

FM-OHS-0500-02 RAMS Template

Project Name:	MCFC North Stand Construction
Project No.:	7425
Date:	06-11-2025
Sisk RAMS No.:	01
Revision No.:	00
RAMS expiry date (max 3 months):	06-02-2026

Sisk/Sub-Contractor:	Dawnvale Group
Work Package:	Level 0 / 1 and 2 North Stand FF&E
Activity/Works scope:	<p>Fixings to the concrete soffit by heavy duty slotted Unistrut & M10 drop-in anchors. A hammer drill will be used to drill 12mm holes with the fixings knocked in using a hammer & setting tool.</p> <p>The Gantries and Over Bar Canopies will be connected too and hung from the Unistrut using M10 threaded rod fixed directly into the concrete soffit</p> <p>All drop rods & unistrut to be cut to required length using a battery bandsaw</p> <p>The Gantries and over bar canopies when delivered to the Project will be installed using battery operated tools and general hand tools</p>
Other related activities:	Working at Height / Operation of MEWPS / Drilling into Concrete Soffitt / Use of General Power Tools and Hand Tools / Dust Suppression
Start Date:	10/11/25
Duration of works:	15 days
No. of working hours/days:	10 hours per man per day
Night time working anticipated?	Not Applicable
Package Lead Supervisor:	Peter Brown / John Hine
Task Supervisor(s):	Phil Gilbertson / Mike Hope

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.	Peter Brown	Peter Brown	28-10-2025
Sisk Manager who attended the site assessment visit.	Sean Dolan	Sean Dolan	28-10-2025

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Package Lead Supervisor	Signature	Date
Peter Brown	Peter Brown	28/10/2025

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.

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

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Project/Location:	MCFC Project: North Stand Levels 0 / 1 and 2
Project No.:	7425
Assessment Date:	28-10-2025
Assessed By:	Peter Brown
Assessment Review Period:	3 Months
Brief Description of Activity/Package:	<p>Fixings to the concrete soffit by heavy duty slotted Unistrut & M10 drop-in anchors. A hammer drill will be used to drill 12mm holes with the fixings knocked in using a hammer & setting tool.</p> <p>The Gantries and Over Bar Canopies will be connected too and hung from the Unistrut using M10 threaded rod fixed directly into the concrete soffit</p> <p>All drop rods & unistrut to be cut to required length using a battery bandsaw</p> <p>All Fabrication elements will be manufactured off site in a workshop condition</p>
Associated Tasks:	<p>Unloading of material and equipment using trolley with solid wheels for moving materials from unload area to site</p> <p>Manual Handling</p> <p>Working at Height</p> <p>Operation of MEWPS</p> <p>Operation of Genie Hoists</p> <p>Drilling into Concrete Soffitt</p> <p>Installation of threaded bar into concrete soffit / structure and all associated Unistrut framework to the requisite levels</p> <p>Use of General Power Tools and Hand Tools</p>

