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 panel installation on a pitched roof	**Start date**	9 Nov 2026
Working hours	7:00 am to 3:30 pm	**Trade**	Solar

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
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 the roof for asbestos, brittle tiles and power lines	Disturbing asbestos Falling through a fragile roof or skylight Contact with overhead power lines Rules: Control of Asbestos Regulations 2012; Work at Height Regulations 2005, regulation 9 (fragile surfaces); HSE GS6 Avoiding danger from overhead power lines	Workers, Occupants, Public, People below, Plant operators. How: Buildings built before 2000 may contain asbestos. Drilling, cutting or breaking it releases fibres that cause cancer years later. A worker steps on a skylight, clear sheet or old fibre cement roof and falls through to the floor below.	**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] 1.7 Work from underneath or from a MEWP so nobody stands on the fragile roof. [Eliminate] 1.8 Cover or guard every skylight and fragile sheet with a fixed, marked cover or mesh before work starts. [Isolate]	**Medium (5) Very unlikely / Fatal**	Site supervisor

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
					1.9 Use safety nets or a boarded platform under the work, and staging or crawl boards to spread the load on fragile surfaces. [Control (engineering)] 1.10 Use fall arrest on rated anchors when working near fragile areas. [Control (engineering)] 1.11 Treat all roof sheets as fragile until a competent person confirms they are not. Old fibre cement and plastic sheets are fragile. [Control (procedures)] 1.12 Ask the distribution network operator (DNO) to turn off, move or insulate the lines before work starts. [Eliminate] 1.13 Use non-conductive (fibreglass) ladders near any power lines. [Reduce / substitute] 1.14 Mark the safe distance with flags, tape or goal posts and keep all plant and people outside it. [Isolate] 1.15 Follow HSE GS6: barriers, goal posts under the lines and a permit for work near them. [Control (procedures)] 1.16 Use a dedicated spotter whenever plant moves or raises anything near lines. [Control (procedures)] 1.17 Treat all lines as live. If plant touches a line, stay in the cab and keep everyone well away. [Control (procedures)]		
2	Set up edge protection or harness anchors and a secured ladder	Falling from a roof edge Falling from a ladder Rules: Work at Height Regulations 2005	Workers, People below. How: A worker slips or walks off the edge of a roof or gutter line and falls to the ground. The ladder slips or tips, or the worker overreaches, and they fall onto a hard surface.	**Very high (20)** **Likely / Fatal**	2.1 Do what you can from the ground or from a scaffold at the gutter line, for example pre-assemble parts on the ground. [Eliminate] 2.2 Install edge protection or guardrails on all open roof edges before work starts. [Isolate] 2.3 Use a perimeter scaffold with handrails and toe boards along the eaves where practical. [Control (engineering)] 2.4 Where guardrails cannot be fitted, use fall restraint on certified roof anchors so workers cannot reach the edge. [Control (engineering)] 2.5 Use one safe, controlled access point and keep others off the roof. [Control (procedures)] 2.6 Stop roof work in strong wind or rain, and when the roof is wet, icy or covered in dust or frost. [Control (procedures)] 2.7 Wear a harness clipped to a rated anchor when using restraint or fall arrest, and soft-soled non-slip boots. [PPE] 2.8 Use a podium step, mobile tower or MEWP for longer jobs instead of a straight ladder. [Reduce / substitute] 2.9 Use EN 131 professional ladders in good condition. Remove any damaged ladder from site. [Control (engineering)] 2.10 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)] 2.11 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)] 2.12 Keep three points of contact and your belt buckle between the	**Medium (8)** **Unlikely / Major injury**	Site supervisor

