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RAMs
Risk Assessment & Managing Safety

method test

Reference: test

Author: asdf asdf
Job Role: admin
Date Created: 13 Jun 18
Date Modified: 14 Jun 18

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4.0 Manual Handling Assessment

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1.0 Method Statement

Project: method test

Reference: test

Site Address:
Address Line 1
Address Line 2
Address Line 3
Test
test

Start date: 13 Jun 18
End date: 13 Jun 18

1.1 Personnel involved in this project

The following persons will be working on site throughout this project

-

Rams-logo

1.2 Training & Competence

All Company operatives are competent and sufficiently trained to carry out the tasks that are required as part of the project.

Operatives with Supervisory responsibility have succesfully completed SSSTS training or equivalent.

Operatives with Management responsibility have succesfully completed SMSTS training or equivalent (Where applicable).

All company operatives hold the following:

- CSCS cards

1.3 Legislation

Associated legislation:

- Health and Safety at Work Act 1974.
- Environmental Protection Act 1990.
- Reporting of Injuries, Diseases and Dangerous Occurrence Regulations 2013.
- Construction (Design and Management Regulations) 2015.
- Provision and Use of Work Equipment Regulations 1998.
- First Aid at Work Regulations 1981.
- Personal Protective Equipment at Work Regulations 1992.
- Health and Safety (Signs and Signals) Regulations 1996.
- The Workplace (Health, Safety and Welfare) Regulations 1992.
- The Control of Vibration at Work Regulations 2005

1.4 Access arrangements

All company operatives and Sub-contractors will be inducted in prior to commencing with work on site.

Access and egress from site shall be via the designated entrance and exit routes provided by the Principal Contractor. In the event of Any problems with access & egress routes will be reported to the Site Manager or Delegate.

Upon arrival to Site, all company operatives and Sub-contractors will sign in at the Site Office (Or other designated area) prior to accessing the working area on site. Prior to leaving the site, all company operatives and Sub-contractors will sign out in accordance with site rules.

1.5 Tools and equipment

All tools and equipment utilised throughout the project shall be in good working order and fully inspected in accordance with any relevant statutory provisions placed upon the tool or equipment. The Accompanying risk assessment shall identify the control measures that all employees and contractors shall adhere to in order to safely operatate company (Including hired tools and equipment) whilst on site.

The use of specialised manual handling aids shall only be undertaken by trained and competent personel who have received suitable infomation, instruction and training in the use of the equipment.

In the event that any tool or item of equipment is found to be impaired or not suitable for the task for any reason, it shall be removed from service and a suitable alternative sourced.

1.6 Waste Management

In the event of and environmental incidents, including spillages, the Site Manager or Delegate must be informed immediately – Details of the actions to take in the event of an environmental incident shall form part of the initial site induction.

Prior to commencing with the work activity, a suitable route for the transportation must be determined and understood by all members of the workparty.

When transporting waste through internal thoroughfares, care shall be taken to ensure that internal surfaces are not contaminated or damaged by the waste materials.

When handling waste, PPE shall be worn in accordance with site rules, or the specific COSHH assessment (If applicable).

All waste materials are to be deposited into the correct type of skip&/or waste bin in accordance with the site waste management plan.

1.7 Emergency procedures

All site emergency procedures shall be developed by the Principal Contractor – All of which shall be included within the Construction phase plan.

During the Initial Site Induction, all emergency procedures shall be delivered to Site Operatives. In the event of uncertainty, all site operatives should discuss with the Site Manager or Health and safety support.

In the event of change regarding any site emergency procedures, all Operatives shall be informed to ensure that they are aware of all emergency requirements at all times.

1.8 First aid provision

All Operatives shall refer to the onsite safety notice board for all first aid information, the location of the safety notice board shall be shown to all operatives during the site induction.

The quantity of site first aid boxes shall be proportionate to the number of Operatives and site and stocked with contents in accordance with BS 8599, unless a site first aid assessment dictates otherwise

The Client or Principal Contractor shall be responsible for the site first aid provisions.

