



SAMPLE RISK ASSESSMENT AND METHOD STATEMENT

STRIP-OUT, DEMOLITION AND ASBESTOS CONTROL

A generic RAMS showing how ATKINSONS plans and controls this type of work. A site-specific version is prepared, briefed and signed by every operative before work starts.

REFERENCE	VERSION	ISSUED	NEXT REVIEW
ATK-RAMS-04	1.0	4 October 2026	4 October 2027

How this document is used. This is a sample. Before every job, the supervisor surveys the site and produces a site-specific RAMS based on it, adding the address, programme, named people, emergency arrangements and any extra hazards. Everyone on the job is briefed and signs the sheet at the back. If the work or conditions change, the RAMS is reviewed before work carries on.

1. JOB DETAILS

ACTIVITY	Strip-out, Demolition and Asbestos Control
SCOPE	Kitchen and bathroom strip-outs, removal of internal walls (including structural openings with temporary support), ceiling and floor removal, and controls for asbestos-containing materials.
CONTRACTOR	ATKINSONS (NE) Limited, Portland House, Belmont Business Park, Durham DH1 1TW
SITE ADDRESS	Completed on the site-specific version
SUPERVISOR	Named on the site-specific version
PEOPLE AT RISK	ATKINSONS operatives, occupants, neighbours in attached properties, other trades.
PREPARED BY	ATKINSONS supervisor, reviewed by the Contracts Manager

2. HOW WE RATE RISK

LIKELIHOOD × SEVERITY	1 MINOR	2	3	4	5 FATAL
5 ALMOST CERTAIN	5	10	15	20	25
4	4	8	12	16	20
3	3	6	9	12	15
2	2	4	6	8	10
1 RARE	1	2	3	4	5

1 to 6 low: proceed with controls. 8 to 12 medium: extra controls and supervision. 15 to 25 high: work does not start until the risk is reduced.

3. RISK ASSESSMENT

HAZARD	WHO AND HARM	RISK	CONTROL MEASURES	RESIDUAL
Asbestos exposure from disturbing hidden materials	Operatives and occupants. Long-term lung disease	20	- Refurbishment and demolition survey obtained before strip-out on buildings built or altered before 2000 - Survey findings marked on the RAMS and briefed to the team - If suspect material is found, work stops, the area is closed off and the material is sampled - Licensable work by an HSE-licensed contractor only. Non-licensed and notifiable non-licensed work only by trained operatives with the correct controls and records - Operatives receive annual asbestos awareness training	5
Structural collapse when removing walls or making openings	Operatives and occupants. Fatal injury	15	- Structural engineer calculations and Building Control approval before structural work - Temporary propping and needles installed to the engineer design before any masonry is removed - Steels installed and packed before props are removed	5
Live services in walls, floors and ceilings	Operatives. Shock, gas or water leak	15	- Electrics isolated and proved dead by an electrician, gas capped by a Gas Safe engineer and water isolated before strip-out - Cable and pipe detector used before cutting	5
Dust, including silica, and noise	Operatives and occupants. Lung disease, hearing damage	16	- Wet cutting or on-tool extraction, dust sheets and zip doors to seal the work area - FFP3 masks with face-fit testing - Hearing protection where noise exceeds 80 dB(A), noisy work kept to agreed hours	6
Manual handling and sharp debris	Operatives. Cuts, back injury	9	- Debris bagged in manageable loads, cut-resistant gloves worn - Clear route to the skip kept free of trip hazards	3
Hand-arm vibration from breakers and grinders	Operatives. Vibration white finger	9	- Low-vibration tools chosen, trigger time limited and rotated between operatives - Exposure estimated against HSE exposure action values	3

4. METHOD STATEMENT

- 1 Review the asbestos survey and structural details. Prepare site-specific RAMS.
- 2 Brief the team. Isolate services and get them proved dead and capped.
- 3 Protect the rest of the home: floor protection, dust sheets, zip doors. Agree working hours with the occupants.
- 4 Strip out top down: fittings, then finishes, then non-structural elements.
- 5 For structural openings, install temporary support to the engineer design before cutting.
- 6 Bag and remove waste to a skip or licensed carrier, segregating metals, timber, plasterboard and rubble.
- 7 Clean down with an H-class vacuum. Leave the area safe and secure at the end of each day.

5. PPE

Safety helmet where there is a risk from above

Safety boots with midsole protection

Cut-resistant gloves

Eye protection

FFP3 mask, face-fit tested

Hearing protection

Disposable coveralls for dusty work

6. EMERGENCY ARRANGEMENTS

ACCIDENT OR INJURY

- Make the area safe, call 999 if needed
- First aider and first aid kit identified at the briefing
- Nearest A&E recorded on the site-specific RAMS
- Report to the office the same day. RIDDOR reports made by the office

FIRE, GAS OR SERVICE STRIKE

- Stop work, raise the alarm and evacuate to the assembly point
- Gas escape: no switches or flames, open windows, call the National Gas Emergency line 0800 111 999
- Cable strike: stay clear, keep others away, call the network operator
- Do not return until it is declared safe

7. LEGISLATION AND GUIDANCE

- Control of Asbestos Regulations 2012
- Construction (Design and Management) Regulations 2015
- Control of Substances Hazardous to Health Regulations 2002 (COSHH)
- Control of Noise at Work Regulations 2005
- Control of Vibration at Work Regulations 2005
- Environmental Protection Act 1990, waste duty of care

8. BRIEFING AND SIGN-ON

I have been briefed on this RAMS, I understand the hazards and controls, and I will stop work and report if anything changes or looks unsafe.

NAME	TRADE / ROLE	SIGNATURE	DATE

BRIEFED BY	
SIGNATURE AND DATE	

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