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
					stiles. Do not overreach. [Control (procedures)] 2.13 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)] 2.14 Check the ladder before each use: feet, rungs, stiles and locks. [Control (procedures)] 2.15 Wear non-slip safety boots with clean soles. [PPE]		
3	Lift panels with a hoist, not up a ladder	Lifting and carrying heavy loads Falling tools and materials Strong wind and storms Rules: Manual Handling Operations Regulations 1992; Work at Height Regulations 2005, regulation 10 (falling objects)	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 working or walking below.	**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 Barricade and sign the drop zone under overhead work so nobody walks beneath. [Isolate] 3.7 Fit toe boards, kick plates and mesh screens on scaffolds and edges. [Control (engineering)] 3.8 Use catch fans, debris netting or covered walkways where people pass below. [Control (engineering)] 3.9 Tether hand tools when working at height. [Control (engineering)] 3.10 Keep platforms tidy. Do not stack materials near edges or above toe board height. [Control (procedures)] 3.11 Check the forecast each morning and plan work at height and lifting around the weather. [Eliminate] 3.12 Tie down or weigh down loose sheets, panels, boards and rubbish at the end of each shift. [Control (engineering)] 3.13 Set wind limits for roof work, platforms and cranes, using the manufacturer's limits, and stop when they are reached. [Control (procedures)] 3.14 Stop work and get down in lightning. Wait 30 minutes after the last thunder before going back up. [Control (procedures)] 3.15 Check scaffold, fencing and edge protection after strong wind before anyone uses them. [Control (procedures)]	**Medium (8) Unlikely / Major injury**	Site supervisor
4	Fit rails and brackets, cutting tiles with dust control	Silica dust from concrete, brick, stone and tiles Angle grinder injuries Injury from power tools	Workers, People nearby. How: Cutting, grinding or drilling concrete, brick, stone, tiles or fibre cement makes fine	**Very high (20) Likely / Fatal**	4.1 Order materials cut to size, or use low-dust methods such as score and snap or a block splitter. [Reduce / substitute] 4.2 Cut outdoors or in a separate area, with other people well away and upwind. [Isolate] 4.3 Use water on the blade or on-tool dust extraction connected to an H-class vacuum. [Control (engineering)]	**Medium (8) Unlikely / Major injury**	Site supervisor

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
		Rules: COSHH Regulations 2002; Provision and Use of Work Equipment Regulations 1998 (PUWER)	silica dust that causes silicosis and lung cancer. The disc shatters, binds or kicks back, causing deep cuts to legs and hands or eye injuries.		4.4 Clean up with a vacuum or wet methods. Never dry sweep or use compressed air. [Control (procedures)] 4.5 Do a COSHH assessment and keep exposure below the workplace exposure limit (0.1 mg/m3 respirable crystalline silica, 8 hours). [Control (procedures)] 4.6 Workers regularly exposed to silica dust get health surveillance (COSHH reg 11, HSE G404). [Control (procedures)] 4.7 Wear a fit-tested FFP3 mask. [PPE] 4.8 Use a guarded saw or a different tool where you can. [Reduce / substitute] 4.9 Keep the guard on and use the side handle. Never remove the guard. [Control (engineering)] 4.10 Use the right disc for the job, rated for the grinder's speed. Check it for cracks first. [Control (procedures)] 4.11 Only trained people change discs, with the grinder unplugged or the battery out. [Control (procedures)] 4.12 Keep both hands on the grinder and let the disc stop before putting it down. [Control (procedures)] 4.13 Keep all guards fitted and working. Never tie back or remove a guard. [Control (engineering)] 4.14 Clamp or secure the work piece. Do not hold it by hand. [Control (engineering)] 4.15 Only trained, competent people use power tools, following the maker's instructions. [Control (procedures)] 4.16 Check tools before use. Unplug or remove the battery before changing blades or bits. [Control (procedures)] 4.17 No loose clothing, jewellery or long hair near spinning parts. [Control (procedures)]		
5	Mount panels, remembering they make power in daylight	Electric shock from live wiring Lifting and carrying heavy loads Rules: Electricity at Work Regulations 1989; Manual Handling Operations Regulations 1992	Workers, Occupants. How: Contact with live wires, distribution boards or equipment gives an electric shock or arc flash burn that can kill. Lifting, carrying, pushing or twisting with heavy or awkward loads strains the back, shoulders or knees.	**Very high (15) Possible / Fatal**	5.1 Isolate the power before any work. Do not work live. [Eliminate] 5.2 Lock out and tag the isolation point with your own personal lock and danger tag. [Isolate] 5.3 Prove dead at the point of work with an approved voltage indicator (GS38), and prove the tester before and after. [Control (engineering)] 5.4 Only competent, qualified electricians do electrical work, following a safe isolation procedure. [Control (procedures)] 5.5 Check for back feeds from solar, batteries and generators that can keep a circuit live after the main switch is off. [Control (procedures)] 5.6 If live work cannot be avoided, use a permit, a safety observer and insulated tools. [Control (procedures)] 5.7 Wear insulated gloves, arc-rated clothing and a face shield when testing or working near live parts. [PPE] 5.8 Rotate tasks and take breaks on long lifting jobs. [Control (procedures)] 5.9 Wear gloves for grip and safety boots to protect your feet. [PPE]	**Medium (6) Unlikely / Lost time injury**	Site supervisor