The quantity of Site first aiders shall be in accordance with the First aid at work Approved Code of Practice document L74, details can be found in the table below:

1.9 Welfare provision

Welfare arrangements on site are supplied and maintained by the Principal Contractor.

All welfare facilities shall be in accordance with Schedule 2 of the Construction (Design & Management) regulations - this includes the provision, as a minimum, of the following:

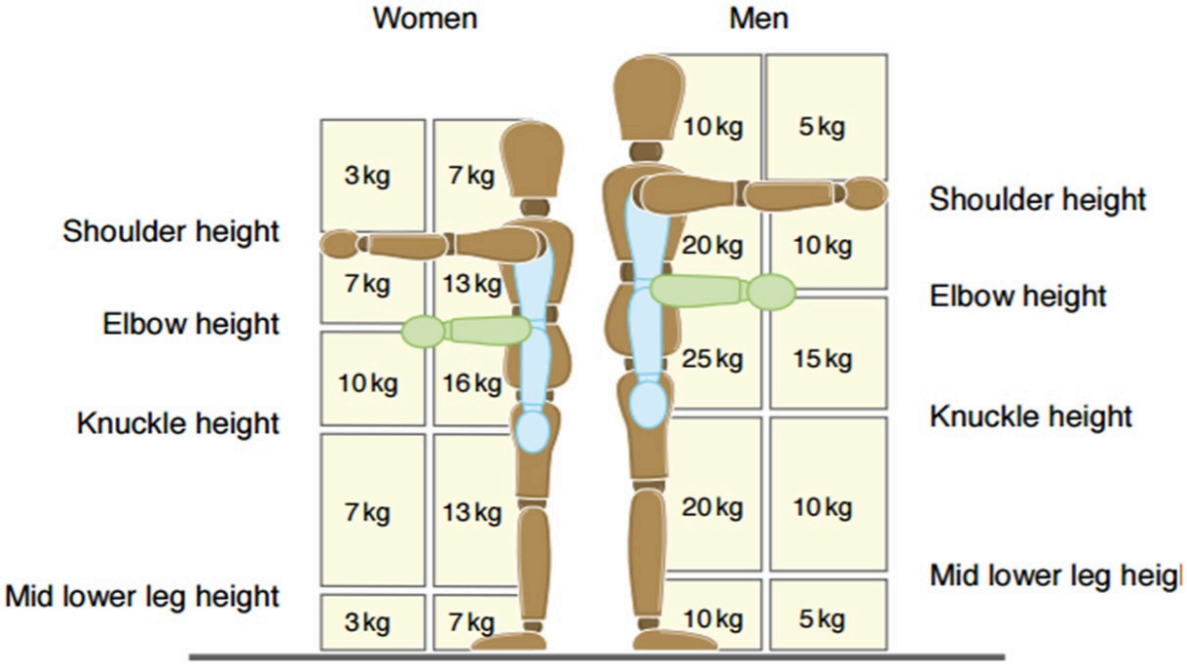
- Toilets (Including female facilities where required),
- Washing facilities,
- Clean, wholesome drinking water,
- Suitable supply of cups, drinking vessels or a water fountain,
- Arrangements for the provision of boiled water,
- Changing rooms and lockers,
- Heating,
- Rest facilities,
- Drying facilities.

All welfare facilities on site shall also be maintained in a safe and hygienic manner.

1.10 Manual handling

Where possible, all equipment and materials shall be transported using mechanical means.

Where equipment and materials are to be manually handled, all company operatives shall adopt Kinetic lifting methods shall be adopted as depicted below:



Manual test handling

1.11 PPE requirements

Head protectiontest (En 397)

Ear Protetest ction (Bs en 352)

1.12 Specific PPE requirements

All standard PPE required for site work shall be provided and used at all times by the Company's Staff and Contractors

Standard PPE

Whilst on site, all staff shall be required to wear the above PPE at all times.

Task Specific PPE

All specific PPE requirements required out-with the standard identified above, shall be contained within any accompanying COSHH assessment or specific risk assessments contained within this document.

In the event of additional PPE being required that is not considered standard (as highlighted above or within the supporting risk assessments), these shall be provided by the Principal Contractor who will also be responsible for the provision of suitable information, instruction and training as required.