Risk Assessment

Please see Risk Assessments under separate e-mail cover

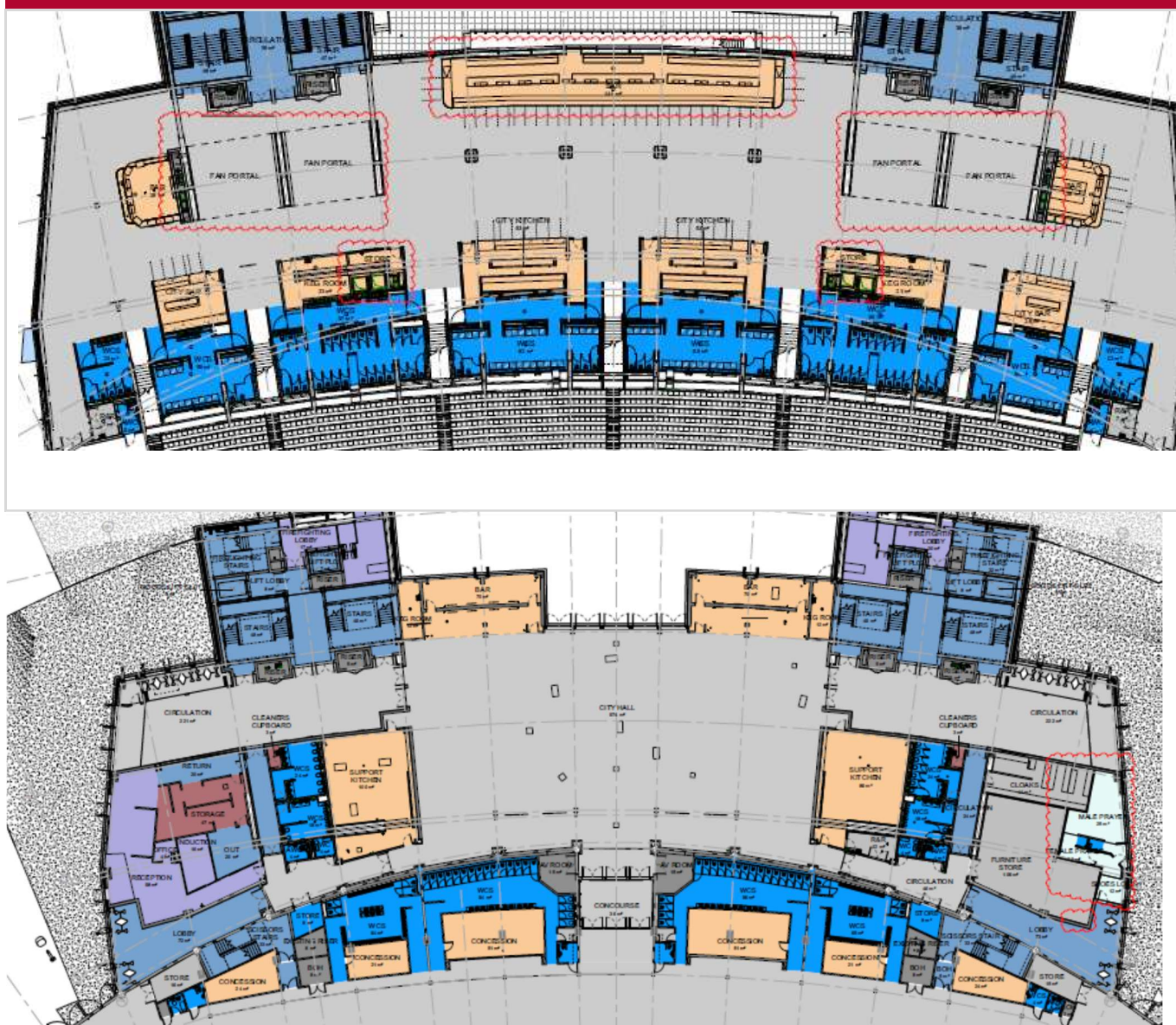
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Methodology: Outline how the work will take place from arrival on site, to completion of works, step by step in detail to ensure no ambiguity.