#	Activity / step	Hazards	Who might be harmed and how	Risk before	Controls	Risk after	Responsible
					5.10 Lifting and carrying heavy loads: see step 3 for the full controls [Control (procedures)]		
6	Run DC cabling and test, then clean up the roof	Electric shock from live wiring Heat stress Sun exposure (UV) Poor housekeeping and waste Rules: Electricity at Work Regulations 1989	Workers, Occupants, Visitors. How: Contact with live wires, distribution boards or equipment gives an electric shock or arc flash burn that can kill. Hard work in hot weather or hot roof spaces causes heat exhaustion or heat stroke, which can kill.	**Very high (15) Possible / Fatal**	6.1 Electric shock from live wiring: see step 5 for the full controls [Control (procedures)] 6.2 Schedule heavy work for the cooler part of the day. [Eliminate] 6.3 Provide shade over work and rest areas, and fans or cooling in roof spaces. [Control (engineering)] 6.4 Supply cool drinking water close by and drink a cup every 15 to 20 minutes. [Control (procedures)] 6.5 Take regular rest breaks in the shade, more often as it gets hotter. [Control (procedures)] 6.6 Plan outdoor work for early morning or late afternoon when UV is lower. [Eliminate] 6.7 Put shade covers over fixed work areas. [Control (engineering)] 6.8 Check the UV index each day. Use sun protection when it is 3 or higher. [Control (procedures)] 6.9 Check your skin regularly and see a doctor about any new or changing spots. [Control (procedures)] 6.10 Order materials to size and send packaging back where you can. [Eliminate] 6.11 Put skips and waste chutes close to the work. [Control (engineering)] 6.12 Clean as you go, and do a full clean up at the end of each day. [Control (procedures)] 6.13 Keep exits, stairs and walkways clear at all times. [Control (procedures)] 6.14 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)]	**Medium (8) Unlikely / Major 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 the roof for asbestos, brittle tiles and power lines	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	Set up edge protection or harness anchors and a secured ladder	Do what you can from the ground or from a scaffold at the gutter line, for example pre-assemble parts on the ground. Install edge protection or guardrails on all open roof edges before work starts. Use a perimeter scaffold with handrails and toe boards along the eaves where practical.

Step	What we will do	How it is done safely
3	Lift panels with a hoist, not up a ladder	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	Fit rails and brackets, cutting tiles with dust control	Order materials cut to size, or use low-dust methods such as score and snap or a block splitter. Cut outdoors or in a separate area, with other people well away and upwind. Use water on the blade or on-tool dust extraction connected to an H-class vacuum.
5	Mount panels, remembering they make power in daylight	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.
6	Run DC cabling and test, then clean up the roof	Electric shock from live wiring: see step 5 for the full controls Schedule heavy work for the cooler part of the day. Provide shade over work and rest areas, and fans or cooling in roof spaces.

5. PPE AND PERMITS

Required PPE	Permits and plans
Safety boots Full body harness and lanyard Cut-resistant gloves Safety glasses Sun protection (sunscreen and neck cover) Safety helmet Half-mask respirator (P3 filters) Coveralls Rigger gloves Ear defenders Face shield Insulated electrical gloves Arc-rated clothing and face shield	Roof access permit Work at height permit Permit to work (electrical isolation)

6. PLANT AND EQUIPMENT

Plant / equipment	Licence or training needed	Inspection needed	Rego / ID	Last inspected	Certificate / report
Tube and fitting or system scaffold	CISRS scaffolder card to erect, alter or dismantle	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)			
Extension ladder		Pre-use check every day it is used, plus regular detailed visual inspections recorded (HSE INDG455)			
Goods hoist		LOLER thorough examination after installation at each site before first use, then at least every 12 months for a goods-only hoist (6 months if it carries people), plus pre-use checks			
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
Angle grinder (disc cutter)		User check before each use; formal visual inspection and PAT testing at intervals set by risk (110V on site)			
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)			

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

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