


Project Name		Tower Bridge Cable Upgrade	
Project Address		Tower Bridge Rd, London SE1 2UP	
Date Of Creation	2024-06-15	RAMS Reference Number	Excavating A Trench And Laying Cable
RAMS Title	Tower Bridge- Excavating A Trench And Laying Cable		

Contractor Information			
Contractor Name	Example Contractor	Principal Contractor Name	Example Principal Contractor
Contractor Address	123 Contractor St	Contractor Site Contact	Firstname Lastname

Action	Name	Signature	Date
Prepared By	Alfie Adamberry		2024-06-15
Checked By			
Approved By			

123 Contractor St

I hereby confirm that I have been briefed on the associated risks involved, I am aware of the restrictions and safety-related issues involved in this task. I will comply with the requirements laid out in this Method Statement. I am aware that if, for any reason, I cannot carry out the work as instructed I must stop work and inform my supervisor.

[illegible]

Induction Given By	
Date	

Method Statement

Project Name	Tower Bridge Cable Upgrade
Date	2024-06-15

Work Package	Excavating A Trench And Laying Cable
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No. Of Operatives	15
Plant/Equipment	Electrical diagnostic kits, Shovels, Buckets

Materials	
Category	Materials Used
1. Natural Materials	N/A
2. Manufactured Materials	[Concrete] Plain Concrete, [Concrete] Blocks, N/A
3. Ceramics	N/A
4. Metals	[Copper] Electronics
5. Recycled Materials	N/A
6. Protective Materials	[Waterproofing] EPDM Membrane
7. Infrastructure Materials	[Roads] Asphalt
8. Finishes	N/A

Introduction:

The purpose of this method statement is to provide guidelines for the safe conduct of work being undertaken by our employees and any sub-contractors who may be under our control. Conditions may vary on site consequently this document may require amendment during the course of work to reflect the conditions on site. When this is necessary the works foreman/supervisor/health and safety advisor will vary the method of working, in consultation with others as appropriate, and make the required changes to this method statement.

Example Principal Contractor will provide site induction to new operatives on arrival at site. This training should include guidance on any specific site hazards, emergency procedures, welfare facilities and the Site Safety Rules. Employees and sub-contractors under our control are instructed to co-operate with the Example Principal Contractor on all matters of health and safety. Personnel involved in this operation will be briefed on the content of this Method Statement and relevant risk assessments before the commencement of the work, by Example Principal Contractor's site manager.

Example Contractor

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General:

Any amendment to this method statement/risk assessment must be put forward to the site management in the form of an addendum. All addenda must be agreed and signed off by site management prior to works commencing.

Emergency procedures:

All works will be subject to the current emergency procedures of the site and managed by the site supervisor from Example Principal Contractor. All incidents and/or accidents will be reported to Example Principal Contractor, who if required, will notify the Client. Example Contractor Limited will ensure that their workforce will not work on their own in isolated areas unless the task is Risk Assessed. Example Principal Contractor in their induction will inform all labourers of the site's emergency procedures of the site. Example Contractor Limited will take reasonable precautions to avoid the outbreak of fire. A "no smoking" policy will be implemented and all labour on site will be continually educated in the dangers of fire etc. Example Principal Contractor will supply a trained first aider (minimum qualification-appointed person status). In cases of all emergencies where operatives are required to leave the site everyone is to assemble in the identified area, where the company supervisor will carry out a company-specific "role call".

Name of first aider: Firstname Lastname (Example Principal Contractor)

Location of first aid box: Site Office

Information to employees and others:

All employees of Example Contractor Limited will attend the site specific induction prior to entering the site. It is important that a signed copy of their method statement and risk assessment (those involved in the task) and that all individuals bring with them their original CSCS card.

All of the labour will be taken through the Method Statement and associated Risk Assessments and given the opportunity to voice any concerns over the method of work prior to any works commencing.

Bi-weekly safety talks (toolbox talks), or whenever necessary and audits will be undertaken reinforcing the original instruction. Example Principal Contractor, Site Foreman and Safety Advisor will be at hand to give health and safety advice and to address any concerns that the labour or Client may have.

Plant and equipment:

All plant and equipment brought onto the site for use by Example Contractor Limited employees will be suitable for individual tasks. The plant and equipment will only be brought onto site with the relevant certification, this is to include:

- Up-to-date maintenance certificate.
- Safe working load.
- Electrical safety certification.

All certifications will be made available to the Client if required.

