FM-OHS-0500-02 RAMS Template

Project Name:	MCFC – SIW – Demolition & Trial Holes
Project No.:	*Click here to enter text.*
Date:	19.06.23
Sisk RAMS No.:	*Click here to enter text.*
Revision No.:	1
RAMS expiry date (max 3 months):	15.09.23

Sisk/Sub-Contractor:	[redacted]
Work Package:	*Click here to enter text.*
Activity/Works scope:	Trial Hole Excavation Works
Other related activities:	*Click here to enter text.*
Start Date:	21.06.23
Duration of works:	2 days
No. of working hours/days:	8
Night time working anticipated?	No
Package Lead Supervisor:	*Click here to enter text.*
Task Supervisor(s):	[redacted]

Declaration by RAMS Author	Name	Signature	Date of visit
I have visited the site to assess the workplace hazards & risks and the site-specific requirement/controls required.	[redacted]	*Click here to enter text.*	30/05/2023
Sisk Manager who attended the site assessment visit.	*Click here to enter text.*	*Click here to enter text.*	*Click here to enter a date.*

Package Lead Supervisor	Signature	Date
Click here to enter text.	*Click here to enter text.*	*Click here to enter a date.*

Note: The Sisk Package Manager will evaluate and accept/reject. The RAMS Control Sheet and the master copy of the approved RAMS must be maintained within the project filing system.

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Hold Point		Applicable to the works?	
If these risks apply to the works, and are not adequately addressed in the RAMS, the RAMS will be rejected.	Plant & People Segregation	☒ Yes	☐ No
	Working at Heights	☐ Yes	☒ No
	Live Energies	☐ Yes	☒ No
	Excavations and/or Temporary Works	☒ Yes	☐ No
	Lifting & Lowering loads	☐ Yes	☒ No

Project/Location:	Ashton New Rd, Manchester M11 3FF
Project No.:	*Click here to enter text.*
Assessment Date:	19.06.23
Assessed By:	[redacted]
Assessment Review Period:	*Click here to enter text.*
Brief Description of Activity/Package:	Carry out trial holes as per Sisk instruction on site and backfill once complete.
Associated Tasks:	CAT Scanning

Risk Assessment

Complete FM-OHS-0500-01 Risk Assessment

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Methodology: Outline how the work will take place from arrival on site, to completion of works, step by step in detail to ensure no ambiguity.

Actions required before arrival on site and access/egress to the site (include project specific restrictions/requirements supplied by Sisk)
• All new site staff will undergo a full Sisk site induction delivered by Sisk Site Manager/Supervisor. • All new staff will be enrolled onto the MSite and site orientation induction will be provided by Sisk Site Manager. • All new operatives will also partake in a method statement briefing prior to working on site, this will be delivered by the SES site supervisor. • All operatives must show that they understand the method statement fully and sign the acknowledgement sheet before leaving the briefing. • Local muster points, fire alarm and emergency call points shall be identified, and operatives made aware upon commencement of works on site. • Sisk's Work Permit's such as permit to dig, or hot works permit will be obtained for the tasks to be undertaken at the start of each shift. • A Daily Task Briefing will be carried out before works begin highlighting the tasks and respective hazards for the activity in hand. SES Site Supervisor will complete the Daily Task Briefing with input from the work party.

