**Risk Assessment Method Statement**

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### **Risk Assessment Method Statement (RAMS) for New Office Building Construction**

**Project:** New Office Building Construction  
**Location:** 789 Development Road  
**Date:** October 7, 2024  
**Prepared by:** Alan Grant, Health and Safety Manager

#### **1. Project Overview**

* **Project Manager:** Richard Kim
* **Health and Safety Officer:** Emily Tran
* **Construction Manager:** Carlos Mendez

#### **2. Description of Work**

The project involves the construction of a 10-story office building, including site preparation, foundation work, structural framing, electrical installation, plumbing, and finishing work.

#### **3. References**

* Occupational Health and Safety Act
* Construction Design and Management Regulations
* Site Safety Manuals and Protocols

#### **4. Hazard Identification and Risk Assessment**

| **Task** | **Hazard** | **Risk Level** | **Control Measures** |
| --- | --- | --- | --- |
| Site Preparation | Injury from machinery | High | Only trained personnel to operate machinery; PPE usage. |
| Excavation | Collapse of excavation site | High | Shoring and sloping of excavation sides; regular inspections. |
| Concrete Pouring | Skin irritation from concrete | Medium | Use of gloves and protective clothing; eye wash stations. |
| Working at Height | Falls | High | Installation of guardrails; use of harnesses. |
| Electrical Work | Electrical shock | High | Lockout-tagout systems; qualified electricians only. |
| Finishing Work | Dust inhalation | Medium | Dust control measures; use of respirators. |

#### **5. Method Statement**

* **Site Preparation:** Clear site, establish access routes, and set up site office.
* **Foundation Work:** Excavate for foundations, install formwork, place rebar, and pour concrete.
* **Framing:** Construct structural frame using steel beams and columns.
* **Electrical and Plumbing:** Install systems as per engineering designs.
* **Finishing:** Plastering, painting, installation of fixtures, and final inspections.

#### **6. Safety Precautions**

* Regular safety briefings and training for all site workers.
* Mandatory use of PPE including helmets, gloves, boots, and high-visibility jackets.
* Clear signage and barriers around high-risk areas such as excavation sites and heights.

#### **7. Personal Protective Equipment (PPE)**

* Full-body harnesses for work at heights.
* Goggles, gloves, and protective clothing for concrete work.
* Ear protection for work involving high noise levels.

#### **8. Emergency Procedures**

* On-site first aid kits and trained first aid responders.
* Clear evacuation routes and assembly points.
* Emergency contact numbers posted throughout the site.

#### **9. Monitoring and Review**

* Daily safety inspections by the site safety officer.
* Weekly safety audits and review meetings with the project team.
* Updates to RAMS document as necessary following incident reviews or procedural changes.

#### **10. Worker Acknowledgment**

* All workers are required to read and acknowledge understanding of this RAMS by signing off before commencing work.