

Statutory basis: Control of Vibration at Work Regulations 2005 regs 5 to 8 and the exposure action and limit values, with HSE L140 (2nd edition, 2019); Control of Noise at Work Regulations 2005 regs 5 to 9 and the exposure action values, with HSE L108 (3rd edition, 2021); PUWER 1998 regs 4 and 5 for suitable, maintained plant; COSHH 2002 for dust from breaking; Control of Pollution Act 1974 ss.60 and 61 and BS 5228-1:2009+A1:2014 for noise, and BS 5228-2:2009+A1:2014 for vibration, at the boundary; CDM 2015 regs 13 and 15. This document is the recorded safe system of work required by HSWA 1974 s.2(2)(a) and MHSWR 1999 regs 3 and 5.

1 DOCUMENT AND PROJECT IDENTIFICATION

RAMS REFERENCE	PROJECT / SITE REF	SITE NAME AND ADDRESS	DATE PREPARED	NEXT REVIEW DATE
CLIENT / PRINCIPAL CONTRACTOR	PLANNED START	DURATION	OPERATIVES	SUPERVISING THE WORK

2 SCOPE OF WORKS

Assessing and controlling operatives' exposure to noise and hand-arm vibration from plate compactors, trench rammers, pedestrian rollers, hand-held breakers and similar plant in external works, and managing noise and vibration at the site boundary: reducing noise and vibration at source, plant selection, daily exposure calculation, rotation, hearing protection zones, maintenance and health surveillance.

This document does not cover: the compaction and breaking work itself (KD-RAMS-GW-005 and KD-RAMS-DM-004), whole-body vibration from ride-on plant (the plant operator's documents), and the design of noise and vibration monitoring required by a planning condition or prior consent (the project's environmental plan).

SITE-SPECIFIC SCOPE, LOCATIONS AND LIMITATIONS

3 RISK ASSESSMENT — SCORE EACH RISK FOR THIS SITE, THEN ADD WHAT IS MISSING

The hazards and controls below are the starting point for this activity, written by a working main contractor. They are not complete for your site until a competent person has scored each risk, added the site-specific hazards, and struck out anything that does not apply. Rate risks High / Medium / Low before and after controls.

1. Hand-arm vibration syndrome from compactors, rammers and breakers

At risk: Operatives

Controls: Each operative's daily exposure assessed from the plant's in-use vibration data, or declared values adjusted as HSE L140 (2nd edition, 2019) advises, and the trigger time actually used; exposure kept as low as reasonably practicable once the exposure action value of $2.5 \text{ m/s}^2 \text{ A(8)}$ is likely to be reached, and never above the exposure limit value of $5 \text{ m/s}^2 \text{ A(8)}$ (Control of Vibration at Work Regulations 2005); trigger time or exposure points recorded on the day.

INITIAL (H/M/L)	RESIDUAL (H/M/L)	SITE-SPECIFIC ADDITIONAL CONTROLS, OR N/A	ACTION OWNER	BY WHEN

2. High-vibration or poorly maintained plant

At risk: Operatives

Controls: Lowest-vibration plant that will do the job chosen from manufacturers' data; vibration-isolated handles; worn plates, rammer feet, breaker steels and anti-vibration mounts replaced as the manufacturer directs; hand-held breaking replaced by machine-mounted breakers wherever the work allows.

INITIAL (H/M/L)	RESIDUAL (H/M/L)	SITE-SPECIFIC ADDITIONAL CONTROLS, OR N/A	ACTION OWNER	BY WHEN

3. Noise-induced hearing loss

At risk: Operatives, others nearby

Controls: Noise reduced at source before hearing protection is relied on — quieter or silenced plant, machine-mounted breaking, screens and distance; hearing protection made available where exposure is likely to reach the lower exposure action value of 80 dB(A) , and hearing protection zones marked, with protection worn by everyone inside, where it is likely to reach the upper exposure action value of 85 dB(A) (Control of Noise at Work Regulations 2005); impact noise from breakers assessed against the peak sound pressure values, and exposure kept below the exposure limit value taking account of the hearing protection worn.

