraction and a vacuum for clean up. [Control (engineering)] 2.10 Lightly mist the area with water to keep dust down, away from anything electrical. [Control (engineering)] 2.11 Never dry sweep or blow dust off with compressed air. [Control (procedures)] 2.12 Wear a dust mask and safety glasses. [PPE]	**Medium (8)** **Unlikely / Major injury**	Site supervisor
3	Apply adhesive and fix lengths, two people for long pieces	Lifting and carrying heavy loads Hazardous chemicals Rules: Manual Handling Operations Regulations 1992; COSHH Regulations 2002	Workers, Occupants. How: Lifting, carrying, pushing or twisting with heavy or awkward loads strains the back, shoulders or knees. Glues, sealants, solvents, acids, cleaners and cement burn skin and eyes or cause breathing problems and poisoning.	**High (12)** **Likely / Lost time injury**	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 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 Rotate tasks and take breaks on long lifting jobs. [Control (procedures)] 3.7 Wear gloves for grip and safety boots to protect your feet. [PPE] 3.8 Choose the least harmful product that does the job, for example water-based instead of solvent-based. [Reduce / substitute] 3.9 Use chemicals in well-ventilated areas, or use fans and extraction in closed rooms. [Control (engineering)] 3.10 Do a COSHH assessment and read the Safety Data Sheet (SDS) before use. [Control (procedures)] 3.11 Keep chemicals in labelled containers. Never decant into drink bottles. [Control (procedures)] 3.12 Store chemicals away from heat, food and drink, and keep	**Medium (6)** **Unlikely / Lost time injury**	Site supervisor

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
					products that react with each other apart. [Control (procedures)] 3.13 Have eye wash and a spill kit nearby, and wash hands before eating. [Control (procedures)] 3.14 Wear chemical-resistant gloves and safety glasses or goggles as listed on the SDS. [PPE] 3.15 Use a respirator with the right cartridge if the SDS calls for one. [PPE]		
4	Fill 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**	4.1 Order materials to size and send packaging back where you can. [Eliminate] 4.2 Put skips and waste chutes close to the work. [Control (engineering)] 4.3 Clean as you go, and do a full clean up at the end of each day. [Control (procedures)] 4.4 Keep exits, stairs and walkways clear at all times. [Control (procedures)] 4.5 Stack materials neatly on level ground, away from edges. [Control (procedures)] 4.6 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)] 4.7 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.

3. METHOD STATEMENT: SEQUENCE OF WORK

Step	What we will do	How it is done safely
1	Set up a platform ladder or trestles	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.
2	Cut mitres with a saw on a stand	Keep blade guards fitted and working, and use the riving knife on table saws. Use push sticks and clamps, and support long pieces so they do not pinch the blade. Use a sharp, undamaged blade made for the material.
3	Apply adhesive and fix lengths, two people for long pieces	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.
4	Fill 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.

4. PPE AND PERMITS

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

5. PLANT AND EQUIPMENT

Plant / equipment	Licence or training needed	Inspection needed	Rego / ID	Last inspected	Certificate / report
Mitre saw		User check before each use; formal visual inspection and PAT testing at intervals set by risk (110V on site)			
Podium step		Pre-use check every day it is used, plus regular detailed visual inspections recorded (HSE INDG455)			
Nail gun					
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