



Risk assessment and method statement

Painting and decorating RAMS

Painting and decorating, interior and exterior. Pre-filled with typical hazards, controls and sequence: edit it for this site.

PROJECT

SITE ADDRESS			
ACTIVITY		RAMS REFERENCE	
Painting and decorating, interior and exterior			
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)

Preparation and decoration of [areas / rooms / elevations] as specified. Includes washing down, filling, sanding, stripping where unsound, and [primer / undercoat / finish] by [brush / roller / spray]. Products to the specification [ref]. Not included: [list any exclusions].

Location and access

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

Access via [entrance]. Work areas: [rooms or elevations]. Access by [tower / podiums / stepladders / MEWP]. Products stored in [store], away from exits. Occupied areas: [details], with a safe route kept open. Working hours [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

Building manager: [name], for access, occupied areas and times for noisy or solvent work. Other trades: [trades], with paint areas closed to them while wet. Fire alarm detectors covered only by agreement and uncovered each night.

Documents this RAMS relies on

Specification [ref]. Safety data sheets and COSHH assessments for each product. Asbestos survey [ref]. Lead paint test results where tested. Access equipment inspection records. Construction phase plan or client rules.

The team, and their competence

CDM REGULATION 8

ROLE	NAME	CARD, TICKET OR TRAINING NEEDED	CONTACT
Decorators		CSCS card for painting and decorating, with apprentices supervised.	
Supervisor		Experienced decorator with site supervision training.	
Tower users		PASMA training for anyone erecting or moving an aluminium tower.	
MEWP operators		IPAF PAL card for the category of machine.	
Sprayers		Trained on the equipment, and in diisocyanate use before using products that contain them.	
RPE wearers		Face fit tested for tight-fitting masks, and clean shaven where the mask seals.	

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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
Before the day	Survey the areas, choose the access equipment, read the safety data sheets, and check the asbestos survey and the age of the paintwork. Agree times and routes with the building manager.	COSHH assessments for each product; lead paint tested where suspected; RAMS approved before work.	Contracts manager
Arrival and briefing	Sign in, attend the induction, then brief the team on this RAMS, the products in use, the access equipment and any occupied areas.	Briefing signed against this revision; PASMA and IPAF cards checked; RPE face fit checked.	Supervisor
Protect the area	Clear or cover furniture, lay dust sheets, mask off, barrier the work area and put up wet paint and keep out signs.	Safe route for occupants kept open; ventilation set up; flammables stored outside the room.	Decorators
Set up access	Erect towers or podiums, position ladders or stepladders, or set up the MEWP, and check each before use.	Tower inspected after assembly; ladders pre-use checked; MEWP pre-use check recorded.	Decorators
Prepare surfaces	Wash down, scrape loose material, fill and sand, using extracted sanders or wet abrasives.	On-tool extraction to an M or H class unit; FFP3 RPE for dusty work; no dry sweeping.	Decorators
Remove old coatings	Strip old paint only where it is unsound, by hot air gun, chemical stripper, or wet scraping, collecting the waste as you go.	Lead controls where present; hot air guns below 500°C; no DCM without HSE certification.	Decorators
Apply coatings	Apply primers, undercoats and finishes by brush or roller, keeping lids on and the room ventilated.	Ignition sources kept out; minimum quantities in the room; gloves and RPE to the COSHH assessment.	Decorators
Spraying	Spray only where the method statement allows it, inside an enclosed and extracted area, with others kept out until it has cleared.	Air-fed breathing apparatus for isocyanates; airless tip guard fitted; pressure released before cleaning.	Sprayer
Clean down	Clean brushes, rollers and spray equipment, store products, and remove waste and solvent-soaked rags.	Rags in a sealed metal container; no paint or solvent washed into drains.	Decorators
Hand back	Dismantle access, lift dust sheets, check for damage and spills, ventilate, and hand the area back to the building manager.	Rooms aired before reoccupation; area checked with the client before the team leaves.	Supervisor