INITIAL (H/M/L)	RESIDUAL (H/M/L)	SITE-SPECIFIC ADDITIONAL CONTROLS, OR N/A	ACTION OWNER	BY WHEN

4. Rotation that does not actually cut exposure

At risk: Operatives

Controls: Rotation planned against the exposure calculation, moving operatives to non-vibrating, quieter work — not swapping between vibrating tools; the supervisor checks the records during the shift and stops use when an operative reaches the planned limit.

INITIAL (H/M/L)	RESIDUAL (H/M/L)	SITE-SPECIFIC ADDITIONAL CONTROLS, OR N/A	ACTION OWNER	BY WHEN

5. Grip force, cold and wet hands adding to the risk

At risk: Operatives

Controls: Operatives let the machine do the work — no forcing or bearing down on handles; warm, dry gloves and warm breaks in cold weather; gloves not relied on to reduce vibration.

INITIAL (H/M/L)	RESIDUAL (H/M/L)	SITE-SPECIFIC ADDITIONAL CONTROLS, OR N/A	ACTION OWNER	BY WHEN

6. Early symptoms missed — tingling, numbness, whitening fingers, dulled hearing

At risk: Operatives

Controls: Health surveillance for operatives likely to be exposed at or above the action values, as HSE L140 (2nd edition, 2019) and HSE L108 (3rd edition, 2021) describe; symptoms reported to the supervisor the same day and the operative's exposure reviewed.

INITIAL (H/M/L)	RESIDUAL (H/M/L)	SITE-SPECIFIC ADDITIONAL CONTROLS, OR N/A	ACTION OWNER	BY WHEN

7. Silica dust from breaking concrete, masonry and dry hardcore*At risk: Operatives, others nearby*

Controls: Water suppression at the breaker point and on dry material being compacted, applied as the work proceeds; operatives work upwind where they can; the FFP3 fit-tested RPE the COSHH assessment specifies where suppression alone cannot control the dust; others kept back from the breaking area.

INITIAL (H/M/L)	RESIDUAL (H/M/L)	SITE-SPECIFIC ADDITIONAL CONTROLS, OR N/A	ACTION OWNER	BY WHEN

8. Strain from moving compactors and breakers*At risk: Operatives*

Controls: Plant moved on its wheels, trolleys or by machine; lifted into trenches and on and off vehicles by two people or a lifting aid; breakers never carried up ladders.

INITIAL (H/M/L)	RESIDUAL (H/M/L)	SITE-SPECIFIC ADDITIONAL CONTROLS, OR N/A	ACTION OWNER	BY WHEN

9. Noise and vibration at the boundary — neighbours and nearby buildings*At risk: Public, neighbours*

Controls: Working hours and methods kept to any notice or prior consent from the local authority (Control of Pollution Act 1974 ss.60 and 61); plant sited and screened following BS 5228-1:2009+A1:2014 practice, and vibration near sensitive buildings managed following BS 5228-2:2009+A1:2014; neighbours told before heavy breaking; complaints logged and acted on.

INITIAL (H/M/L)	RESIDUAL (H/M/L)	SITE-SPECIFIC ADDITIONAL CONTROLS, OR N/A	ACTION OWNER	BY WHEN

Site-specific hazards not listed above — every site has at least one:

