

KITCHEN STRIP-OUT AND REMOVAL

ACTIVITY RAMS — ADAPT TO SITE BEFORE USE

Taking out the old kitchen with the services proven dead and the house still liveable

KD-RAMS-KB-001 Rev A0

Statutory basis: HSWA 1974 s.2(2)(a) and MHSWR 1999 regs 3 and 5 — this document is the recorded safe system of work. The Water Supply (Water Fittings) Regulations 1999 govern the water connections the trade makes. Two hard boundaries are drawn and kept: gas work — disconnection, reconnection or alteration of any gas appliance or pipework — is carried out **ONLY** by a Gas Safe registered engineer under the Gas Safety (Installation and Use) Regulations 1998 and is outside every document in this series; and notifiable electrical work in dwellings is completed and certificated by a qualified electrician under the Electricity at Work Regulations 1989 and, in England and Wales, the Building Regulations 2010 (equivalent building standards apply elsewhere in the UK) — the installer's scope stops at the isolator. COSHH 2002 governs the adhesives, sealants and tanking chemistry, and the Manual Handling Operations Regulations 1992 the baths, worktops and appliances the trade carries. The Control of Asbestos Regulations 2012 apply to every pre-2000 home: textured coatings, floor tiles, boards behind heaters and flues are checked before they are disturbed. Prepared against legislation current at 10/08/2026.

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

Strip-out of existing kitchens — units, worktops, sinks, appliances and wall finishes ready for first fix — in occupied and void dwellings, with the service isolations that precede every part of it.

This document does not cover: gas appliance disconnection (Gas Safe engineer, before this work starts), electrical disconnections beyond unplugging and isolator-off (electrician), and structural alterations to openings.

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. Working in an occupied home — the household lives in the workplace

At risk: Householders, children, pets, operatives

Controls: The work area separated from the household daily — dust screens at the door, tools and materials inside the line, nothing blocking the family's escape routes; children and pets kept out by arrangement with the client, not by hope; power tools never left plugged in unattended; the area left safe and the services usable (or the outage agreed) every night.

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

2. The home's own services — water, electricity and gas in every wall and floor

At risk: Operatives, the household

Controls: Isolation before disturbance: water at the stopcock or local valves and proven at the tap; electrical circuits isolated at the consumer unit, locked or labelled, and proven dead at the point of work; gas appliances and pipework are NOT disturbed — a Gas Safe engineer disconnects before strip-out and reconnects at fit; scan before every fixing into walls and floors.

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

3. Asbestos in pre-2000 homes — textured ceilings, floor tiles, panels and flues

At risk: Operatives, the household

Controls: Build date established before the job; in pre-2000 homes suspect materials — textured coatings, vinyl floor tiles and adhesive, boards behind boilers and heaters, flue components — are not sanded, drilled or broken: presumed or sampled first, and anything confirmed handled under the asbestos series or by a licensed contractor; found mid-job, the task stops and the client is told.

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

4. Manual handling of boards, materials and components

At risk: Operatives

Controls: Mechanical aids first — trolleys, board lifters, hoists. Two-person lifts for boards and long components; order materials in manageable sizes; plan storage close to the workface; keep carrying routes clear and lit.

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

5. Slips, trips and housekeeping

At risk: Everyone in the work area

Controls: Keep the workface clear, remove waste and offcuts as they are created, route leads at high level or under mats, and maintain task lighting.

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

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6. Trapped water and live feeds behind the old units

At risk: Operatives, the home's fabric

Controls: Stopcock proved working before the first unit moves; local isolations closed and taps run down; the dishwasher and washing machine feeds valved off and hoses drained into containers; caps and stop-ends fitted the moment a feed is cut — a burst behind a stripped kitchen floods the house.

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

- 01 Client walk-through — what stays, what goes, where the household lives while the kitchen is out; protection down on the route.
- 02 Gas Safe disconnection confirmed complete before the job starts; water and electrics isolated and proven at the point of work.
- 03 Appliances out first, then worktops split and removed, then wall and base units in reverse order of fitting.
- 04 Feeds capped and labelled as they are exposed; waste pipework plugged against smells.
- 05 Wall finishes stripped as the specification requires — pre-2000 checks before any coating or tile is disturbed.
- 06 Arisings out to the waste route daily; the room left swept, capped and safe each night.

SITE-SPECIFIC AMENDMENTS TO THE SEQUENCE

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5 PLANT, EQUIPMENT AND MATERIALS

- | | |
|--|-----------------------------------|
| 110V or battery drills and reciprocating saw | Dust screens and floor protection |
| Worktop dollies and appliance truck | |

INSPECTION / THOROUGH EXAMINATION REFS	COSHH ASSESSMENT REFS

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

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|-----------------|---------------------|--------------------|
| Head protection | High visibility | Eye protection |
| Safety footwear | Gloves — task-rated | Hearing protection |

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

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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)

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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.

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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	2026-08-31	first-issue	First issue.	— not yet approved —
D1	2026-08-31	material	Actions the internal H&S director review — the notifiable-electrical jurisdiction qualified to England and Wales with equivalents elsewhere.	— not yet approved —
A0	2026-08-31	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.