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	Set, tape and finish plasterboard	**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	Mix compound with a paddle mixer, lifting bags carefully	Lifting and carrying heavy loads General dust Injury from power tools Rules: Manual Handling Operations Regulations 1992; Provision and Use of Work Equipment Regulations 1998 (PUWER)	Workers, Occupants, People nearby. How: Lifting, carrying, pushing or twisting with heavy or awkward loads strains the back, shoulders or knees. Dust from plasterboard, filler, cement and clean up irritates eyes and lungs and makes it hard to see.	**High (12) Likely / Lost time injury**	1.1 Plan to avoid carrying: have materials delivered, and old items picked up, as close as possible to where they are used. [Eliminate] 1.2 Use lighter or smaller loads: order smaller bags and shorter lengths, and drain or break down old items before moving them. [Reduce / substitute] 1.3 Use trolleys, pallet jacks, hoists, vacuum lifters or plant instead of carrying by hand. [Control (engineering)] 1.4 Use a two-person lift for anything heavy, long or awkward. Plan the route first and clear it. [Control (procedures)] 1.5 Keep the load close, back straight and no twisting. Turn with your feet. [Control (procedures)] 1.6 Use low-dust products, such as dust-reduced or pre-mixed compounds. [Reduce / substitute] 1.7 Seal off the work area with plastic sheeting in occupied buildings. [Isolate] 1.8 General dust: see step 3 for the full controls [Control (procedures)] 1.9 Keep all guards fitted and working. Never tie back or remove a guard. [Control (engineering)] 1.10 Clamp or secure the work piece. Do not hold it by hand. [Control (engineering)] 1.11 Only trained, competent people use power tools, following the maker's instructions. [Control (procedures)] 1.12 Check tools before use. Unplug or remove the battery before changing blades or bits. [Control (procedures)] 1.13 No loose clothing, jewellery or long hair near spinning parts. [Control (procedures)]	**Medium (6) Unlikely / Lost time injury**	Site supervisor
2	Apply coats from a platform, not stilts on cluttered floors	Falling from a ladder Slips and trips Rules: Work at Height	Workers, Visitors, Public. How: The ladder slips or tips, or the worker	**High (12) Possible / Major injury**	2.1 Use a podium step, mobile tower or MEWP for longer jobs instead of a straight ladder. [Reduce / substitute] 2.2 Use EN 131 professional ladders in good condition. Remove any damaged ladder from site. [Control (engineering)]	**Medium (8) Unlikely / Major injury**	Site supervisor

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
		Regulations 2005	overreaches, and they fall onto a hard surface. Workers slip on wet or muddy ground or trip on leads, offcuts and uneven ground, causing sprains, broken bones or head injuries.		2.3 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)] 2.4 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)] 2.5 Keep three points of contact and your belt buckle between the stiles. Do not overreach. [Control (procedures)] 2.6 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)] 2.7 Check the ladder before each use: feet, rungs, stiles and locks. [Control (procedures)] 2.8 Wear non-slip safety boots with clean soles. [PPE] 2.9 Plan walkways and keep them clear of materials, hoses and leads. [Eliminate] 2.10 Run leads and hoses overhead on hooks or stands, or along walls, not across walkways. [Control (engineering)] 2.11 Fill or cover holes, and lay boards or mats on muddy access paths. [Control (engineering)] 2.12 Clean up offcuts, packaging and spills as you go, not at the end of the day. [Control (procedures)] 2.13 Keep work areas, stairs and access paths well lit. [Control (procedures)] 2.14 Wear safety boots with good grip, laced up. [PPE]		
3	Sand using a vacuum sander and dust mask	General dust Eye injuries Repetitive work and awkward postures	Workers, Occupants, People nearby. How: Dust from plasterboard, filler, cement and clean up irritates eyes and lungs and makes it hard to see. Flying chips, dust, chemicals or sparks get into the eye and cause damage or blindness.	**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 Use tool guards and screens to stop flying particles. [Control (engineering)] 3.7 Use dust extraction and water to keep dust out of the air. [Control (engineering)] 3.8 Keep others out of the area when cutting, grinding or chipping. [Control (procedures)] 3.9 Keep an eye wash station or eye wash bottles on site. [Control (procedures)] 3.10 Wear safety glasses at all times, goggles for dust and chemicals, and a face shield for grinding. [PPE]	**Medium (6) Unlikely / Lost time injury**	Site supervisor

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
					3.11 Use tools that cut the effort: powered screwdrivers, long-handled tools and extension poles for overhead work. [Reduce / substitute] 3.12 Set work up at waist height on benches or trestles where you can. [Control (engineering)] 3.13 Repetitive work and awkward postures: see step 4 for the full controls [Control (procedures)]		
4	Take breaks from overhead work	Repetitive work and awkward postures	Workers. How: 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**	4.1 Use tools that cut the effort: powered screwdrivers, long-handled tools and extension poles for overhead work. [Reduce / substitute] 4.2 Set work up at waist height on benches or trestles where you can. [Control (engineering)] 4.3 Use light tools with good grips, and keep blades and bits sharp. [Control (engineering)] 4.4 Rotate tasks and take short breaks every hour on repetitive work. [Control (procedures)] 4.5 Warm up before heavy physical work and report aches and pains early. [Control (procedures)] 4.6 Wear knee pads for kneeling work and gloves for grip. [PPE]	**Medium (6) Unlikely / Lost time injury**	Site supervisor
5	Vacuum dust 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**	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.

3. METHOD STATEMENT: SEQUENCE OF WORK

Step	What we will do	How it is done safely
1	Mix compound with a paddle mixer, lifting bags carefully	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.

Step	What we will do	How it is done safely
2	Apply coats from a platform, not stilts on cluttered floors	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.
3	Sand using a vacuum sander and dust mask	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	Take breaks from overhead work	Use tools that cut the effort: powered screwdrivers, long-handled tools and extension poles for overhead work. Set work up at waist height on benches or trestles where you can. Use light tools with good grips, and keep blades and bits sharp.
5	Vacuum dust 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
FFP3 dust mask Safety glasses Safety boots Rigger gloves Ear defenders Safety helmet Safety goggles Face shield Knee pads	None required

5. PLANT AND EQUIPMENT

Plant / equipment	Licence or training needed	Inspection needed	Rego / ID	Last inspected	Certificate / report
Power sander		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)			
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					

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