1.13 Amendments and Authorisation

In the event of changes from the proposed work scope, that job will be stopped and re-assessed.

The Works Supervisor will notify the Company Director (or delegate) and Site Manager and inform them of the change to the workscope.

If required, the RAMs document will be edited as required to reflect a major change and resubmitted to the Site Manager or delegate for approval.

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2.0 Risk Assessment

Risk Matrix

The hazards and associated risks with this activity have been identified and given a scored rating using semi-quantitative risk assessment methodology.

The risk assessment ratings are a subjective estimate based on the knowledge of the assessor and identify the level of risk without controls and also the level of residual risk once the control measures have been implemented.

To calculate risk rating, and residual risk rating you should multiply the Likelihood (1-5) by the Potential severity of injury (1-5) as depicted below.

Likelihood of injury	4
	x
Severity of injury	5
	=
Risk/Residual risk	20

Low risk	Proceed with caution with the task in accordance with the risk assessment and method statement.
Medium risk	Task to be reviewed by the Company director and competent HSE Advisor prior to commencing with the task.
High risk	Task cannot commence without additional controls to reduce the overall level of risk.

Severity of injury	Likelihood of injury				
	1 Remote	2 Unlikely	3 Possible	4 Probable	5 Certain
Negligible injury such as bruises and abrasions	1	2	3	4	5
Minor Injury requiring first aid treatment	2	4	6	8	10
1-7 day absence from work injury	3	6	9	12	15
RIDDOR reportable injury, disease or event	4	8	12	16	20
Disability, fatality or injury to the public	5	10	15	20	25

2.1 Manual Handling

Hazard Description: 2.1.1 Manual transport of equipment or materials
Person at risk: Operative performing the work

Risk	Risk Rating	Control measures	Residual Risk
Risk of: • Muscular skeletal disorders • Work related upper limb disorders • Sprains and strains • Dropped objects • Slips, trips and falls	4 x 3 = **12**	All materials to be manually handled on firm and level ground. All staff have been trained in kinetic manual handling techniques. Assess the best way to lift prior to moving the load, with the heaviest part of the load close to the trunk of the body. Manual handling risk assessment to be developed for the activity and understood by all members of the work party Operatives shall wear gloves to increase adhesion when manually transferring loads. Operatives will not lift beyond their capabilities, and will seek help for any load they consider too heavy or hazardous to lift. Prior to transporting manually transporting any equipment or materials, ensure that the route to be taken is clear of any obstructions. Remove any potential hazards prior to carrying the material where possible. Team lifting to be used when loads exceed guidance weight of 25kg. When bending and crouching, bend from your knees not your back. When handling hot, cold or sharp items ensure correct gloves are worn. Where possible, mechanical lifting aids will be used to deliver and position heavy equipment and materials. Where possible, the load will be separated	1 x 3 = **3**

into smaller parts and increasing the frequency of the route rather than the overall weight being carried at any one time.

2.2 Vibrating tools and equipment

Hazard Description: 2.2.1 Use of vibrating tools and equipment
Person at risk: Operative performing the work

Risk	Risk Rating	Control measures	Residual Risk
Risk of: • Industrial disease • Disability • Reduction in dexterity	4 x 4 = **16**	All Operatives exposed to hand arm vibration (HAV) shall be trained in HAVS awareness. All vibrating tools and equipment used are of a low vibration specification where reasonably practicable. Each operative's exposure to vibration shall not exceed the exposure limit value (ELV) of 5m/s² A(8) per day/week . Hand arm vibration exposure calculator to be used to determine any restrictions that each specific vibrating tool can be used thorughout the working day. Health surveillance programme in place for employees. Operatives shall keep hands warm to allow blood flow. Operatives to be rotated to ensure over-exposure to vibration does not occur. Pre-use check of all tools and equipment to be undertaken by the user. Vibrating tools and equipment to be maintained in accordance with manufacturer's instructions and tested to ensure accurate knowledge of vibration emitted by each piece of equipment.	1 x 4 = **4**

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3.0 HAVs and Noise Assessment

