

Kitchen refit RAMS example

A completed risk assessment and method statement for stripping out and refitting a kitchen with a gas hob in a lived-in house.

This is an example for a fictional job. The company, people, address and phone number are made up. Do not copy it for real work: write your own RAMS for the actual job, site and team, and have a competent person check it.

Company name	Example Building Co. Ltd (fictional)	Client	Ms Example, homeowner (fictional)
Job and site address	Kitchen refit, 4 Example Close, Exometown ZZ1 1ZZ (fictional)	Start date and expected duration	On the agreed start date. About 2 weeks.
Prepared by	Site supervisor, Example Building Co.	Date	Before work starts
Principal contractor (if there is one)	Example Building Co. Ltd (us)	Date of next review	If the work, the team or the site conditions change

Description of the work

Strip out and refit the kitchen of a 1980s terraced house (fictional). Remove the old units, worktops, wall tiles and the gas hob. Fit new base and wall units, laminate worktops, a new gas hob, an electric oven and splashback tiles. Our subcontract Gas Safe registered engineer disconnects and reconnects the hob. Our subcontract electrician adds sockets and a cooker circuit. The homeowner lives in the house and uses a temporary kitchen in the dining room.

Part 1: Risk assessment

Hazard	Who might be harmed and how	Controls in place	Further action needed	Who	When	Done
Asbestos hidden in the kitchen (for example in old floor tiles, a textured ceiling or panels behind units)	Workers and the household could breathe in fibres if material containing asbestos is disturbed.	The client's refurbishment asbestos survey of the kitchen found no asbestos in the areas to be worked on (example). Everyone on the job has asbestos awareness training. If anyone finds or suspects asbestos, they stop work on it, keep people away and tell the site supervisor. Work does not restart until it has been assessed and controlled.	Check the survey covers every area to be opened up.	Site supervisor	Before work starts	
Gas escape or fire from disconnecting and reconnecting the gas hob	Workers and the household could be hurt by fire, explosion or carbon monoxide.	Only the Gas Safe registered engineer, whose ID card shows they are competent for cooking appliances, disconnects, caps, reconnects and tests the gas supply. Our own workers do not touch the gas pipework. If anyone smells gas, they stop work, call the gas emergency number (0800 111 999), open doors and windows and turn off the gas at the meter if they know where the valve is. Nobody touches the hob until the engineer has checked it.	Straight after reconnecting, the engineer examines the hob's supply of combustion air, its operating pressure or heat input, and its operation, and tells the homeowner about any defect.	Gas Safe registered engineer	At reconnection	

Hazard	Who might be harmed and how	Controls in place	Further action needed	Who	When	Done
Electric shock from existing kitchen circuits	Workers could get an electric shock when removing units or drilling near hidden cables.	Treat all cables as live until the electrician has proved them dead. The electrician isolates the kitchen circuits, locks them off and tests them dead before strip-out. Only the electrician works on the wiring.	Electrician to confirm isolation each morning before work starts.	Electrician	Each day of strip-out	
Electric shock from power tools and leads	Workers could get an electric shock from damaged tools or leads.	Cordless tools, or tools run from a 110V centre-tapped to earth (CTE) transformer. Tools and leads are checked before use and taken out of use if damaged. Leads are run where they will not be damaged or trip anyone.	None.			
Dust from cutting worktops and removing tiles	Workers and the household could breathe in wood dust and silica dust.	Worktops and panels are cut outside with a saw fitted with on-tool extraction to an M-class or H-class vacuum. Workers wear FFP3 masks that have been face-fit tested when cutting or removing tiles. Clean up with the vacuum or damp down, never by dry sweeping.	None.			
Lifting and carrying units, worktops and appliances	Workers could hurt their backs or trap fingers.	Plan the route from the van to the kitchen and clear it first. Long worktops and tall units are carried by two people. Appliances are moved on a sack truck. Wall units are lifted into place by two people and held until fixed.	None.			
Cuts from saws, blades and broken tiles	Workers could cut their hands.	Tools are used with their guards in place. Blades are changed with the tool unplugged or the battery removed. Gloves are worn when handling broken tiles and old units.	None.			
Adhesives, sealants and tile grout	Workers could get skin irritation or dermatitis, or breathe in vapour in a closed room.	Read the safety data sheet for each product. Wear gloves. Keep windows open while using sealants and adhesives. Wash hands after use.	None.			
Household and visitors near the work	The homeowners, children and visitors could be hurt by tools, materials, dust or falling objects.	The kitchen door is kept shut while we work. The homeowner uses the temporary kitchen in the dining room. Tools and materials are not left out where children can reach them. The work area is left safe and tidy at the end of each day.	Agree with the homeowners which rooms and routes they will use.	Site supervisor	Before work starts	