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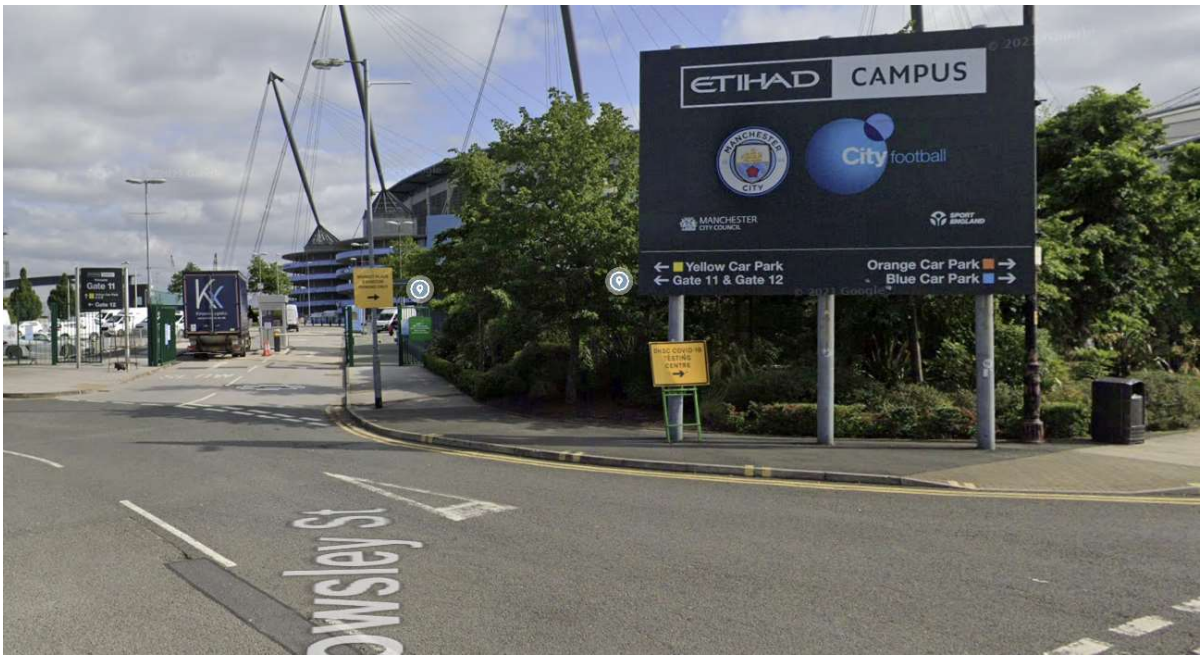
Location of the works (insert drawing/photograph showing task location and access arrangements)

Deliveries are to use Gate 11, M11 3FF & vacate site at Gate 7, M11 3DL.



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Material Delivery, Storage and Distribution

Outline safe arrangements for segregating people from vehicles/plant, traffic management, delivery (type of wagon), offloading including how materials will be offloaded/who by and secure storage

- All plant and equipment that is delivered to site will be planned and organised in advance with the SES site supervisor and Sisk.
- All delivery drivers must abide by the site rules and follow any instructions given to him by site security and SES traffic marshals on arrival, as well as information within the project traffic management plan.
- The traffic marshal will greet all new delivery vehicles at site entrance and direct the driver to the unloading/loading area within the site. All vehicle movements will be under the control of an SES traffic marshal at all times.
- No reversing of plant and vehicles is permitted unless a trained banksman directing the manoeuvring is in attendance.
- All plant and equipment must remain chained until it arrives at the unloading point.
- Once the vehicle has arrived at the unloading area the plant / equipment will be unloaded from the vehicle.
- Plant will be unloaded by plant operatives trained to CPCS standards or similar assisted by a banksman.
- Heras fence panels are to be delivered to site via hiab and are to be offloading following the lift plan provided by the haulier.
- Hardwood timber mats are to be offloaded from the HGV using a telehandler or excavator with selector grab.
- Banksman to be present during all plant movements.
- All plant /equipment will be removed from site using the same methods as stated above.

Sequence of Tasks Involved In The Activity

Detail step by step how they will be performed from start to finish, include sketch, drawings, photographs

Trial Hole Excavation

- Sisk engineer to use line marker to indicate where trial holes are to be take place.
- Sisk to CAT scan the area and provide permit to dig.
- SES operative using Stihl saw w/ a dust suppression bottle to carry out a cut to the tarmac/concrete to form a square and to ensure removal of ground is clean and tidy.
- 9t rubber tracked excavator to pre-weaken tarmac using hydraulic breaker.
- Using bucket attachment, excavator to excavate tarmac/spoil in even layers.
- Excavated material to be stockpiled locally for backfilling.
- Once the desired depth has been reached and Sisk engineer have recorded their findings, excavator to use stockpiled material to backfill excavation.
- If necessary, excavation to be compacted using compact plate and capped with cold lay tarmac.
- Any surplus material is to be loaded into 6t dumper and transported to stockpile area no material to be removed from site.
- During loading of 6t dumper, dumper operator to vacate the dumper.
- Dumper to be operated by trained and competent operative carrying a CPCS/NPORS certificate.