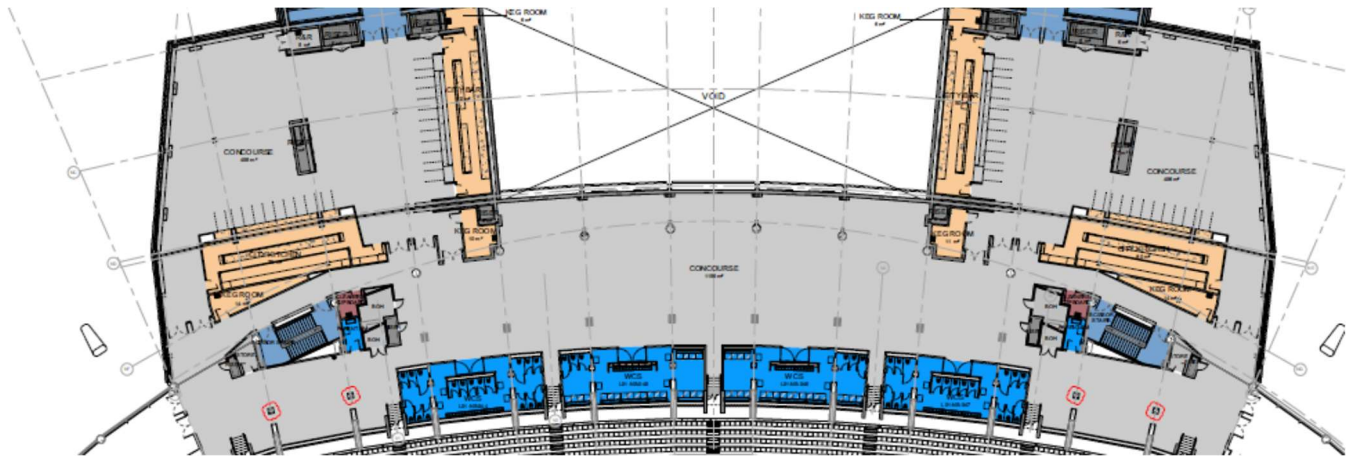
Actions required before arrival on site and access/egress to the site (include project specific restrictions/requirements supplied by Sisk)

1. Ensure that all documentation is in order:
 - a. Delivery schedule/ permit from main SISK
 - b. Site induction
 - c. Operator competence certificates and identification for the equipment used
 - d. Report of thorough examination of all lifting equipment being used
 - e. CSCS cards of all workers and operatives are available.

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



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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

- Ensure that the driver follows the speed limits on site
- Familiarise the workplace traffic arrangements/routes of the site and follow the route specified leading to the material receiving area
- Use banksman throughout operation especially during reversing and unloading using lifting equipment and MEWP operation.
- Secure the cabin of the truck prior to exiting the vehicle and ensure parking brakes are engaged.
- Erect chapter 8 barriers and warning signs around
 - The drop zone of work at height activities including MEWPs
 - lifting equipment
 - and material transfer route and storage
 to prevent entry of unauthorized personnel.
 - Follow **DVG-OHS-SOP-18** Housekeeping Procedure
- Site manager/ respective supervisor to confirm the material storage area and coordinate the task with the delivery driver/operator.
- Ensure lifting permit is in place for all lifting activities.
- Complete the prestart checklist for the lifting equipment being used.
- Start material unloading following **DVG-OHS-SOP-34** Crane Lifting Operations Procedure.
- If materials are being offloaded manually, follow **DVG-OHS-SOP-01** Working at Height Procedure to prevent falling materials on to other operatives nearby and **DVG-OHS-SOP-12** Manual Handling Procedure to ensure safe manual handling process

