



Risk assessment and method statement

Noise and vibration risk assessment

Work with noisy and vibrating tools. Pre-filled with typical hazards, controls and sequence: edit it for this site.

PROJECT

SITE ADDRESS			
ACTIVITY		RAMS REFERENCE	
Work with noisy and vibrating tools			
CONTRACTOR CARRYING OUT THE WORK		PRINCIPAL CONTRACTOR	
PREPARED BY	APPROVED BY	REVISION	DATE

Revision record

Reissue and rebrief when the sequence, the programme, the team or the conditions change. If you would have written it differently had you known, it needs a new revision.

REV	DATE	WHAT CHANGED	BY

THE WORK

The activity, the place and the people

Pre-filled for this kind of work. Make every line specific to this site: this sequence, this access, these people, this weather.

Scope of the activity

What is being done, and what is not included.

MHSWR REGULATION 3(1)

Use of noisy and vibrating tools and plant on [site or job]: [list tasks, for example breaking out concrete, chasing walls, cutting kerbs, compacting sub-base]. Each tool is listed on the exposure calculator page with its vibration magnitude or noise level, time limit and controls. Not included: [list exclusions].

Location and access

Where on site, how people and materials get there, and the restrictions.

Site access via [gate]. Noisy work at [location], marked as a hearing protection zone and screened from other work areas. Generators and compressors sited at [location]. Hours for noisy work [08:00 to 17:00].

Programme and interfaces

When the work runs, and who else is working nearby.

CDM REGULATION 15(2)

START DATE

DURATION

WORKING HOURS

INTERFACES WITH OTHER TRADES

Other trades and occupants near noisy work: [names]. Breaking and other noisy work is programmed for when others are clear, and the hearing protection zone is kept as small as practicable.

Documents this RAMS relies on

Tool vibration and noise data with sources [ref]; exposure calculations on the calculator page; HSE exposure calculators; health surveillance arrangements; tool maintenance records; construction phase plan.

The team, and their competence

CDM REGULATION 8

ROLE	NAME	CARD, TICKET OR TRAINING NEEDED	CONTACT
Assessor		Understands the action values, the points system and the tools in use, and uses the HSE calculators.	
Supervisor		Plans trigger times and rotation, and checks they are kept on the day.	
Operatives		Trained to use and check their tools, fit hearing protection and report symptoms.	
Occupational health		A competent provider for hearing checks and HAVS health surveillance.	
Plant drivers		Trained for the plant they drive, and briefed on seat adjustment and haul routes.	

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METHOD STATEMENT

The sequence of work

The order the team will work in on the day, with the controls built into each stage. If the sequence changes on site, revise the RAMS and brief it again.

STAGE	WHAT IS DONE, AND HOW	CONTROLS AT THIS STAGE	BY
List the tools and tasks	List every tool and machine the team will use. Record its vibration magnitude and noise level for real use, from the supplier, HSE typical figures or measurement.	Each figure recorded with its source on the exposure calculator page.	Supervisor
Find the trigger time	Find out how long each person has each tool running in their hands, or is in the noise, each day. Watch the work: trigger time is often far less than time on the job.	Times based on observation, not estimates alone.	Supervisor
Work out the daily dose	Add up each person's daily vibration and noise exposure across all their tools. Use the exposure points system or the HSE calculators.	Vibration: 100 points action value, 400 limit. Noise: 80 and 85 dB(A) action values.	Assessor
Change the method or tool	Where exposure reaches an action value, set a programme of controls: other methods, quieter or low-vibration tools, and better maintenance.	Hearing protection does not count as part of the noise programme required at 85 dB(A).	Contracts manager
Limit time and rotate	Set a maximum trigger time for each tool. Rotate tasks so each person stays under the action value where reasonably practicable, and never over the limit value.	Daily time limits written on the briefing; supervisor checks they are kept.	Supervisor
Mark hearing protection zones	Mark areas where exposure could reach 85 dB(A), put up signs, and provide hearing protection matched to the noise.	Signs in place; protection worn by everyone in the zone.	Supervisor
Brief the team	Brief the assessment, the time limits, the tool checks, how to fit hearing protection, and the symptoms to report.	Briefing signed against this revision.	Supervisor
Check tools daily	Check tools before use: sharp bits and discs, handles and mounts intact, and no unusual vibration or noise. Take faulty tools out of use.	Faulty tools tagged and kept out of use until repaired.	Operatives
Health surveillance	Enrol exposed operatives in hearing checks and HAVS health surveillance as the assessment requires, and act on the results.	Health records kept; RIDDOR report made for a diagnosed HAVS or carpal tunnel case.	Contracts manager
Review	Review the assessment when tools, methods or the team change, after a health surveillance finding, and at set intervals.	Review dated and signed; new figures briefed to the team.	Assessor

CDM REGULATION 15(2): PLAN, MANAGE AND MONITOR THE WORK

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RISK ASSESSMENT

Hazards, controls and the risk that remains

Each significant hazard rated before and after its controls, as likelihood times severity. The ratings are typical: check them for this site.