Anticipated Waste Control and Disposal Arrangements

(Sisk must be notified of waste leaving site)

It is envisaged that the excavation works will produce hardcore/spoil; during these works any waste generated will be stockpiled on site.

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Supervisory and Monitoring Resources			
State the name with relevant health and safety and other relevant training of your lead supervisor(s) on site.			
Name:	**H&S Qualification (e.g. MSIC,SMSTS):**		**Contact No:**
[redacted]	CCDO Gold Card Supervisor, SSSTS Supervisor, First Aid.		[redacted]
Click here to enter text.	*Click here to enter text.*		*Click here to enter text.*
Click here to enter text.	*Click here to enter text.*		*Click here to enter text.*
Additional Supervision & Duties (incl. Appointed Persons, Temporary Works Coordinator and/or Supervisor, Authorised Person etc.)			
Name:	**Role/Responsibility:**	**Contact No:**	**Company:**
N/A	*Click here to enter text.*	*Click here to enter text.*	*Click here to enter text.*
State the arrangements for monitoring compliance with this RAMS and Site Rules:			
All operatives carrying out works on site are to read the RAMS and confirm their understanding by signing the acknowledgement sheet.			
Competency and training requirements required for the activities including minimum (CSCS/Safepass etc.) as well as task specific (Plant Operators, Confined Spaces, Height Rescue, Harness and Lanyard etc.):			
CCDO Green Card Minimum for Demolition. CPCS 360 Operative for Excavator. NPORS/CPCS Operative for Dumper. All operatives to have asbestos awareness training			

Communication to Personnel on Site		
Number of persons anticipated on site	Max 7 inc. HGV Drivers	
Will any of your workforce be non-English speaking or reading	☐ Yes	☒ No
Confirm the % of your workforce that will be non-English speaking or reading		0%
If yes, please state their first language(s)		
N/A		
How will the contents of this RAMS be communicated to your non-English speaking workforce?		
N/A		

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Plant and Equipment	
List the plant and equipment that will be used on site. Include any special risk controls such as restrictors fitted when traveling under overhead cables:	
9t rubber tracked excavator	*Click here to enter text.*
6t Dumper	*Click here to enter text.*
Stihl saw w/ dust suppression bottle	*Click here to enter text.*
Click here to enter text.	*Click here to enter text.*
Click here to enter text.	*Click here to enter text.*
Click here to enter text.	*Click here to enter text.*
If this includes mobile plant, state how pedestrians will be protected:	
SES vehicle marshall to be present. All works to be carried out in exclusion zones away from pedestrian routes.	

Live Energies	
Describe the energy sources involved in the work:	
N/A	
Describe the Lock Out Tag Out arrangements to be put in place:	
Click here to enter text.	

Temporary Works and Excavations	
Describe the temporary works and excavations involved in the work:	
Minor excavations to a depth specified by Sisk.	
Name of Temporary Works Coordinator	*Click here to enter text.*
Name of Temporary Works Supervisor	*Click here to enter text.*
Name of Excavation Works Coordinator	*Click here to enter text.*
Name of Excavation Works Supervisor	*Click here to enter text.*
Confirm the Temporary Works and Excavation design arrangements	
Click here to enter text.	

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Lifting Operations	
Describe the lifting operations involved in the work including type of lifting equipment:	
N/A	
Name of Appointed Person preparing the Lift Plan (State if this is the responsibility of Sisk):	*Click here to enter text.*
Name of Crane/Lift Supervisor:	
Note: the Lift Plan must be attached to this RAMS	

Working at Height	
Describe any special issues relating to work at height that require specific management such as working over water:	
N/A	
Describe any special arrangements for working at height not previously stated (for example close boarded plywood on scaffold platforms to prevent objects falling):	
Click here to enter text.	

