



RISK ASSESSMENT AND METHOD STATEMENT

Manual handling RAMS

Job details

Company

Site and work area

Planned dates

Customer

In charge on site

Team

Prepared by

Signature

Date

Work and boundaries

Work included

Not our work

Emergency arrangements

Alarm

Assembly point

First aid

How help gets in

Planned method

1

2

3

4

5

6

7

8

9

10

11

12

Risk assessment

Hazard	Who might be harmed and how	Controls in place	Further action

Briefing record

Name	Signature	Date