Part 2: Method statement

Sequence of work

Step	What will be done	Who	Plant, equipment and materials	Controls for this step
1	Arrive and set up. Protect floors and the route from the front door. Brief the team on this RAMS.	Site supervisor	Floor protection, dust sheets	Check the asbestos survey before any strip-out.
2	Gas engineer disconnects and caps the hob. Electrician isolates and proves dead the kitchen circuits.	Gas Safe registered engineer, electrician	Lock-off kit, voltage tester	No strip-out until both are confirmed.
3	Strip out appliances, units, worktops and tiles. Bag the waste.	Fitter, labourer	Hand tools, sack truck	Two-person lifts. Gloves. FFP3 masks for tile removal.
4	First fix: new sockets and cooker circuit.	Electrician	Cordless drill	On-tool extraction when chasing walls.
5	Fit the base and wall units.	Fitter	Cordless drill, levels	Two people to lift and hold wall units until fixed.
6	Cut and fit the worktops.	Fitter	Saw with on-tool extraction, M-class or H-class vacuum	Cut outside. FFP3 mask. Two-person carry.
7	Fit the oven and hob. Electrician connects and tests. Gas engineer reconnects and tests the hob.	Fitter, electrician, Gas Safe registered engineer	Test equipment	Only the engineer works on gas. Electrician's own safe isolation procedure.
8	Tile the splashback. Seal round the worktops.	Fitter	Tile cutter, sealant gun	Gloves. Ventilate the room.
9	Clean up, remove protection and hand over.	Site supervisor	Vacuum	Leave no waste or tools behind.

People and competence

Name	Role or trade	Relevant training, qualifications or cards
Site supervisor (example)	Supervisor	CSCS card. Site supervisor training. Emergency first aid at work. Asbestos awareness.
Kitchen fitter (example)	Fitter	CSCS card. Asbestos awareness.
Labourer (example)	Labourer	CSCS card. Asbestos awareness.
Electrician (example subcontractor)	Electrician	Qualified electrician. Asbestos awareness.
Gas engineer (example subcontractor)	Gas engineer	Gas Safe registered for cooking appliances.

Personal protective equipment (PPE)

PPE	Needed for which steps
Safety boots	All steps
FFP3 mask (face-fit tested)	Steps 3, 4 and 6 (dusty work)
Gloves	Steps 3, 6 and 8
Eye protection	Steps 3, 4 and 6

Emergencies

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

First aider Site supervisor (example)

First aid kit location In the van outside the house

Nearest A&E (name and address) [Before work starts, find and write in the nearest A&E department and its address]

Assembly point Pavement outside the front door

How to raise the alarm Shout to everyone in the house. Call 999.

Site contact and phone number Site supervisor: 01632 960123 (fictional 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 Site supervisor (example)

Briefing record

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

Name	Company	Signature	Date
Site supervisor (example)	Example Building Co.		
Kitchen fitter (example)	Example Building Co.		
Labourer (example)	Example Building Co.		
Electrician (example)	Example Electrical (fictional)		
Gas engineer (example)	Example Gas Services (fictional)		

Approval

	Name	Signature	Date
Prepared by	Site supervisor (example)		
Approved by	Director, Example Building Co. (example)		

Based on: HSE's five steps to managing risk; CDM 2015, regulations 15 and 30; the Gas Safety (Installation and Use) Regulations 1998, regulations 3 and 26; HSE guidance on domestic gas, asbestos, construction dust, electricity and manual handling.

- 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>
- 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>
- Gas Safety (Installation and Use) Regulations 1998, regulation 3: <https://www.legislation.gov.uk/uksi/1998/2451/regulation/3>
- Gas Safety (Installation and Use) Regulations 1998, regulation 26: <https://www.legislation.gov.uk/uksi/1998/2451/regulation/26>
- HSE, Domestic gas: frequently asked questions: <https://www.hse.gov.uk/gas/domestic/faqs.htm>
- HSE, A worker's guide to asbestos safety: <https://www.hse.gov.uk/asbestos/workers.htm>
- HSE, Construction dust: <https://www.hse.gov.uk/construction/healthrisks/hazardous-substances/construction-dust.htm>
- HSE, Electricity: systems in buildings: <https://www.hse.gov.uk/construction/safetytopics/systems.htm>
- HSE, Manual handling at work: <https://www.hse.gov.uk/msd/manual-handling/index.htm>

Completed example from The Site Book, October 2026. This is an example for a fictional job. The company, people, address and phone number are made up. Do not copy it for real work: write your own RAMS for the actual job, site and team, and have a competent person check it.