Other High Risk Activities such as Hot Works
N/A

Permits Required – Type	
Sisk Permits	**Permit Required**
Permit to Break Ground	YES
Lift Plan	NO
MCWP Permit	*Click here to enter text.*
Shaft Access Control Permit	NO
Ladder Permit	NO
Unguarded Proprietary Access Equipment Permit	NO
Hot Works Permit	NO
Confined Spaces Permit	NO
Live Energies Permit	NO
Other specified permit	NO

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Specific PPE Requirements

Specify type of gloves required	Specify type of eye protection	Specify type of respiratory protection	Specify type of hearing protection	Specify type of harness and lanyard
BS EN 388	BS EN 166:2002	BS EN140	N/A	N/A

State any other PPE required by the Risk Assessment:

Orange hi-vis coat or vest and pants/or hi-vis coveralls.	BS EN 464
Safety helmet.	BS EN 397
Safety boots with steel toe cap and mid sole protection as a minimum.	BS EN 345
RPE equipment available in site office to be worn in the event of contaminated ground being found. All operatives to be face fit tested.	BS EN140

Work Specific Emergency & Rescue Procedures

Set out the Emergency Rescue procedures to include details of equipment required, where it will be stored and any mandatory training requirements:

SES operatives are to abide by the site emergency plan which clearly identifies the fire points, muster point, hospital route and first aid locations. It also includes the local emergency service and utility providers contact details. This will be provided to SES before work commences and briefed during inductions.
In the unlikely event of an emergency within the SES work area then the following steps will be carried out.

1. STOP - Call for help and move away from the work area to a safe point if possible, to do so.
2. Raise the alarm with air horn and contact your SES Supervisor, they will advise if further action is required.
3. SES Supervisor will establish contact with Emergency Services on 999 if appropriate to do so and guide the services to the point of the incident.
4. Obey instructions from Site management and/or Emergency Services, If instructed to evacuate area do not stop to collect personal belongings.
5. Report to Assembly point as stated within the fire/emergency plan and a role call will be conducted by your Area Supervisor. Do not re-enter the emergency area until told it is safe to do so.

Hospital Route

The nearest Hospital with A&E is located;
Oxford Road,
Manchester,
Greater Manchester,
M13 9WL