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
Falls from ladders and stepladders	Decorators cutting in, painting ceilings, stairwells and window heads.	4 x 4 = 16 High	- Ladders used only for light, short work where a podium, tower or MEWP is not justified; HSE suggests other equipment beyond 30 minutes. - Stepladders face on, all four feet level, locks engaged, three points of contact, and no standing on the top three steps without a handhold. - Pre-use check before each use; leaning ladders at 1 in 4 and secured.	2 x 4 = 8 Med	Supervisor
Falls from towers, podiums and MEWPs	Decorators working on high walls, ceilings, atriums and exterior elevations.	3 x 5 = 15 High	- Towers erected to the manufacturer's instructions by PASMA-trained people, with guard-rails, toe boards and castors locked. - Podium steps with gates closed; MEWPs operated by IPAF card holders, with a restraint lanyard in a boom. - Towers and MEWPs kept off slopes, voids and soft ground, and never moved with anyone on them.	1 x 5 = 5 Med	
Falls through stairwells and openings	Decorators working over stairs, landings, voids and open windows.	3 x 5 = 15 High	- Stairwell access by a stair platform or tower made for stairs, never ladders on treads. - Voids and open edges guarded; windows opened only as far as the work needs.	1 x 5 = 5 Med	
Solvent vapour from paints and thinners	Decorators and anyone nearby, from headaches, dizziness and skin damage.	3 x 3 = 9 Med	- Water-based or low-solvent products used wherever they do the job. - Ventilation in every room being painted: doors and windows open, mechanical ventilation in enclosed spaces. - Lids on tins, minimum quantities in the room; gloves and RPE with a vapour filter where the COSHH assessment calls for them.	2 x 3 = 6 Med	
Fire from flammable solvents	Decorators and occupants, where vapour from paints, thinners or cleaners meets an ignition source.	2 x 5 = 10 Med	- Ignition sources kept out of rooms with solvent vapour: no smoking, no naked flames, no sparking tools. - Flammable products stored in a ventilated, lockable store away from exits, in quantities kept to the day's needs. - Used rags kept in a sealed metal container and removed from the building daily; extinguisher on hand.	1 x 5 = 5 Med	
Spraying isocyanate coatings	Sprayers and anyone nearby, from occupational asthma caused by the spray mist.	3 x 5 = 15 High	- Brush or roller where it does the job; isocyanate-free products where possible. - Spraying in an enclosed, extracted area with non-essential people kept out until the mist has cleared. - Constant flow air-fed breathing apparatus, visor kept down until clear of the area; annual lung function testing and questionnaire.	1 x 5 = 5 Med	Supervisor
Airless spray equipment	Sprayers and helpers, from paint injected through the skin or hose failures.	3 x 4 = 12 Med	- Tip guard and trigger lock fitted; pressure released before cleaning, unblocking or changing tips. - Hoses and fittings checked before use and replaced if damaged; correct tip size and pressure.	1 x 4 = 4 Low	
Old lead paint	Decorators preparing old paintwork, and occupants, especially children and pregnant women.	3 x 4 = 12 Med	- Paintwork in buildings from before the 1980s treated as lead until tested; sound paint keyed with wet abrasive paper and left in place. - No dry sanding, blowlamps or gas torches; hot air guns below 500°C, wet methods or on-tool extraction. - FFP3 RPE, disposable overalls, area sheeted off; no eating or smoking there; medical surveillance where exposure is significant.	1 x 4 = 4 Low	Supervisor

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
Dust from sanding and preparation	Decorators sanding wood, MDF, filler and old paint, and people in the building.	4 x 3 = 12 Med	- Sanders with on-tool extraction to an M or H class unit; wet abrasives where suitable. - FFP3 or equivalent RPE, face fit tested, for dusty work. - Clean up with an M class vacuum, never by dry sweeping.	2 x 3 = 6 Med	
Asbestos in textured coatings and boards	Decorators sanding, scraping or drilling older textured ceilings, panels and boards.	3 x 5 = 15 High	- Asbestos survey checked before any preparation in buildings from before 2000. - No sanding or scraping of suspect textured coatings; drill only under the asbestos risk assessment. - Removal only by trained workers under the asbestos plan, or a licensed contractor where the work needs one.	1 x 5 = 5 Med	
Chemical paint strippers	Decorators stripping old finishes, and occupants nearby.	3 x 3 = 9 Med	- Strippers free of dichloromethane used; DCM stripper only by people certified under HSE's competence scheme. - Ventilation, chemical-resistant gloves chosen from the safety data sheet, and eye protection.	1 x 3 = 3 Low	
Hot air guns	Decorators stripping paint, from burns and from fires starting behind the surface.	3 x 4 = 12 Med	- Temperature kept to the lowest that works; gun never pointed into gaps, eaves or behind boards. - Hot work permit where the site requires one, with a check of the area before leaving. - Gun stood on its stand to cool, away from dust sheets and solvents.	1 x 4 = 4 Low	
Skin contact and dermatitis	Decorators handling paints, solvents, fillers and cleaners every day.	3 x 3 = 9 Med	- Single-use nitrile gloves or gloves chosen from the safety data sheet. - No solvents used to clean the skin; washing facilities and skin care products provided. - Skin checks by a responsible person where dermatitis is reasonably likely.	2 x 3 = 6 Med	
Occupied buildings and the public	Residents, staff, pupils and visitors walking through the work area.	3 x 4 = 12 Med	- Work areas barriered and signed, with wet paint signs and a safe route kept open. - Noisy, dusty and solvent work timed with the building manager, with rooms ventilated before reoccupation. - Access equipment never left unattended where children or the public can reach it.	1 x 4 = 4 Low	
Manual handling	Decorators carrying paint, towers, podiums and ladders up stairs and across sites.	3 x 2 = 6 Med	- Paint delivered in sizes the team can carry; trolleys for heavy tins and tower components. - Two people for long ladders and tower frames, and on stairs.	2 x 2 = 4 Low	
Slips and trips	Decorators and occupants, on dust sheets, cables and spilled paint.	3 x 2 = 6 Med	- Dust sheets laid flat and taped at edges and stairs; cables run along walls. - Spills cleaned straight away; work areas kept clear at the end of each day.	2 x 2 = 4 Low	

