Risk assessment and method statement (RAMS)

Blank form for one job. Part 1 is the risk assessment. Part 2 is the method statement.

Client asking for RAMS on every job? The Site Book writes them from a short description of the work. Your first job is free: **thesitebook.co.uk/features/rams**

Company name _____ **Client** _____

Job and site address _____ **Start date and expected duration** _____

Prepared by _____ **Date** _____

Principal contractor (if there is one) _____ **Date of next review** _____

Description of the work

Describe the work this RAMS covers, where it happens and anything about the site that affects how it is done.

Description of the work

Part 1: Risk assessment

List the hazards on this job. For each one, decide who might be harmed and how, how likely it is and how serious it could be.

Can you get rid of the hazard altogether? If not, control the risk so that harm is unlikely. Give collective protective measures priority over individual ones such as PPE.

Hazard	Who might be harmed and how	Controls in place	Further action needed	Who	When	Done

Part 2: Method statement

Sequence of work

List the steps in the order the work will be done, from setting up to clearing away. Put the controls for each step next to it.

Step	What will be done	Who	Plant, equipment and materials	Controls for this step
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				

People and competence

List who will do the work. Each person needs the skills, knowledge, training and experience for their tasks, or must be in the process of getting them.

Name	Role or trade	Relevant training, qualifications or cards

Personal protective equipment (PPE)

PPE	Needed for which steps

Emergencies

Record the arrangements for any foreseeable emergency, including how to evacuate the site.

First aider _____ **First aid kit location** _____

Nearest A&E (name and address) _____ **Assembly point** _____

How to raise the alarm _____ **Site contact and phone number** _____

If there is serious and imminent danger, workers should stop work immediately, report it and go to a place of safety.

Who workers report danger to _____

Briefing record

Brief everyone doing the work on this RAMS before the work begins. Each person signs to confirm.

Name	Company	Signature	Date

Approval

	Name	Signature	Date
Prepared by			
Approved by			

Based on: HSE's five steps to managing risk; the Management of Health and Safety at Work Regulations 1999, regulation 3 and Schedule 1; CDM 2015, regulations 15 and 30; HSE guidance L153.

- HSE, Managing risks and risk assessment at work: steps needed to manage risk: https://www.hse.gov.uk/simple-health-safety/risk/steps-needed-to-manage-risk.htm
- Management of Health and Safety at Work Regulations 1999, regulation 3: https://www.legislation.gov.uk/uksi/1999/3242/regulation/3
- Management of Health and Safety at Work Regulations 1999, Schedule 1: https://www.legislation.gov.uk/uksi/1999/3242/schedule/1
- CDM 2015, regulation 15: https://www.legislation.gov.uk/uksi/2015/51/regulation/15
- CDM 2015, regulation 30: https://www.legislation.gov.uk/uksi/2015/51/regulation/30
- HSE, Managing health and safety in construction (L153): https://www.hse.gov.uk/pubns/books/l153.htm

Blank template from The Site Book, October 2026. Fill it in for the actual job and site.