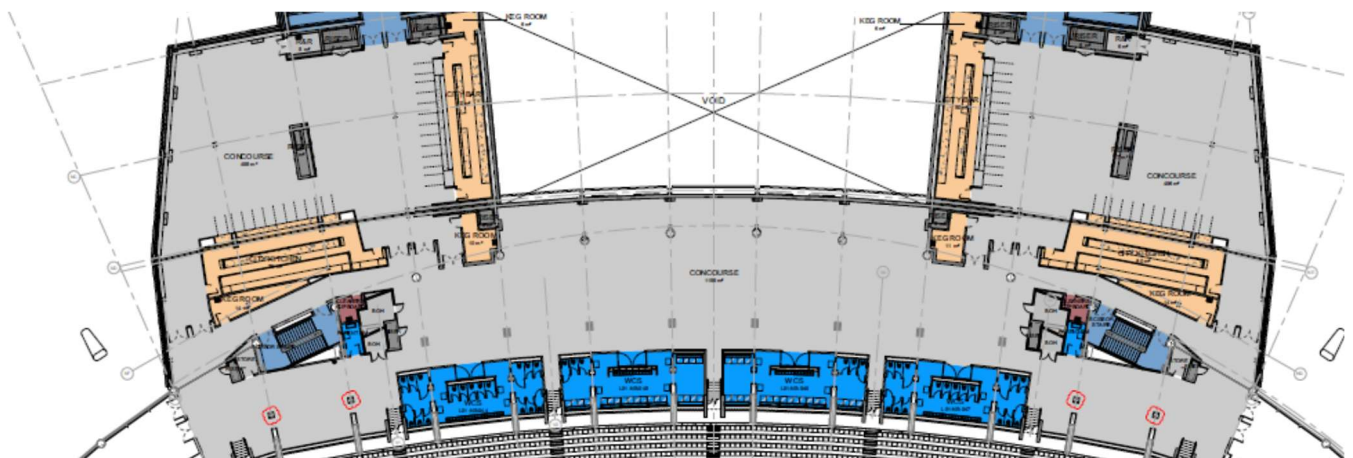
Please Note: The Dawnvale SOPS and Risk Assessments will be sent under separate e-mail cover

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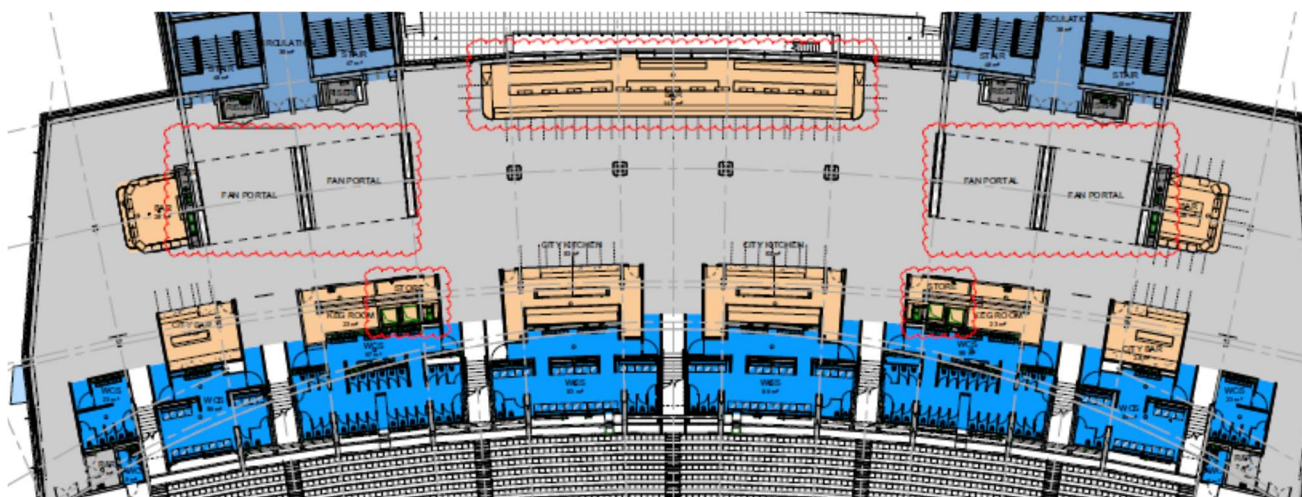
Sequence of Tasks Involved In The Activity

