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

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 in older linings before cutting	Disturbing asbestos Rules: Control of Asbestos Regulations 2012	Workers, Occupants, Public. How: Buildings built before 2000 may contain asbestos. Drilling, cutting or breaking it releases fibres that cause cancer years later.	**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]	**Medium (5) Very unlikely / Fatal**	Site supervisor
2	Check for cables and pipes behind the wall	Electric shock from live wiring	Workers, Occupants. How: Contact with live	**Very high (15) Possible / Fatal**	2.1 Isolate the power before any work. Do not work live. [Eliminate] 2.2 Lock out and tag the isolation point with your own personal lock	**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	wires, distribution boards or equipment gives an electric shock or arc flash burn that can kill.		and danger tag. [Isolate] 2.3 Prove dead at the point of work with an approved voltage indicator (GS38), and prove the tester before and after. [Control (engineering)] 2.4 Only competent, qualified electricians do electrical work, following a safe isolation procedure. [Control (procedures)] 2.5 Check for back feeds from solar, batteries and generators that can keep a circuit live after the main switch is off. [Control (procedures)] 2.6 If live work cannot be avoided, use a permit, a safety observer and insulated tools. [Control (procedures)] 2.7 Wear insulated gloves, arc-rated clothing and a face shield when testing or working near live parts. [PPE]		
3	Cut out damage and fit a patch	Cuts from sharp edges General dust	Workers, Occupants. How: Sheet metal, glass, blades, cable tray and offcuts cut hands and arms. Dust from plasterboard, filler, cement and clean up irritates eyes and lungs and makes it hard to see.	**Medium (8) Likely / Minor injury**	3.1 Deburr or cover sharp edges, and fit edge protectors on exposed sheet metal. [Control (engineering)] 3.2 Use knives with retractable or self-retracting blades. [Control (engineering)] 3.3 Cut away from your body and keep your other hand clear. [Control (procedures)] 3.4 Put used blades in a blade bin or sharps container. [Control (procedures)] 3.5 Use two people to handle large sheets of metal or glass. [Control (procedures)] 3.6 Wear cut-resistant gloves and long sleeves. [PPE] 3.7 Use low-dust products, such as dust-reduced or pre-mixed compounds. [Reduce / substitute] 3.8 Seal off the work area with plastic sheeting in occupied buildings. [Isolate] 3.9 Use tools with dust extraction and a vacuum for clean up. [Control (engineering)] 3.10 Lightly mist the area with water to keep dust down, away from anything electrical. [Control (engineering)] 3.11 Never dry sweep or blow dust off with compressed air. [Control (procedures)] 3.12 Wear a dust mask and safety glasses. [PPE]	**Low (4) Unlikely / Minor injury**	Site supervisor
4	Set, sand and finish	General dust Falling from a ladder Rules: Work at Height Regulations 2005	Workers, Occupants. How: Dust from plasterboard, filler, cement and clean up irritates eyes and lungs and makes it hard to see. The ladder slips or tips, or the worker overreaches, and they fall onto a hard surface.	**High (12) Possible / Major injury**	4.1 General dust: see step 3 for the full controls [Control (procedures)] 4.2 Use a podium step, mobile tower or MEWP for longer jobs instead of a straight ladder. [Reduce / substitute] 4.3 Use EN 131 professional ladders in good condition. Remove any damaged ladder from site. [Control (engineering)] 4.4 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)] 4.5 Use ladders only for short, light work (about 30 minutes in one	**Medium (8) Unlikely / Major injury**	Site supervisor

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
					spot). Do not carry heavy or awkward loads up a ladder. [Control (procedures)] 4.6 Keep three points of contact and your belt buckle between the stiles. Do not overreach. [Control (procedures)] 4.7 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)] 4.8 Check the ladder before each use: feet, rungs, stiles and locks. [Control (procedures)] 4.9 Wear non-slip safety boots with clean soles. [PPE]		
5	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**	5.1 Order materials to size and send packaging back where you can. [Eliminate] 5.2 Put skips and waste chutes close to the work. [Control (engineering)] 5.3 Clean as you go, and do a full clean up at the end of each day. [Control (procedures)] 5.4 Keep exits, stairs and walkways clear at all times. [Control (procedures)] 5.5 Stack materials neatly on level ground, away from edges. [Control (procedures)] 5.6 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)] 5.7 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	Check for asbestos in older linings before cutting	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	Check for cables and pipes behind the wall	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.
3	Cut out damage and fit a patch	Deburr or cover sharp edges, and fit edge protectors on exposed sheet metal. Use knives with retractable or self-retracting blades. Cut away from your body and keep your other hand clear.
4	Set, sand and finish	General dust: see step 3 for the full controls Use a podium step, mobile tower or MEWP for longer jobs instead of a straight ladder.

Step	What we will do	How it is done safely
		Use EN 131 professional ladders in good condition. Remove any damaged ladder from site.
5	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
FFP3 dust mask Safety glasses Safety boots Half-mask respirator (P3 filters) Coveralls Rigger gloves Cut-resistant gloves Safety helmet	None required

6. PLANT AND EQUIPMENT

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

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