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	Hang plasterboard	**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)

YES	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
	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 services are installed and isolated where you will fix	Electric shock from live wiring Rules: Electricity at Work Regulations 1989	Workers, Occupants. How: 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 Isolate the power before any work. Do not work live. [Eliminate] 1.2 Lock out and tag the isolation point with your own personal lock and danger tag. [Isolate] 1.3 Prove dead at the point of work with an approved voltage indicator (GS38), and prove the tester before and after. [Control (engineering)] 1.4 Only competent, qualified electricians do electrical work, following a safe isolation procedure. [Control (procedures)] 1.5 Check for back feeds from solar, batteries and generators that can keep a circuit live after the main switch is off. [Control (procedures)] 1.6 If live work cannot be avoided, use a permit, a safety observer and insulated tools. [Control (procedures)] 1.7 Wear insulated gloves, arc-rated clothing and a face shield when testing or working near live parts. [PPE]	**Medium (5) Very unlikely / Fatal**	Site supervisor
2	Stack sheets flat on a level floor, not leaning against walls, and	Lifting and carrying heavy loads Falling tools and	Workers, Public, People below. How: Lifting, carrying,	**High (12) Likely / Lost time injury**	2.1 Plan to avoid carrying: have materials delivered, and old items picked up, as close as possible to where they are used. [Eliminate] 2.2 Use lighter or smaller loads: order smaller bags and shorter	**Medium (8) Unlikely / Major injury**	Site supervisor

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
	spread the load	materials Rules: Manual Handling Operations Regulations 1992; Work at Height Regulations 2005, regulation 10 (falling objects)	pushing or twisting with heavy or awkward loads strains the back, shoulders or knees. Tools, materials or debris fall from above and hit someone working or walking below.		lengths, and drain or break down old items before moving them. [Reduce / substitute] 2.3 Lifting and carrying heavy loads: see step 6 for the full controls [Control (procedures)] 2.4 Barricade and sign the drop zone under overhead work so nobody walks beneath. [Isolate] 2.5 Fit toe boards, kick plates and mesh screens on scaffolds and edges. [Control (engineering)] 2.6 Use catch fans, debris netting or covered walkways where people pass below. [Control (engineering)] 2.7 Tether hand tools when working at height. [Control (engineering)] 2.8 Keep platforms tidy. Do not stack materials near edges or above toe board height. [Control (procedures)] 2.9 Lower materials with a hoist, chute or rope. Never throw or drop anything down. [Control (procedures)] 2.10 Wear a hard hat anywhere objects could fall. [PPE]		
3	Carry sheets with two people or a sheet trolley	Lifting and carrying heavy loads Rules: Manual Handling Operations Regulations 1992	Workers. How: Lifting, carrying, pushing or twisting with heavy or awkward loads strains the back, shoulders or knees.	**High (12) Likely / Lost time injury**	3.1 Use trolleys, pallet jacks, hoists, vacuum lifters or plant instead of carrying by hand. [Control (engineering)] 3.2 Use a two-person lift for anything heavy, long or awkward. Plan the route first and clear it. [Control (procedures)] 3.3 Lifting and carrying heavy loads: see step 6 for the full controls [Control (procedures)]	**Medium (6) Unlikely / Lost time injury**	Site supervisor
4	Set up a platform ladder or mobile scaffold for ceilings and high walls	Falling from height Falling from a ladder Scaffold collapse or fall from scaffold Rules: Work at Height Regulations 2005	Workers, People below, Public. How: A worker falls from any height where a fall could cause injury, such as an edge, platform or opening. The ladder slips or tips, or the worker overreaches, and they fall onto a hard surface.	**Very high (20) Likely / Fatal**	4.1 Do the work from the ground where you can, for example pre-assemble on the ground or use extension poles. [Eliminate] 4.2 Install guardrails or edge protection on all open edges before work starts. [Isolate] 4.3 Use a scaffold, mobile tower or MEWP instead of working off a ladder. [Control (engineering)] 4.4 Where edge protection is not practical, use a fall restraint or fall arrest system on a rated anchor point. [Control (engineering)] 4.5 Have a rescue plan so a worker hanging in a harness can be brought down within minutes. [Control (procedures)] 4.6 Use a podium step, mobile tower or MEWP for longer jobs instead of a straight ladder. [Reduce / substitute] 4.7 Use EN 131 professional ladders in good condition. Remove any damaged ladder from site. [Control (engineering)] 4.8 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)] 4.9 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)] 4.10 Keep three points of contact and your belt buckle between the stiles. Do not overreach. [Control (procedures)] 4.11 Scaffold is built, altered and taken down only by CISRS-carded	**Medium (8) Unlikely / Major injury**	Site supervisor

