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	Solar inverter installation	**Start date**	9 Nov 2026
Working hours	7:00 am to 3:30 pm	**Trade**	Solar

2. RISK ASSESSMENT

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
1	Isolate AC at the consumer unit and DC at the isolators, lock off and label	Electric shock from live wiring Stored energy 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. Energy left in springs, hydraulics, compressed gas, raised loads or capacitors releases suddenly and crushes or injures workers.	**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] 1.8 Release or block all stored energy before work: release the pressure in pipes, tanks and hoses, bleed hydraulics, release springs, lower loads. [Eliminate] 1.9 Lock out and tag all energy sources with personal locks. [Isolate] 1.10 Put mechanical blocks or props under raised parts like buckets, tipper bodies and doors. [Control (engineering)] 1.11 Test that the system is dead and nothing can move before you start. [Control (procedures)] 1.12 Follow the maker's procedure, for example for garage door and roller door springs. [Control (procedures)] 1.13 Wear safety glasses and gloves. [PPE]	**Medium (5) Very unlikely / Fatal**	Site supervisor
2	Mount the inverter with two people	Lifting and carrying heavy loads Injury from power tools Rules: Manual Handling	Workers, People nearby. How: Lifting, carrying, pushing or twisting with heavy or awkward loads	**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 lengths, and drain or break down old items before moving them. [Reduce / substitute]	**Medium (6) Unlikely / Lost time injury**	Site supervisor

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
		Operations Regulations 1992; Provision and Use of Work Equipment Regulations 1998 (PUWER)	strains the back, shoulders or knees. Drills, saws, routers and sanders kick back, catch clothing or throw debris, causing cuts, broken bones and eye injuries.		2.3 Use trolleys, pallet jacks, hoists, vacuum lifters or plant instead of carrying by hand. [Control (engineering)] 2.4 Use a two-person lift for anything heavy, long or awkward. Plan the route first and clear it. [Control (procedures)] 2.5 Keep the load close, back straight and no twisting. Turn with your feet. [Control (procedures)] 2.6 Rotate tasks and take breaks on long lifting jobs. [Control (procedures)] 2.7 Wear gloves for grip and safety boots to protect your feet. [PPE] 2.8 Keep all guards fitted and working. Never tie back or remove a guard. [Control (engineering)] 2.9 Clamp or secure the work piece. Do not hold it by hand. [Control (engineering)] 2.10 Only trained, competent people use power tools, following the maker's instructions. [Control (procedures)] 2.11 Check tools before use. Unplug or remove the battery before changing blades or bits. [Control (procedures)] 2.12 No loose clothing, jewellery or long hair near spinning parts. [Control (procedures)] 2.13 Wear safety glasses and hearing protection. Do not wear loose gloves on drills or other rotating tools. [PPE]		
3	Terminate DC and AC cables, testing before touching	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**	3.1 Electric shock from live wiring: see step 1 for the full controls [Control (procedures)]	**Medium (5) Very unlikely / Fatal**	Site supervisor
4	Commission the inverter and set export limits	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**	4.1 Electric shock from live wiring: see step 1 for the full controls [Control (procedures)]	**Medium (5) Very unlikely / Fatal**	Site supervisor
5	Label everything 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.	**Low (4) Unlikely / Minor injury**	Site supervisor

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
					[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]		

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	Isolate AC at the consumer unit and DC at the isolators, lock off and label	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	Mount the inverter with two people	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.
3	Terminate DC and AC cables, testing before touching	Electric shock from live wiring: see step 1 for the full controls
4	Commission the inverter and set export limits	Electric shock from live wiring: see step 1 for the full controls
5	Label everything 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 boots Insulated electrical gloves Safety glasses Arc-rated clothing and face shield Rigger gloves Ear defenders	Permit to work (electrical isolation)

5. 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)			

Plant / equipment	Licence or training needed	Inspection needed	Rego / ID	Last inspected	Certificate / report
Electrical test equipment (multifunction tester)		Check leads and probes meet HSE GS38 before each use; prove the voltage indicator on a proving unit before and after; calibrate at the maker's interval (usually yearly)			
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

Rev	Date	By	What changed

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

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