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

- All Dawnvale Operatives to have completed both the Sisk online and Site Orientation Inductions
- Ensure that all Dawnvale Operatives have their CSCS Cards, PASMA and IPAF Licenses available
- Ensure that all Dawnvale Operatives have read and understand RAMs
- Ensure that the area where the work is taking place is clear of materials and other trades / operatives to enable setting out
- Barrier/ cordon off the work area
- Take delivery and offload MEWPS, & genie hoists, hand tools, mobile tool chest and bring these into the work area. Ensure that MEWPS & Genies have up to date certification for each
- Trolley with solid wheels to be used for moving canopy sections from unload area to site
- Carry out visual checks on all Plant and Equipment to ensure that they are in good order prior to utilising. These checks are to be carried out before each use.
- Daily MEWPS & Genie Hoist Checklist to be carried out and recorded on the MEWPS checklist
- Place only necessary plant and materials within the MEWP or on the Genie Hoist before using
- All Dawnvale Operatives to wear additional PPE consisting of Ear Defenders and FFP3 Dust Mask prior to carrying out any drilling activity
- Ensure that the Dawnvale Operatives when utilising the 24v Battery Drill to drill the concrete soffitt are connected to the 110v compatible dust extraction unit prior to commencement of any drilling
- Clean out each drill hole before inserting Drop in Anchor System and set with the tool compatible
- Install M10 Threaded Bar with connection nut into each drop in anchor
- Utilise the Genie Hoist to Raise the Canopy Sections and Gantry Sections into position
- Connect the Canopy Sections and Gantry Sections to the proprietary support system



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1. All Dawnvale Operatives to have completed the Sisk online and Site Orientation Inductions
2. Ensure that all Dawnvale Operatives have their CSCS Cards and IPAF Licenses with them
3. Ensure that all Dawnvale Operatives have read and understand RAMs

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4. ~~Ensure that the area where the work is taking place is clear of materials and other trades / operatives to enable setting out~~
5. Barrier/ cordon off the work area
6. Set out the positions of the Gentries / Over Bar Canopies and drop rod positions on the floor, then transfer the drop rod positions onto the concrete soffitt
7. Take delivery and offload MEWPS, materials, hand tools, mobile tool chest and bring these into the work area. Ensure that MEWPS have up to date certification per each MEWP
8. Carry out visual checks on all Plant and Equipment to ensure that they are in good order prior to utilising. These checks are to be carried out before each use.
9. Daily MEWPS Checks to be carried out and recorded on the MEWPS Checklist
10. Place only necessary plant and materials within the MEWP before driving the MEWP to the correct location and raising to the designated height
11. All Dawnvale Operatives to wear additional PPE consisting of Ear Defenders and FFP3 Dust Mask prior to carrying out any drilling activity
12. Ensure that the Dawnvale Operatives when utilising the 24v Battery Drill to drill the concrete soffitt are connected to the 110v compatible dust extraction unit prior to commencement of any drilling
13. Clean out each drill hole before inserting Drop in Anchor System
14. Install M10 Threaded Bar with connection nut into each drop in anchor

Unloading Operation

- Follow all control measures in Risk assessment [RA-009](#)
- Follow [DVG-OHS-SOP-29](#) Sheeting, Loading, Unloading of Lorries Procedure
- Secure parking brake on the truck.
- Complete equipment pre use checklist
- Ensure lifting permit is in place
- The delivery zone will be cordoned off with chapter 8 barriers, and appropriate signage will be displayed to prevent unauthorized access.
- A trained banksman will supervise the unloading process
- Ensure materials are cross checked against delivery note
- Secure all materials and equipment in designated areas and maintain housekeeping as per [DVG-OHS-SOP-18](#) Housekeeping Procedure

Manual Handling

- Follow [DVG-OHS-SOP-12](#) Manual Handling Procedure
- Refer Risk Assessment [RA-023](#)
- Use mechanical aids wherever possible

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- Use appropriate PPE: Safety Boots, High Viz jacket, safety gloves
- Ensure operatives are physically fit for work
- Use team lifting where necessary
- Plan the lift and transfer route and ensure floor, lighting, and nearby activity are safe for movement.