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
					scaffolders, to TG20 or a specific design. [Control (engineering)] 4.12 Fit guardrails, mid rails and toe boards on every working platform. [Control (engineering)] 4.13 Use mobile scaffolds only on firm, level ground with castors locked and outriggers fitted. Never move one with anyone on it. [Control (engineering)] 4.14 Mobile towers are built by PASMA-trained workers. [Control (procedures)] 4.15 Inspect the scaffold before first use, after any change or bad weather, and at least every 7 days. Record it on the tag and register. [Control (procedures)] 4.16 Do not overload platforms. Know the duty rating and keep material stacks over the standards. [Control (procedures)]		
5	Cut sheets with a sharp knife, cutting away from your body; use extraction if sawing	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**	5.1 Deburr or cover sharp edges, and fit edge protectors on exposed sheet metal. [Control (engineering)] 5.2 Use knives with retractable or self-retracting blades. [Control (engineering)] 5.3 Cut away from your body and keep your other hand clear. [Control (procedures)] 5.4 Put used blades in a blade bin or sharps container. [Control (procedures)] 5.5 Use two people to handle large sheets of metal or glass. [Control (procedures)] 5.6 Wear cut-resistant gloves and long sleeves. [PPE] 5.7 Use low-dust products, such as dust-reduced or pre-mixed compounds. [Reduce / substitute] 5.8 Seal off the work area with plastic sheeting in occupied buildings. [Isolate] 5.9 Use tools with dust extraction and a vacuum for clean up. [Control (engineering)] 5.10 Lightly mist the area with water to keep dust down, away from anything electrical. [Control (engineering)] 5.11 Never dry sweep or blow dust off with compressed air. [Control (procedures)] 5.12 Wear a dust mask and safety glasses. [PPE]	**Low (4) Unlikely / Minor injury**	Site supervisor
6	Lift ceiling sheets with a sheet lifter, not your head	Lifting and carrying heavy loads Falling tools and materials Repetitive work and awkward postures Rules: Manual Handling Operations Regulations 1992; Work at Height	Workers, Public, People below. How: Lifting, carrying, pushing or twisting with heavy or awkward loads strains the back, shoulders or knees. Tools, materials or debris fall from above and hit someone	**High (12) Likely / Lost time injury**	6.1 Plan to avoid carrying: have materials delivered, and old items picked up, as close as possible to where they are used. [Eliminate] 6.2 Use lighter or smaller loads: order smaller bags and shorter lengths, and drain or break down old items before moving them. [Reduce / substitute] 6.3 Use trolleys, pallet jacks, hoists, vacuum lifters or plant instead of carrying by hand. [Control (engineering)] 6.4 Use a two-person lift for anything heavy, long or awkward. Plan the route first and clear it. [Control (procedures)] 6.5 Keep the load close, back straight and no twisting. Turn with your	**Medium (8) Unlikely / Major injury**	Site supervisor

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
		Regulations 2005, regulation 10 (falling objects)	working or walking below.		feet. [Control (procedures)] 6.6 Falling tools and materials: see step 2 for the full controls [Control (procedures)] 6.7 Use tools that cut the effort: powered screwdrivers, long-handled tools and extension poles for overhead work. [Reduce / substitute] 6.8 Set work up at waist height on benches or trestles where you can. [Control (engineering)] 6.9 Use light tools with good grips, and keep blades and bits sharp. [Control (engineering)] 6.10 Rotate tasks and take short breaks every hour on repetitive work. [Control (procedures)] 6.11 Warm up before heavy physical work and report aches and pains early. [Control (procedures)]		
7	Screw sheets off, keeping clear of cables and pipes behind	Injury from power tools Electric shock from live wiring Rules: Provision and Use of Work Equipment Regulations 1998 (PUWER); Electricity at Work Regulations 1989	Workers, People nearby, Occupants. How: Drills, saws, routers and sanders kick back, catch clothing or throw debris, causing cuts, broken bones and eye injuries. Contact with live wires, distribution boards or equipment gives an electric shock or arc flash burn that can kill.	**Very high (15) Possible / Fatal**	7.1 Keep all guards fitted and working. Never tie back or remove a guard. [Control (engineering)] 7.2 Clamp or secure the work piece. Do not hold it by hand. [Control (engineering)] 7.3 Only trained, competent people use power tools, following the maker's instructions. [Control (procedures)] 7.4 Check tools before use. Unplug or remove the battery before changing blades or bits. [Control (procedures)] 7.5 No loose clothing, jewellery or long hair near spinning parts. [Control (procedures)] 7.6 Wear safety glasses and hearing protection. Do not wear loose gloves on drills or other rotating tools. [PPE] 7.7 Electric shock from live wiring: see step 1 for the full controls [Control (procedures)]	**Medium (6) Unlikely / Lost time injury**	Site supervisor
8	Use adhesives with ventilation	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**	8.1 Choose the least harmful product that does the job, for example water-based instead of solvent-based. [Reduce / substitute] 8.2 Use chemicals in well-ventilated areas, or use fans and extraction in closed rooms. [Control (engineering)] 8.3 Do a COSHH assessment and read the Safety Data Sheet (SDS) before use. [Control (procedures)] 8.4 Keep chemicals in labelled containers. Never decant into drink bottles. [Control (procedures)] 8.5 Store chemicals away from heat, food and drink, and keep products that react with each other apart. [Control (procedures)] 8.6 Have eye wash and a spill kit nearby, and wash hands before eating. [Control (procedures)] 8.7 Wear chemical-resistant gloves and safety glasses or goggles as listed on the SDS. [PPE] 8.8 Use a respirator with the right cartridge if the SDS calls for one. [PPE]	**Medium (6) Unlikely / Lost time injury**	Site supervisor
9	Pick up offcuts and	Poor housekeeping and	Workers, Visitors,	**Medium (8)**	9.1 Order materials to size and send packaging back where you can.	**Low (4)**	Site