	LIKELIHOOD		SEVERITY		
	1	2	3	4	5
5	5	10	15	20	25
4	4	8	12	16	20
3	3	6	9	12	15
2	2	4	6	8	10
1	1	2	3	4	5
	1	2	3	4	5

1 to 4 low
 5 to 12 medium
 15 to 25 high

HAZARD	WHO COULD BE HARMED, AND HOW	RISK BEFORE	CONTROLS	RISK AFTER	BY
Vibration from breakers and hammers	Operatives using breakers, demolition hammers, rotary hammers and scabblers.	4 x 4 = 16 High	- Method changed where possible, for example bursting, core drilling or a remote-controlled machine in place of hand breaking. - Low-vibration tools chosen, judged on the vibration figure for real use, not just the declared value. - Trigger time limited and tasks rotated so each person stays under the action value where reasonably practicable.	2 x 4 = 8 Med	Supervisor
Vibration from grinders, drills and saws	Operatives using angle grinders, hammer drills, cut-off saws, reciprocating saws and sanders.	4 x 4 = 16 High	- Exposure points worked out for each person each day, from the tool magnitude and trigger time. - Discs, bits and blades kept sharp and of the right type, and tools serviced to the maker's schedule. - Anti-vibration handles and mounts kept in good repair.	2 x 4 = 8 Med	
Vibration from compactors and rammers	Groundworkers using plate compactors, trench rammers and pedestrian rollers.	4 x 4 = 16 High	- Vibration-reduced compactors chosen: HSE typical figures are 2 to 7 m/s², against 9 to 22 m/s² for older types. - Use time controlled through the daily points total, with tasks rotated on long runs.	2 x 4 = 8 Med	
Combined exposure from several tools	Operatives who use more than one noisy or vibrating tool in a day.	3 x 4 = 12 Med	- Points from every tool added together for the day, for vibration and for noise. - Work planned so the daily total stays under the action values, by rotating tasks or spreading heavy work across days.	2 x 4 = 8 Med	Supervisor
Cold and wet hands	Operatives using vibrating tools outdoors in cold or wet weather.	3 x 4 = 12 Med	- Warm, dry gloves and clothing provided, as the vibration regulations require protection from cold and damp to be considered. - Warm welfare for breaks, and hands warmed before starting work.	2 x 4 = 8 Med	
Early HAVS symptoms missed	Operatives likely to be exposed at or above the vibration action value.	3 x 4 = 12 Med	- Health surveillance for everyone likely to be exposed at or above the action value, by a competent occupational health provider. - Operatives briefed to report tingling, numbness or fingers going white straight away. - Any diagnosed HAVS or carpal tunnel syndrome reported under RIDDOR, and the person's work reviewed.	1 x 4 = 4 Low	Contracts manager
Noise from breakers, saws and grinders	Operatives using noisy tools and anyone working nearby.	4 x 4 = 16 High	- Quieter methods and tools chosen first, such as bursting or diamond drilling in place of breaking. - Noisy work screened or sited away from others, and timed for when others are clear. - Hearing protection that brings the level at the ear below 85 dB(A) but not under 70 dB(A), worn the whole time in the noise.	2 x 4 = 8 Med	
Noise from generators and compressors	Operatives and others working near site plant.	3 x 4 = 12 Med	- Plant sited away from work areas, with acoustic covers closed and silencers fitted. - Plant maintained so it runs no louder than it should, and switched off when idle.	2 x 4 = 8 Med	