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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
Ladders and stepladders	Pre-use check each day; detailed inspection on a set schedule.	Trained user
Mobile tower and podiums	Built to the instructions; inspected after assembly and before use.	PASMA trained
MEWP	Pre-use check; thorough examination at least every 6 months.	IPAF PAL card
Airless sprayer	Tip guard, trigger lock and hoses checked before use.	Trained sprayer
Air-fed breathing apparatus	Air quality tested; flow and low flow alarm checked.	Trained wearer
Sanders and extraction unit	M or H class unit; filters and hoses checked.	Trained user

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	☒	Where site rules require
Safety footwear	☒	To site standard, grip soles
High-visibility clothing	☒	Where site rules require
Gloves	☒	Nitrile or as the data sheet specifies
Eye protection	☒	Overhead work, stripping, spraying
Hearing protection	☐	
Respiratory protection Type, and face-fit tested	☒	FFP3 dust; vapour filter; air-fed for spray
Harness or restraint Anchor points identified	☒	Restraint lanyard in a boom MEWP

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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
Solvent-based paints, thinners and cleaners	[ref]	Ventilation, lids on, no ignition sources; vapour filter RPE where assessed.
Two-pack coatings containing isocyanates	[ref]	Brush or roller where possible; spray only with air-fed RPE and others kept out.
Old lead paint	[ref]	Wet methods or extraction, hot air gun below 500°C, FFP3, wash before breaks.
Dust from wood, MDF and fillers	[ref]	Extracted sanders or wet abrasives; FFP3 RPE; M class vacuum to clean up.

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 aider and first aid kit on site, with eyewash for splashes. Anyone overcome by vapour is moved to fresh air and given first aid. Fire procedure and extinguisher known before solvents are used. Plan for getting someone down from a tower or MEWP. Nearest accident and emergency department named on the briefing.

Environment and neighbours

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

No paint, solvent or wash water into drains or watercourses. Waste paint, tins and solvent rags stored in sealed containers and removed as hazardous waste where classed as such. Dust sheets keep debris contained. Rooms ventilated before handing back.

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PRODUCTS REGISTER

Products and coatings register

List every product used on the job, from its safety data sheet. Add rows for anything new before it is used, and brief the team on the controls.

PRODUCT	HAZARDS FROM THE DATA SHEET	HOW APPLIED	CONTROLS	RPE AND GLOVES
Water-based emulsion [name]	[From section 2 of the data sheet]	Brush and roller	Ventilation; lids on; wash hands before breaks	Gloves
Solvent-based gloss or undercoat [name]	Often flammable; vapour may cause drowsiness. Confirm on the data sheet	Brush and roller	Ventilation; no ignition sources; minimum quantity in the room	Nitrile gloves; vapour filter if assessed
White spirit or brush cleaner [name]	Often flammable; skin irritant. Confirm on the data sheet	Cleaning	Lids on; rags in a sealed metal container	Nitrile gloves
Two-pack coating [name]	Check for isocyanates and sensitisers on the data sheet	[Brush / spray]	Brush where possible; spray only in an extracted area, others kept out	Air-fed BA for spraying
Powder or ready-mixed filler [name]	[From section 2 of the data sheet]	Fill and sand	Extracted sander or wet abrasive	FFP3 for sanding

COSHH REGULATIONS 2002, REGULATIONS 6 AND 7; DSEAR 2002, REGULATION 5; HSE CONSTRUCTION GUIDANCE ON SOLVENTS.

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Briefed before the work starts

BRIEFED BY	REVISION BRIEFED	DATE AND TIME

[illegible]

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