HAZARD	WHO IS AT RISK	CONTROLS	INITIAL H/...	RESIDUAL...	ACTION OWNER	BY WHEN

4 METHOD — SEQUENCE OF WORK

- List the plant for the works; choose methods that reduce noise and vibration at source — machine-mounted breaking, quieter and lower-vibration plant, screens — before anything else.
- Obtain in-use or adjusted declared data; calculate each operative's planned daily exposure; set trigger-time limits for each machine on the task sheet.
- Confirm health surveillance is in place for operatives who will be exposed at or above the action values.
- Check plant condition — handles, mounts, plates, rammer feet and breaker steels — and replace worn parts before use.
- Mark hearing protection zones, issue suitable hearing protection, and brief the zone rule.
- Brief the rotation plan, good technique and how to report symptoms.
- Record trigger time or exposure points as the work goes; the supervisor checks them against the planned limits.
- Rotate operatives to non-vibrating tasks as planned and stop use at the limit.
- Use water suppression when breaking or compacting dry material.
- Keep to the agreed working hours and any boundary monitoring the consent or plan requires.
- Stop the task on any reported symptom, a defect that increases vibration, or an operative going beyond the planned trigger time; review before restarting.
- File the exposure records with the health surveillance records.

SITE-SPECIFIC AMENDMENTS TO THE SEQUENCE**5 PLANT, EQUIPMENT AND MATERIALS**

- | | |
|---|--------------------------|
| Low-vibration, silenced compactors, rammers, rollers and breakers with data | Water suppression |
| Machine-mounted breaker where the work allows | Trolleys or lifting aids |
| Exposure calculator, points sheet and trigger-time records | Acoustic screens |
| Hearing protection and zone signage | |

INSPECTION / THOROUGH EXAMINATION REFS**COSHH ASSESSMENT REFS****6 PPE — THE LAST LINE OF CONTROL, NOT THE FIRST**

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|-----------------|---------------------|--|
| Head protection | Gloves — task-rated | Hearing protection in marked zones |
| Safety footwear | Eye protection | FFP3 RPE, face-fit tested, where the COSHH assessment requires |
| High visibility | Hearing protection | |

RPE TYPE, FACE-FIT STATUS, AND ANY OTHER PPE REQUIRED

7 PERMITS REQUIRED BEFORE THIS WORK STARTS

No permit is normally required for this activity. The site's own rules may still require one — check before starting, and record any permit issued below.
PERMITS ISSUED FOR THIS WORK (OR NONE)

8 EMERGENCY ARRANGEMENTS — COMPLETE FOR THIS SITE

FIRST AIDER AND LOCATION	NEAREST A&E	ASSEMBLY POINT
HOW THE ALARM IS RAISED	EMERGENCY ACCESS FOR THIS WORK AREA	SPILL / ENVIRONMENTAL RESPONSE

9 BRIEFING RECORD — EVERYONE WORKING UNDER THIS RAMS SIGNS BEFORE STARTING

By signing you confirm the contents of this RAMS have been explained to you, you understand the hazards and controls, and you will work to the sequence stated. Tell the supervisor if the work or the site does not match this document — work stops until it does.

NAME	COMPANY	SIGNATURE	DATE

10 PREPARED AND ACCEPTED

Prepared / adapted for this site by — I confirm I have adapted this document to the site, scored the risks, and that it describes how the work will actually be done.

PRINTED NAME	ROLE / COMPETENCE	COMPANY	SIGNATURE	DATE	TIME

Accepted for the site by — principal contractor or site manager review.

PRINTED NAME	ROLE	COMPANY	SIGNATURE	DATE	TIME

Review this RAMS if the work, the site or the law changes, and at least before each new phase of the works. Flatten the completed PDF before filing so the record cannot be silently edited.

R REVISION HISTORY

Every revision of this document, and every review that found nothing to change. The revision on the front of this sheet is the one you are holding — check kubitdocs.com for the current one before use.

Rev	Date	Class	What changed	Authorised by
D0	2026-09-11	first-issue	First issue.	— not yet approved —
A0	2026-09-11	review	Approved for issue by the author. Content unchanged from the reviewed draft; the draft status strip is removed. No independent third-party review has been carried out.	Author — director, UK principal contractor, SMSTS. Not an independent review.

Class: first-issue · material (the law, a control, a field or the scope changed — past buyers are notified) · editorial (wording or layout only) · review (checked, nothing changed) · withdrawal. Revision prefix D = draft, not approved and not for sale; A = approved for issue by the person named, on the date shown.