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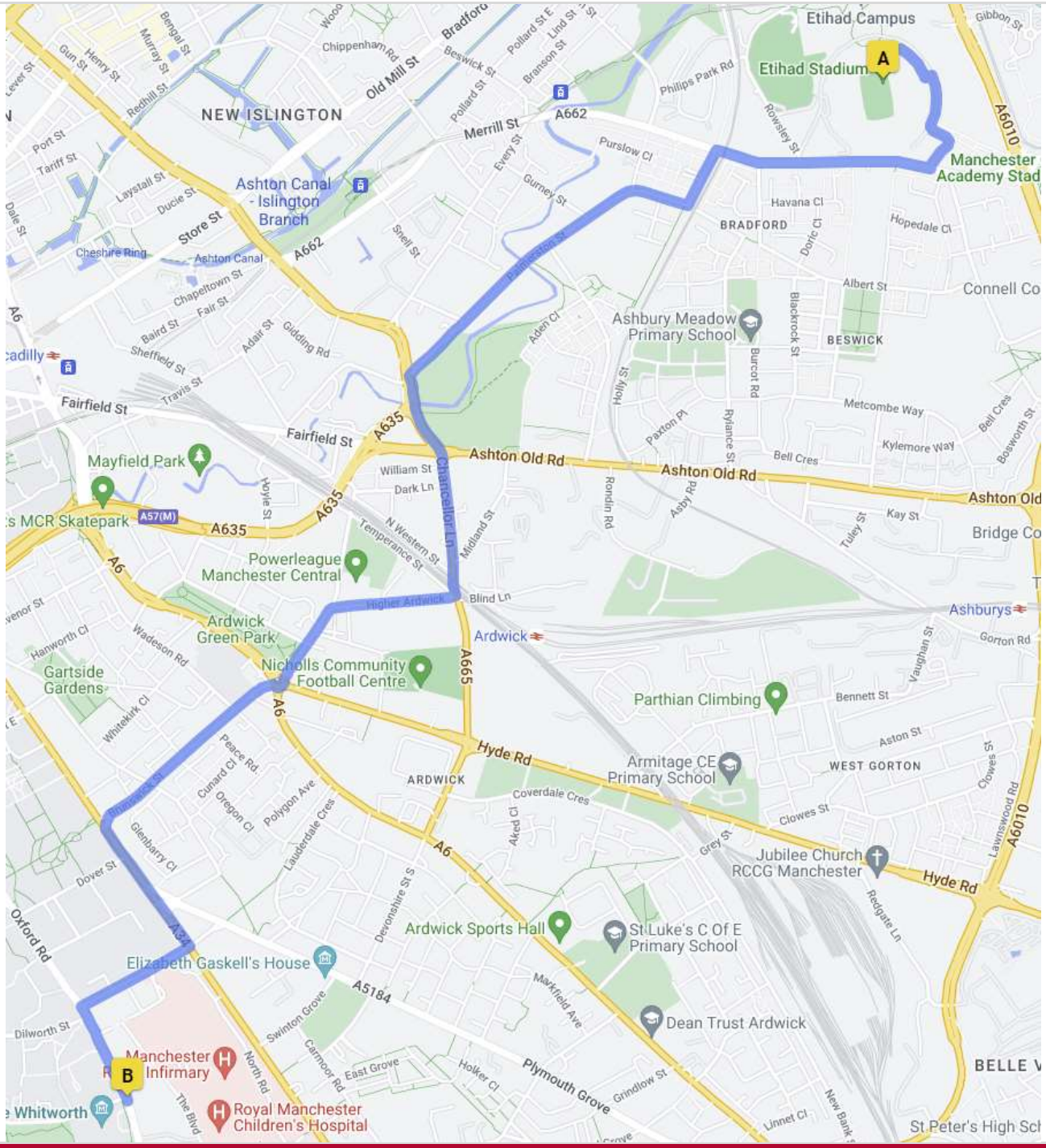

First Aid Measures for the work:	
Name of First Aider	[redacted]
No of additional trained First Aiders	*Click here to enter text.*
Location of First Aid kit	Sisk Welfare & S Evans Vans

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Hazardous Substances

Identify any hazardous substances you will be using or potentially encountering on site

Toxic	Explosive	Asbestos	Corrosive	Hazardous to the environment	Flammable	Pressurised Gas	Other
☐ Y ☐ N	☐ Y ☐ N	☐ Y ☐ N	☐ Y ☐ N	☐ Y ☐ N	☐ Y ☐ N	☐ Y ☐ N	☐ Y ☐ N

Please list any applicable substance below and attach relevant Hazardous Substance Assessment Sheets:

Diesel, Petrol, Engine Oil, Rat Urine, Hydraulic Oil, Adblue, EP2 Grease

Identify details of emergency response to spill, escape, and combustion:

Operatives attending site have Spill Kit training

Occupational Health

List the heavy and challenging objects that require manual handling. Specify the weights of the objects, the lifting methods and any other controls required.

Material	Weight per unit (kg)	Lifting method/No. of operatives
Click here to enter text.	*Click here to enter text.*	*Click here to enter text.*
Click here to enter text.	*Click here to enter text.*	*Click here to enter text.*

Identify tasks or risks relating to Dust, Noise and Vibration.

The Risk Assessment must address Noise and Vibration. It must include vibration levels for all tools and an indication of the maximum daily exposure level.

Breaking ground to produce noise risk, SES operatives to wear ear defenders if deemed necessary by SES supervisor.

Nuisance dust to be suppressed using jetwash bowser.

Work Specific Emergency & Rescue Procedures

Any information that is critical to the safety of the project; this may include elements of the structural engineer's reports, temporary works, soils and ground reports:

In the event of any unforeseen contamination being encountered excavation work will cease immediately and will be notified to John Sisk.

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