

Statutory basis: the Control of Vibration at Work Regulations 2005 require vibration exposure to be assessed, kept below the exposure limit value of $5 \text{ m/s}^2 \text{ A(8)}$, reduced as low as reasonably practicable above the exposure action value of $2.5 \text{ m/s}^2 \text{ A(8)}$, and health surveillance provided where people are likely to be regularly exposed at or above the action value, or are otherwise at risk — HSE L140 (2nd edition, 2019) is the guidance on those duties. Hand-arm vibration syndrome and carpal tunnel syndrome, diagnosed in writing by a doctor in a person whose work involves regular use of percussive or vibrating tools, are reportable under RIDDOR 2013 reg 8. Silica dust from drilling is controlled under COSHH 2002, drilling noise under the Control of Noise at Work Regulations 2005, and overhead work under the Work at Height Regulations 2005. 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

Planning and controlling hand-arm vibration from the powered tools mechanical fitters use most: rotary hammer drilling of anchor holes into concrete and masonry, especially overhead; cutting threaded rod, pipe and supports; and breaking out redundant supports and fixings. Covers tool selection, exposure estimates, trigger-time control, symptom reporting and health surveillance.

This document does not cover: diamond coring and sawing (KD-RAMS-CR-001), anchor selection, installation and proof testing and drilling zones in post-tensioned and precast slabs (KD-RA-MP-004), and the operation of the health surveillance programme, which is the employer's occupational health provider's.

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 and carpal tunnel syndrome from overhead rotary hammer drilling

At risk: Fitters

Controls: Designed out first — cast-in channels or beam clamps where the design allows. Otherwise the lowest-vibration drill that does the job, with anti-vibration handles, sharp bits and on-tool extraction; a drilling rig or extension frame for large numbers of overhead holes. Tools maintained; one with worn handles or mounts is taken out of use.

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

2. Daily exposure above the limit value — nobody knows how long the trigger has been pulled

At risk: Fitters

Controls: Each tool labelled with vibration data representative of its use. The supervisor sets a daily trigger-time allowance per tool that keeps exposure below $5 \text{ m/s}^2 \text{ A(8)}$ and as low as reasonably practicable above $2.5 \text{ m/s}^2 \text{ A(8)}$; trigger time recorded or logged by the tool; that person's use stops when the allowance is reached.

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

3. Drill kickback when a bit binds on reinforcement

At risk: Fitters

Controls: Drills with a mechanical or electronic clutch; side handle fitted and both hands on; stance braced on a platform with guardrails, not steps. If the bit binds, stop and withdraw — never force it.

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

4. Drilling into hidden services, reinforcement or post-tensioned tendons

At risk: Fitters, the building

Controls: Positions checked against drawings and scanned; no drilling into post-tensioned or precast slabs outside the zones the structural engineer confirms under KD-RA-MP-004; STOP and report if steel or a service is struck.

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

5. Breaking out old fixings; cutting rod and pipe with grinders

At risk: Fitters

Controls: Cut redundant supports off with a low-vibration saw or rod cutter rather than breaking them out; rod cutters and portable band saws in place of angle grinders; breakers only where unavoidable, in short spells with rotation.

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

6. Cold, wet hands and high grip force making the effect worse

At risk: Fitters

Controls: Warm dry gloves and a warm place for breaks; let the tool do the work. Anti-vibration gloves are not relied on to reduce exposure.

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

7. Early symptoms not reported — tingling, numbness, whitening fingers

At risk: Fitters

Controls: Symptoms briefed and reported at once. Health surveillance for anyone likely to be regularly exposed at or above the action value, or otherwise at risk. HAVS or carpal tunnel syndrome diagnosed in writing by a doctor, in someone whose work involves regular use of percussive or vibrating tools, is reported under RIDDOR and their tasks reviewed.

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

8. Respirable silica and general dust from cutting and drilling

At risk: Operatives, others in the area

Controls: On-tool extraction (M-class) or wet suppression; RPE to the COSHH assessment (FFP3, face-fit tested) where extraction cannot adequately control exposure; sheet and segregate the work area in occupied buildings.

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

9. Noise from cutting, fixing and plant

At risk: Operatives, others in the area

Controls: Select quieter methods and tools where practicable; hearing protection in designated zones and for noisy operations; agree noisy-works windows with the occupier in occupied buildings.

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 HI...	RESIDUAL...	ACTION OWNER	BY WHEN

4 METHOD — SEQUENCE OF WORK

- 01 List the drilling, cutting and breaking tasks for the work package and count the fixings; ask the designer whether cast-in channel or clamps can replace drilled anchors.
- 02 Select tools by vibration data and task — clutch-equipped drills, extraction fitted; check each tool, bit and handle before issue.
- 03 Calculate each operative's planned daily exposure; set trigger-time allowances per tool and record them on the briefing.
- 04 Confirm health surveillance is in place for those who need it; brief the symptoms and the reporting route.
- 05 Confirm drilling positions are scanned and inside any confirmed zones; set up drilling rigs, extension frames and guarded platforms for overhead work.
- 06 Drill and cut in planned spells; rotate operatives between vibrating and non-vibrating tasks.
- 07 Record trigger time per person per tool. STOP that person's use of vibrating tools when the allowance is reached.
- 08 STOP drilling if a bit binds or steel or a service is struck; withdraw and report.
- 09 Replace blunt bits and blades as soon as progress slows; quarantine any faulty tool.
- 10 Record exposure each shift; pass records to the supervisor weekly; report any symptom the same day and refer the person to occupational health.

SITE-SPECIFIC AMENDMENTS TO THE SEQUENCE

5 PLANT, EQUIPMENT AND MATERIALS

- | | |
|---|--|
| Low-vibration rotary hammer drills with clutch and on-tool extraction | Trigger-time logging or recording sheets |
| Overhead drilling rig or extension frame | Cable and rebar scanner |
| Threaded rod cutter and portable band saw | Podiums, towers or MEWP with guardrails |

INSPECTION / THOROUGH EXAMINATION REFS

COSHH ASSESSMENT REFS

6 PPE — THE LAST LINE OF CONTROL, NOT THE FIRST

- | | | |
|-----------------|---------------------|---|
| Head protection | Gloves — task-rated | FFP3 face-fit tested where extraction cannot control dust |
| Safety footwear | Eye protection | Warm gloves in cold conditions |
| High visibility | Hearing protection | |

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

7 PERMITS REQUIRED BEFORE THIS WORK STARTS

A permit authorises this work in that place, on that day. It extends the safe system of work in this document — it does not replace it (HSE HSG250). The site issues the permit; record its number before work starts.

KD-PTW-WH-006 — Work at Height Permit

Where the site requires a permit for overhead drilling from towers or MEWPs.

PERMIT NUMBER

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.