Risk assessment

Blank form for one job or site. Use HSE's five steps below to fill it in.

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 _____ **Assessment carried out by** _____

Job and site address _____ **Date assessment was carried out** _____

Date of next review _____

How to fill this in

1. **Identify hazards.** Look at the job and the site and think about what may cause harm. Include hazards to health, such as manual handling and chemicals.
2. **Assess the risks.** For each hazard, decide who might be harmed and how, how likely it is and how serious it could be.
3. **Control the risks.** Can you get rid of the hazard altogether? If not, how can you control the risk so that harm is unlikely?
4. **Record your findings.** Write down the hazards, who might be harmed and how, and what you are doing to control the risks.
5. **Review the controls.** Check the controls are working. Review them if they may no longer be effective, or if staff, the process, substances or equipment change.

Hazards and controls

What are the hazards?	Who might be harmed and how?	What are you already doing to control the risks?	What further action do you need to take to control the risks?	Who needs to carry out the action?	When is the action needed by?	Done

What are the hazards?	Who might be harmed and how?	What are you already doing to control the risks?	What further action do you need to take to control the risks?	Who needs to carry out the action?	When is the action needed by?	Done

Sign-off

	Name	Signature	Date
Assessed by			
Reviewed by			
Reviewed by			

Based on: HSE's five steps to managing risk and HSE's risk assessment template; the Management of Health and Safety at Work Regulations 1999, regulation 3.

- 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
- HSE, Risk assessment template and examples: https://www.hse.gov.uk/simple-health-safety/risk/risk-assessment-template-and-examples.htm
- Management of Health and Safety at Work Regulations 1999, regulation 3: https://www.legislation.gov.uk/uksi/1999/3242/regulation/3

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