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
	screws	waste Slips and trips	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.	**Likely / Minor injury**	[Eliminate] 9.2 Put skips and waste chutes close to the work. [Control (engineering)] 9.3 Clean as you go, and do a full clean up at the end of each day. [Control (procedures)] 9.4 Keep exits, stairs and walkways clear at all times. [Control (procedures)] 9.5 Stack materials neatly on level ground, away from edges. [Control (procedures)] 9.6 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)] 9.7 Wear gloves when handling waste. [PPE] 9.8 Plan walkways and keep them clear of materials, hoses and leads. [Eliminate] 9.9 Run leads and hoses overhead on hooks or stands, or along walls, not across walkways. [Control (engineering)] 9.10 Fill or cover holes, and lay boards or mats on muddy access paths. [Control (engineering)] 9.11 Clean up offcuts, packaging and spills as you go, not at the end of the day. [Control (procedures)] 9.12 Keep work areas, stairs and access paths well lit. [Control (procedures)] 9.13 Wear safety boots with good grip, laced up. [PPE]	**Unlikely / Minor injury**	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 services are installed and isolated where you will fix	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.
2	Stack sheets flat on a level floor, not leaning against walls, and spread the load	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. Lifting and carrying heavy loads: see step 6 for the full controls
3	Carry sheets with two people or a sheet trolley	Use trolleys, pallet jacks, hoists, vacuum lifters or plant instead of carrying by hand. Use a two-person lift for anything heavy, long or awkward. Plan the route first and clear it. Lifting and carrying heavy loads: see step 6 for the full controls
4	Set up a platform ladder or mobile scaffold for ceilings and high walls	Do the work from the ground where you can, for example pre-assemble on the ground or use extension poles. Install guardrails or edge protection on all open edges before work starts. Use a scaffold, mobile tower or MEWP instead of working off a ladder.

Step	What we will do	How it is done safely
5	Cut sheets with a sharp knife, cutting away from your body; use extraction if sawing	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.
6	Lift ceiling sheets with a sheet lifter, not your head	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.
7	Screw sheets off, keeping clear of cables and pipes behind	Keep all guards fitted and working. Never tie back or remove a guard. Clamp or secure the work piece. Do not hold it by hand. Only trained, competent people use power tools, following the maker's instructions.
8	Use adhesives with ventilation	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.
9	Pick up offcuts and screws	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 glasses Rigger gloves FFP3 dust mask Safety helmet Hi-vis vest Cut-resistant gloves Knee pads Ear defenders Chemical-resistant gloves Safety goggles Half-mask respirator (P3 filters) Coveralls	Work at height permit

6. PLANT AND EQUIPMENT

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

Plant / equipment	Licence or training needed	Inspection needed	Rego / ID	Last inspected	Certificate / report
Hand tools					
Mobile access tower	PASMA certificate	Inspected by a competent person after assembly, after anything that could affect stability (such as high winds or alteration) and at least every 7 days where a fall of 2 m or more is possible; report within 24 hours (Work at Height Regulations 2005 reg 12, Schedule 7); re-inspect each time the tower is moved and re-erected			

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

Rev	Date	By	What changed

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