Risk assessment and method statement (RAMS) for builders

Starting point: review and adapt it for your job. Part 1 is the risk assessment, with typical hazards for builders filled in. 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.

Typical hazards for builders, each with the key points from our toolbox talk on it. This is a starting point, not an assessment of your job. Mark which apply to this job, cross out any that do not, and add the hazards this job has that are not listed.

Hazard or topic	Key points and controls to consider	Applies to this job?	Notes for this job
Working at Height	• Always plan work at height — avoid it where reasonably practicable • Use the right access equipment for the job (scaffold, MEWP, podium steps — not an improvised platform) • Ensure edge protection is in place before work begins: guard rails, toe boards, and brick guards • Ladders are only for short-duration, low-risk tasks — use a scaffold, tower or MEWP for longer or heavier work • Fragile surfaces (rooflights, asbestos cement sheets) must be clearly signed and protected • Keep platforms and walkways clear of materials and debris • Never throw tools or materials from height — use a materials hoist or bucket line		

Hazard or topic	Key points and controls to consider	Applies to this job?	Notes for this job
Scaffolding Safety	• Scaffolds must only be erected, altered, and dismantled by CISRS-trained scaffolders under the supervision of a competent person • A scaffold design or compliance sheet (TG20 or bespoke design) must be in place before erection begins • Never use an incomplete scaffold — look for a green 'scaffold complete' tag before access • Guard rails, mid-rails, and toe boards must be in place on all working platforms • Loading limits must be clearly displayed and never exceeded • Scaffolds must be tied to the structure at specified intervals to prevent collapse • Scaffolders must use personal fall protection (harness and lanyard) during erection and dismantling before guard rails are in place		
Excavations	• No one should enter an excavation until a competent person has checked it is safe — no ground can be relied on to stand unsupported, whatever the depth • Excavations must be inspected at the start of every shift and after any event that may affect stability (rain, vibration, nearby loading) • Support systems — trench sheets, hydraulic frames, battering — must be designed and installed by competent persons • Underground services (gas, electricity, water, telecoms) must be located and marked before digging starts • Steps must be taken to stop people, vehicles and materials falling in — such as barriers or edge protection, with signs to warn people • Spoil, materials, and plant must be kept well back from the excavation edge to prevent collapse		
Manual Handling	• Avoid manual handling where reasonably practicable — use mechanical aids (trolleys, hoists, telehandlers) • Assess the load before lifting: weight, shape, grip points, and destination • For a basic lift, start with your back, hips and knees slightly bent, hold the load close, and lift smoothly without bending your back further or twisting • Plan the route — clear obstacles, check for trip hazards, and make sure doors are open • Get help or split the load if it is too heavy, awkward, or you cannot see over it • Repetitive handling is just as dangerous as heavy lifts — rotate tasks where possible		

Hazard or topic	Key points and controls to consider	Applies to this job?	Notes for this job
Dust & Silica	• Respirable crystalline silica (RCS) is a very fine dust made when you cut, chase, drill, grind or break materials such as concrete, mortar, brick, block, tile, slate, sandstone and granite • Engineered stone, widely used for kitchen and bathroom worktops, can contain up to 95% crystalline silica. HSE says dry cutting it is unacceptable • The workplace exposure limit (WEL) for RCS is 0.1 mg/m³ (8-hour TWA) — this is a very small amount • Silicosis, lung cancer, and COPD are all linked to silica dust exposure • Control the dust at source first: use on-tool water suppression or on-tool extraction (with an M or H class extraction unit) when you cut, chase, grind or drill these materials. Engineered stone must be cut with on-tool water suppression: extraction on its own is not an alternative • Never dry sweep or use compressed air to clean up dust — use an M or H class vacuum or damp down • RPE is worn on top of water or extraction, not instead of them, because extraction does not capture all the silica. For tasks like chasing, HSE advises RPE with an assigned protection factor (APF) of 20, such as an FFP3 disposable mask or a half mask with a P3 filter • A tight-fitting mask only protects you if it has been face-fit tested to you and you are clean-shaven where it seals against your face • Employers must provide health surveillance where there is a reasonable likelihood of silicosis. Take part when it is offered		
Housekeeping on Site	• Clean as you go — every worker is responsible for keeping their work area tidy throughout the day • Clear waste materials regularly — do not let them accumulate in work areas or walkways • Store materials properly — stack on level ground, within safe height limits, and away from edges and walkways • Keep all access routes, stairways, and fire exits clear and unobstructed at all times • Manage waste segregation — separate general waste, timber, metal, and hazardous waste into the correct skips • Good housekeeping prevents fires — combustible waste near hot works or electrical equipment is a major fire risk		
Welfare Facilities	• Suitable and sufficient toilets must be provided — the ratio depends on the number of workers on site • Washing facilities with hot and cold running water, soap, and drying must be provided close to toilets and work areas • An adequate supply of wholesome drinking water must be available, clearly marked, and not stored in containers that could be contaminated • A heated rest area with tables and chairs must be provided where workers can eat meals and take breaks away from the work area • Changing rooms and lockers must be provided where workers need to change into or out of work clothing or PPE • Welfare facilities must be kept clean, maintained, and in good working order throughout the project		

Hazard or topic	Key points and controls to consider	Applies to this job?	Notes for this job
Fire Safety	• Know the site fire plan — the alarm signal, assembly point, and escape routes • Hot works (welding, cutting, grinding) require a hot works permit and a fire watch for at least 60 minutes after the work finishes, then a check of the area again two hours after the work ended • Keep escape routes clear at all times — never block stairways, corridors, or exits with materials or waste • Store flammable liquids and gases in designated, ventilated areas away from ignition sources • Report any fire safety concerns (blocked exits, missing extinguishers, damaged alarms) immediately • Temporary accommodation (drying rooms, canteens) must have working smoke detection and extinguishers		

Record each hazard that applies to this job in the table below, with the controls you will put in place.

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. The typical hazards and key points are from The Site Book's toolbox talks on each topic, at thesitebook.co.uk/toolbox-talks.

- 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

Starting-point template from The Site Book, October 2026. Review and adapt it for the actual job and site before anyone works to it.