3.1 Assessment Details:

Assessed By: asdf asdf

Date of Assessment: 13 Jun 18

Persons Assessed: test

3.1.2 Equipment & Activity Details

3.1.2.1 Equipment Details

Manufacturer: TEST

Tool Name: hammar dril

Model: TEST

Vibration emitted (s/s2):	1.5 m/s2	**Noise emitted (db):**	85 db (A)
Time to reach vibration exposure action value:	22 hrs 13 min	**Time to reach noise exposure action value:**	33 hrs 19 min
Time to reach vibration limit value:	>24 hrs	**Time to reach noise exposure limit value:**	8 hrs 19 min
Vibration exposure points per hour:	4	**Noise exposure points per hour:**	12

Ear protection required for this equipment: You should select ear protection with a Single number rating (SNR) of less than 20.

3.1.2.1.1 Activity Details

Description of the work: test

Time using this equipment: 1 hrs 20 min

Vibration Exposure (m/s2):	0.6 m/s2	**Noise Exposure (db (A)):**	85 db (A)
Vibration Exposure Points:	6	**Noise Exposure Points:**	17

3.1.3 Overall Exposure

Total vibration exposure per day (m/s2):	0 m/s2	**Total noise exposure per day (db (A)):**	77
Total vibration exposure points per day:	6	**Total noise exposure points per day: db (A)**	17

This assessment considers the use of the tool only. In the event of additional low-level background noise from equipment such as generators, press shops, plant rooms, boiler houses, concrete shaker tables, moulding presses and punch presses etc. The type of ear protection may need to be re-assessed taking into account both the A and C weighted noise readings from within the area that you are working.

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4.0 Manual Handling Assessment

4.1.1 Assessment Details:

Assessment Name: test

Assessment Reference: test

Operations Covered by this assessment: Lorem ipsum dolor sit amet, consectetur adipiscing elit. Quasi ego id curem, quid ille aiat aut neget. Aufert enim sensus actionemque tollit omnem. At coluit ipse amicitias. (http://loripsum.net/) Nec enim, omnes avaritias si aeque avaritias esse dixerimus, sequetur ut etiam aequas esse dicamus. Est enim tanti philosophi tamque nobilis audacter sua decreta defendere. Duo Reges: constructio interrete. Varietates autem iniurasque fortunae facile veteres philosophorum praeceptis instituta vita superabat. Equidem etiam Epicurum, in physicis quidem, Democriteum puto

Location: test

Person/s involved in the activity: test , test

Name of person/s involved in the assessment: test , test

Date of assessment: 13 Jun 18

Images:

4.1.2 Task

Does the task involve?

Holding loads away from the body? **No**

Twisting of the body or sideways bending? **No**

Stooping? **No**

Reaching upwards? **No**

Lifting? **No**

Lowering? **No**

Long carrying distances? **No**

Strenuous pushing or pulling? **No**

Will aids be used to assist with pushing and pulling? **No**

Unpredictable movement of loads? **No**

Respective handling? **No**

Are rest or recover periods provided? **No**

A work rate imposed by a process? **No**

4.1.3 Individual

Does the activity?

Require unusual capability? **No**

Pose a risk to those witha health, physical or learning difficulty? **No**

Pose a risk to expectant mothers? **No**

Require specific information or training? **No**

Is movement or posture hindered by personal protective equipment or clothing? **No**

4.1.4 Load

Is the Load?

Heavy? **No**

Bulky or unwieldy? **No**

Weighted on one side? **No**

Difficult to grasp? **No**

Unstable or with contents likely to shift? **No**

Sharp, hot or does it have the potential to cause damage? **No**

4.1.5 Environment

Are there?

Space constraints that could prevent good posture? **No**

Uneven, slippery or unstable floors? **No**

Variations in floor level or work surfaces? **No**

Extremes of temperature or high humidity? **No**

Ventilation problems or gusts of wind? **No**

Poor lighting conditions? **No**

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Project: method test

By signing below, you are confirming that you are fully aware of the findings of the risk assessment, the method of works to be undertaken and the required standard of behaviour at all times whilst representing the company on site during this project.

Name of Operative	Position	Signature	Date

Review of document delivered by:	
Position within the company:	