Working at Height

- Follow [DVG-OHS-SOP-01](#) Work at Height procedure
- Refer Risk Assessment [RA-037](#)
- Ensure all access and work at height equipment are safe for use and inspected.
- Inspection tags shall be maintained throughout the job
- Only trained operatives are permitted to carry out working at height
- Chapter 8 barriers shall be erected around drop zone of the activity to prevent access
- Use of MEWP and Mobile towers will only be by certified personnel (IPAF, PASMA etc)
- Follow [DVG-OHS-SOP-06](#) MEWPS Procedure and Risk Assessment [RA-024](#)
- All personnel shall be briefed on the emergency and rescue procedures
- Tools and materials shall be securely stored to prevent falling objects
- Appropriate PPE shall be used by all operatives including fall protection system, safety helmets, safety boots and high viz vest

Operation of MEWPS

- Follow [DVG-OHS-SOP-06](#) MEWP procedure and Risk Assessment [RA-024](#)
- Ensure all staff are trained and hold the competency card (IPAF) for the classification of MEWP used
- Complete the pre-use checklist of the MEWP
- Assess the location for presence of overhead powerlines and other structures which may pose hazard to the MEWP operation or operator
- All personnel shall be briefed on the emergency and rescue procedures
- Appropriate PPE shall be used by all operatives including fall protection system, safety helmets, safety boots and high viz vest
- Stand by person shall be available at a safe distance to monitor MEWP operator and activity.

Drilling into Concrete Soffitt

- Locate the location to be drilled as per the design and drawing
- Follow [DVG-OHS-SOP-32](#) Work Equipment Procedure and
- Identify and mark any utilities in the area (Follow RA-016)
- Ensure the drills used are inspected and maintained for safe use

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- Use the correct size of drill bit and equipment
- Follow [DVG-OHS-SOP-13](#) Hand Arm Vibration (HAV) Procedure to ensure safe use of tool to avoid illness and injury from vibration exposure
- Use dust extraction system to control the generation of dust or as a secondary measure use water suppression. Follow [DVG-OHS-SOP-05](#) Dust Management Procedure.
- Refer [RA-003](#) and [RA-037](#)
- Appropriate PPE shall be used by all operatives including FFP Marks, safety helmets, safety boots and high viz vest

Install of threaded bar to concrete structure and Unistrut framework

- Clean the holes drilled on concrete to ensure debris are not left within which may affect the strength of the anchor. Follow [DVG-OHS-SOP-05](#) Dust Management Procedure in cleaning.
- Install the anchor on the drill as per manufacturer guidance
- Insert threaded bar and secure using nuts and washers fastened by power tools.
- Follow [DVG-OHS-SOP-13](#) Hand Arm Vibration (HAV) Procedure to ensure safe use of tool
- Appropriate PPE shall be used by all operatives including safety helmets, safety boots and high viz vest

Use of General Power Tools and Hand Tools

- Follow Risk assessment [RA-037](#)
- All tools used will be either 110V or battery-operated.
- Tools will be visually inspected before use to ensure good working order. Power leads will be routed to avoid trip hazards and connected to RCD-protected outlets.
- Only trained operatives will use powered tools.
- Hand tools such as spanners, levels, and socket sets will be used with caution, and tools at height will be tethered to prevent falling.
- Use the right tool for the right job
- Follow [DVG-OHS-SOP-13](#) Hand Arm Vibration (HAV) Procedure and [DVG-OHS-SOP-23](#) Noise Exposure Procedure to ensure safe use
- 1. Appropriate PPE shall be used by all operatives including FFP Marks, Eye protection, safety helmets, safety boots and high viz vest

Dust Suppression

- Follow [DVG-OHS-SOP-05](#) Dust Management Procedure and Risk Assessment [RA-011](#)
- Dust extraction system to be fitted on equipment
- Secondary option will be to use wet drilling
- DUST mask (FFP3) to be used by operators



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- Activity area to be cordoned off and appropriate signages shall be placed

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Concrete Dust

Packing or covering of materials

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:
Phil Gilbertson	SMSTS	07708 370537
<i>Click here to enter text.</i>	<i>Click here to enter text.</i>	<i>Click here to enter text.</i>

Additional Supervision & Duties (incl. Appointed Persons, Temporary Works Coordinator and/or Supervisor, Authorised Person etc.)