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The Workforce:

Example Contractor Limited will ensure that all their employees are adequately trained in the tasks that they are required to carry out. Example Contractor Limited workforce have taken or are waiting to take their health and safety touch screen test (CSSC safety card) Documentary proof of qualifications will be made available to the Client for inspection if required. All those deployed on site by Example Contractor Limited will be experienced and trained and experienced in their trade.

It is not envisaged that any young or inexperienced operatives will be deployed, however, if this was to occur the individual will be supervised at all times and not AFARP be exposed to any undue risk. The Site Manager from Example Principal Contractor, prior to the commencement of works, will induct the entire workforce, information given to include:







- Site-specific rules.
- Emergency procedures.
- Traffic management.
- Location of site first aid provisions.

Each task will be assessed before being carried out and suitable Personal Protective Equipment (PPE). No one will carry out their works unless they are wearing the correct PPE.

High Visibility Clothing	Safety Boots	Hard Hats	Safety Gloves	Hearing Protection	Respiratory Protection	Eye protection
						
Yes	Yes	Yes	Yes	No	No	Yes

Any other specialised PPE detailed below
N/A

Before purchasing any personal protective equipment (PPE), you need to carry out a risk assessment. Under the Personal Protective Equipment at Work Regulations you may need to provide: protective clothing, eg aprons, gloves, footwear, helmets, high-visibility waistcoats and clothing which gives protection against the weather protective equipment, eg eye protectors, respirators and safety harnesses PPE equipment or clothing must be: appropriate to the risks and workplace conditions suitable for the ergonomics and state of health of the employee capable of fitting the wearer correctly, eg helmets with adjustable chin straps CE marked to meet the standards set out in the regulations The British Standards Institution (BSI) is one organization that can give a CE mark to show that a product meets the requirements of all relevant European Union directives. It can also give a Kite mark - its own quality mark - to equipment such as respiratory masks.

Control Of Substances Hazardous To Health (COSHH)						
Harmful Irritant	Corrosive	Very Toxic	Danger To Environment	Oxidising	Highly Flammable	Explosive
						
No	No	No	No	No	No	No
Relevant COSHH assessments and material safety data sheets shall always be made available.						

If yes, please detail any COSHH Below
N/A

Occupational Health Issues:

All those who work in the construction industry have their part to play looking after their own health and safety and in improving the industry's health and safety record.

On all projects Example Contractor Limited will need to:

- Plan, manage and monitor their own work and that of their workers.
- Check the competence of all their appointees and workers.
- Train their own employees.
- Provide information to their workers.
- Ensure that there are adequate welfare facilities for their workers.

Note: The above information is to be continually re-assessed and if necessary, amended to suit the site conditions.

Task-Specific Risk Assessment

Scope Of Works:

Excavate a 15m long, 2m deep trench as a hand dig, taking necessary precautions to avoid live services, and lay a stretch of cable. The cable will be backfilled with concrete and finished with asphalt upon completion. Special precautions will need to be made to minimize disturbance to roads and the general public.

General Hazards:

- Working at depths
- Manual handling
- Noise exposure
- Dust inhalation
- Site vehicle movement
- Working near live services
- Working in public areas

Task-Specific Hazards:

- Hand digging in potentially contaminated ground
- Handling and laying heavy cables
- Pouring and handling concrete
- Laying asphalt
- Hot work associated with asphalt laying
- Working in close proximity to traffic
- Use of vibrating tools and machinery
- Limited working space
- Risk of trench collapse
- Unforeseen underground obstructions
- Precision work near live services

Risk Assessment

Working at Depths:

- Risk Analysis: Working at depths involves potential structural instability and risk of collapse.
- Likelihood Of Occurrence: Medium
- Severity Of Consequences: High
- Control Measures In Place: Use of trench supports and inspections, soil analysis, supervisor presence.
- Overall Risk Rating: **Medium-High**

Manual Handling:

- Risk Analysis: Heavy lifting and repetitive motions can result in musculoskeletal disorders.
- Likelihood Of Occurrence: High
- Severity Of Consequences: Medium
- Control Measures In Place: Training in proper lifting techniques, use of mechanical aids.
- Overall Risk Rating: **Medium**

Noise Exposure:

- Risk Analysis: Prolonged exposure can lead to hearing damage.
- Likelihood Of Occurrence: Medium
- Severity Of Consequences: High
- Control Measures In Place: Use of hearing protection, noise monitoring.
- Overall Risk Rating: **Medium**

Dust Inhalation:

- Risk Analysis: Inhalation of concrete and asphalt dust impacts respiratory health.
- Likelihood Of Occurrence: High
- Severity Of Consequences: Medium
- Control Measures In Place: Dust suppression methods, PPE.
- Overall Risk Rating: **Medium**