MHSWR REGULATION 3(6): WITH FIVE OR MORE EMPLOYEES, RECORD THE SIGNIFICANT FINDINGS

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RISK ASSESSMENT, CONTINUED

More hazards, and those specific to this site

HAZARD	WHO COULD BE HARMED, AND HOW	RISK BEFORE	CONTROLS	RISK AFTER	BY
Peak noise from impact work	Operatives using cartridge tools and nail guns, or hammering steel.	3 x 4 = 12 Med	- Peak noise assessed as well as the daily dose: action values of 135 and 137 dB(C), limit 140 dB(C). - Hearing protection chosen for impact noise, and others kept away from the work.	2 x 4 = 8 Med	
Hearing protection that does not protect	Wearers with poorly fitted plugs, worn seals, or protection taken off in the noise.	3 x 4 = 12 Med	- Protection chosen with the wearers, matched to the noise and compatible with helmets and eyewear. - Wearers shown how to fit it, and checked; disposable plugs not reused. - Seals and headbands inspected, and damaged protectors replaced.	2 x 4 = 8 Med	
Hearing protection zones not marked	Anyone entering an area where exposure could reach 85 dB(A).	3 x 4 = 12 Med	- Zone marked with the mandatory ear protection sign, and entry restricted where practicable. - Only people wearing hearing protection go into the zone.	1 x 4 = 4 Low	
Hearing damage not picked up	Operatives regularly exposed above the upper action value.	3 x 4 = 12 Med	- Hearing checks where the assessment shows a risk to hearing, with health records kept. - If damage is found, the person is told, the assessment reviewed and quieter work considered.	2 x 4 = 8 Med	
Alarms and shouts not heard in the noise	Operatives wearing hearing protection near moving plant and vehicles.	3 x 5 = 15 High	- Banksman and visual signals for vehicle movements in noisy areas. - Protection chosen to avoid over-protection, so reversing alarms and shouts can still be heard.	1 x 5 = 5 Med	
Whole-body vibration from plant	Drivers of dumpers, excavators and rollers, especially on rough ground.	3 x 3 = 9 Med	- Haul routes kept level and maintained, with speed suited to the ground. - Seats adjusted to the driver and in good repair, and suspension maintained. - Exposure kept under the action value of 0.5 m/s² A(8), with breaks and rotation on long shifts.	2 x 3 = 6 Med	

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EQUIPMENT

Plant, equipment and PPE

Plant and equipment

Each item, the checks and certificates it needs, and who may operate it.

PUWER 1998, LOLER 1998

ITEM	CHECKS AND CERTIFICATES	OPERATOR COMPETENCE
Breakers and hammers	Vibration-reduced type; handles and mounts checked; bits sharp.	Trained operative
Grinders and cut-off saws	Right disc, sharp and undamaged; guard in place.	Abrasive wheels trained
Plate compactors	Vibration-reduced type; handle mounts checked before use.	Trained operative
Generators and compressors	Acoustic covers closed; silencers fitted; serviced.	Competent person
Dumpers and rollers	Seat, suspension and tyres checked daily.	Trained driver

Personal protective equipment

PPE is the last line of defence, after the controls above. Specify the type, not just the item.

PPE AT WORK REGULATIONS 1992

ITEM	NEEDED	TYPE AND SPECIFICATION
Safety helmet	☒	To site standard
Safety footwear	☒	Safety boots with protective toecaps
High-visibility clothing	☒	To site standard
Gloves	☒	Warm and dry, for grip and warmth
Eye protection	☒	For breaking, grinding and cutting
Hearing protection	☒	Matched to the noise; worn in the zone
Respiratory protection Type, and face-fit tested	☐	
Harness or restraint Anchor points identified	☐	

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CONTROLS

Substances, permits, emergencies and the environment

Hazardous substances

Each substance and its COSHH assessment.

COSHH 2002, REGULATION 6

SUBSTANCE	COSHH ASSESSMENT REFERENCE	CONTROLS
Silica dust from breaking and cutting	[COSHH ref]	Water suppression or on-tool extraction, FFP3 fit-tested

Permits and plans

PERMIT OR PLAN	NEEDED	REFERENCE
Hot work permit	☐	
Permit to work	☒	
Permit to dig or break ground	☒	
Confined space entry	☐	
Lift plan	☐	
Temporary works design	☐	

Emergency and rescue

First aid, fire, and how someone is rescued.
The rescue plan belongs in the RAMS, not after it.

First aid and the site emergency procedure for any injury. Operatives report tingling, numbness, fingers going white or sudden changes in hearing to the supervisor. The supervisor reviews their exposure and refers them to occupational health. A diagnosed HAVS or carpal tunnel case is reported under RIDDOR.

Environment and neighbours

Dust, noise, vibration, waste, spills and hours of work.

Noisy work kept to agreed hours. Plant sited away from neighbours, with acoustic covers closed and engines off when idle. Neighbours told about noisy work in advance where the client requires it.

Daily noise and vibration exposure

Noise: 85 dB(A) for 8 hours is 100 points, and 80 dB(A) is 32.

CONTROL OF NOISE AT WORK AND CONTROL OF VIBRATION AT WORK REGULATIONS 2005, REG 4; HSE CALCULATORS

UNIBUILD Free editable template. unibuild.co.uk/rams/noise-and-vibration A pre-filled starting point, not legal advice. Edit it for the site and have it approved.

Briefed before the work starts

BRIEFED BY	REVISION BRIEFED	DATE AND TIME

[illegible]

A SIGNATURE AGAINST A REVISION, ON A DATE, BEFORE THE WORK STARTED, IS HOW A BRIEFING IS EVIDENCED

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