Name:	Role/Responsibility:	Contact No:	Company:
<i>Click here to enter text.</i>	<i>Click here to enter text.</i>	<i>Click here to enter text.</i>	<i>Click here to enter text.</i>

State the arrangements for monitoring compliance with this RAMS and Site Rules:

1. Site Manager shall ensure that the SISK approved RAMS is briefed to all workers involved in the activity.
2. RAMS acknowledgement/ acceptance signed by all workers upon completion of the briefing.
3. Site manager/ Supervisor shall monitor for any deviation from approved RAMS and stop the activity immediately. Arrangements shall then be made to rectify the deviation and shall be reported to site and project manager.

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.):

CSCS Certified Workers

IPAF Trained Operatives

FM-OHS-0500-02 RAMS Template**Communication to Personnel on Site**

Number of persons anticipated on site	8		
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)			
<i>Click here to enter text.</i>			
How will the contents of this RAMS be communicated to your non-English speaking workforce?			
<i>Click here to enter text.</i>			

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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:		
MEWPS		
Genie Hoist		
Battery Operated Bandsaw		
General Hand Tools	<i>Click here to enter text.</i>	
Battery Operated Impact driver / Screwdriver	Trigger time 2 seconds periodically	
24 Volt Battery Operated SDS Drill	Trigger time 1 minute periodically	
If this includes mobile plant, state how pedestrians will be protected:		
Any area where MEWPS are Operating will be barriered off		

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

Temporary Works and Excavations		
Describe the temporary works and excavations involved in the work:		
NA		
Name of Temporary Works Coordinator	<i>Click here to enter text.</i>	
Name of Temporary Works Supervisor	<i>Click here to enter text.</i>	
Name of Excavation Works Coordinator	<i>Click here to enter text.</i>	
Name of Excavation Works Supervisor	<i>Click here to enter text.</i>	
Confirm the Temporary Works and Excavation design arrangements		
<i>Click here to enter text.</i>		

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Lifting Operations



Describe the lifting operations involved in the work including type of lifting equipment:

NA

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:

Click here to enter text.

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:

Click here to enter text.

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

Click here to enter text.

Permits Required – Type

Sisk Permits	Permit Required
Permit to Break Ground	<i>Click here to enter text.</i>
Lift Plan	<i>Click here to enter text.</i>
MCWP Permit	<i>Click here to enter text.</i>
Shaft Access Control Permit	<i>Click here to enter text.</i>
Ladder Permit	<i>Click here to enter text.</i>
Unguarded Proprietary Access Equipment Permit	<i>Click here to enter text.</i>
Hot Works Permit	<i>Click here to enter text.</i>
Confined Spaces Permit	<i>Click here to enter text.</i>
Live Energies Permit	<i>Click here to enter text.</i>
Other specified permit	<i>Click here to enter text.</i>

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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
<i>Click or tap here to enter text.</i>	<i>Click or tap here to enter text.</i>	FFP3	<i>Click or tap here to enter text.</i>	<i>Click or tap here to enter text.</i>
State any other PPE required by the Risk Assessment:				
All Dawnvale Operatives will wear Safety Footwear				

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:

First Aid Measures for the work:

Name of First Aider	Phil Gilbertson
No of additional trained First Aiders	<i>Click here to enter text.</i>
Location of First Aid kit	Site Office

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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:

[Click here to enter text.](#)

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

[Click here to enter text.](#)

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
Unistrut	9	1 Operative
Threaded Rod	1.5	1 Operative
Over Bar Canopy per section	50	2 Operatives / Genie Lifter
Gantries per section	48	2 Operatives / Genie Lifter
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.

[Click here to enter text.](#)

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:

[Click here to enter text.](#)



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MEWPS Rescue Plan to be sent under separate e-mail cover