Site Vehicle Movement:

- Risk Analysis: Risk of accidents between personnel and site vehicles.
- Likelihood Of Occurrence: Medium
- Severity Of Consequences: High
- Control Measures In Place: Traffic management plans, dedicated vehicle routes.
- Overall Risk Rating: **Medium-High**

Working Near Live Services:

- Risk Analysis: High risk of electrocution or service disruption.
- Likelihood Of Occurrence: Medium
- Severity Of Consequences: High
- Control Measures In Place: Service detection surveys, hand digging near services.
- Overall Risk Rating: **High**

Example Contractor

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Hand Digging in Contaminated Ground:

- Risk Analysis: Potential for encountering hazardous substances.
- Likelihood Of Occurrence: Medium
- Severity Of Consequences: Medium
- Control Measures In Place: Ground surveys, PPE.
- Overall Risk Rating: **Low**

Handling and Laying Heavy Cables:

- Risk Analysis: Risk of back strain and injury.
- Likelihood Of Occurrence: High
- Severity Of Consequences: Medium
- Control Measures In Place: Team lifts, mechanical aids.
- Overall Risk Rating: **Medium**

Pouring and Handling Concrete:

- Risk Analysis: Skin irritation and burns.
- Likelihood Of Occurrence: Medium
- Severity Of Consequences: Medium
- Control Measures In Place: PPE, washing facilities on site.
- Overall Risk Rating: **Medium**

Laying Asphalt:

- Risk Analysis: Exposure to hot materials and fumes.
- Likelihood Of Occurrence: Medium
- Severity Of Consequences: High
- Control Measures In Place: PPE, ventilation.
- Overall Risk Rating: **Medium-High**

Hot Work Associated with Asphalt Laying:

- Risk Analysis: Burns and fire risk.
- Likelihood Of Occurrence: Medium
- Severity Of Consequences: High
- Control Measures In Place: Fire extinguishers, training.
- Overall Risk Rating: **Medium-High**

Working in Close Proximity to Traffic:

- Risk Analysis: Increased risk of accidents.
- Likelihood Of Occurrence: High
- Severity Of Consequences: High
- Control Measures In Place: Barriers, traffic cones, hi-vis clothing.
- Overall Risk Rating: **High**

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Use of Vibrating Tools and Machinery:

- Risk Analysis: Risk of hand-arm vibration syndrome.
- Likelihood Of Occurrence: Medium
- Severity Of Consequences: Medium
- Control Measures In Place: Limited exposure times, PPE.
- Overall Risk Rating: **Medium**

Limited Working Space:

- Risk Analysis: Increased risk of accidents and injuries.
- Likelihood Of Occurrence: High
- Severity Of Consequences: Medium
- Control Measures In Place: Work coordination, clear communication.
- Overall Risk Rating: **Medium**

Risk of Trench Collapse:

- Risk Analysis: Trench walls could fail causing entrapment.
- Likelihood Of Occurrence: Medium
- Severity Of Consequences: High
- Control Measures In Place: Trench supports, monitoring
- Overall Risk Rating: **Medium-High**

Monitoring And Review Processes:

Risk assessments and method statements (RAMS) will be reviewed at any point of change and on a monthly basis by default.

Ongoing Monitoring By Workers:

Workers to continuously monitor for new hazards and report these to the site supervisor immediately. Regular safety briefings and toolbox talks to be conducted.

Materials

[Concrete] Plain Concrete, [Concrete] Blocks:

Special precautions: Use of reinforced gloves, eye protection, and ensuring proper mixing ratios to avoid skin burns and respiratory hazards

[Copper] Electronics:

- Special precautions: Ensuring electrical isolation and using insulated tools and PPE

[Waterproofing] EPDM Membrane:

- Special precautions: Ensure proper handling to avoid tears, use of gloves, and storing in cool dry place

[Roads] Asphalt:

- Special precautions: Use of heat-resistant gloves, respiratory protection, and ensuring proper ventilation

Example Contractor

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Nearest Emergency Services

Hospitals:

Guy's Hospital, Great Maze Pond, London SE1 9RT, Distance: 1 mile, Phone: 020 7188 7188

Fire Stations:

Dockhead Fire Station, 8 Wolseley St, London SE1 2BP, Distance: 0.5 miles, Phone: 020 8555 1200

Police Stations:

Southwark Police Station, 323 Borough High St, London SE1 1JL, Distance: 0.8 miles, Phone: 101