

Statutory basis: Manual Handling Operations Regulations 1992 reg 4 — hazardous manual handling avoided so far as reasonably practicable, and what remains assessed and reduced, with no statutory weight limit; Control of Vibration at Work Regulations 2005 — exposure assessed, kept below the exposure limit value of 5 m/s² A(8) and as low as reasonably practicable above the exposure action value of 2.5 m/s² A(8), with health surveillance where the action value is likely to be exceeded, following HSE L140 (2nd edition, 2019); PUWER 1998 reg 4 — tools suitable for the task; RIDDOR 2013 reg 8 — certain diagnosed upper-limb disorders linked to repetitive work or vibrating tools are reportable; 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

The body strain in carpentry fixing work: kneeling for floor boarding, skirtings and low fixings; fixing overhead to ceilings, soffits and noggins; repetitive screwing, nailing and hammering; carrying and holding sheet materials and doors; bench and cutting heights; torque reaction from drills; and vibration from drilling, sanding and multi-tools. Body strain in other trades is covered by those trades' documents.

This document does not cover: floor sanding (KD-RAMS-CJ-005), trussed rafter erection and machine lifting (KD-RAMS-CJ-006), saw guarding (KD-RA-CA-002), nail gun and cartridge tool safety (KD-RA-CA-003), and plasterboard ceilings (Drylining trade documents).

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. Knee damage from prolonged kneeling on floors and at low work

At risk: Carpenters

Controls: Knee pads or kneeling mats issued and worn for all floor-level work; boarding and skirting fixing broken into spells with standing tasks between; materials and tools brought to the working level so kneeling is not combined with reaching.

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

2. Neck and shoulder strain from fixing overhead

At risk: Carpenters

Controls: Podium, hop-up or tower set so fixing is done near head height, not at full reach. Boards and battens held up by a board lifter or temporary support, never by one person's raised arms while another fixes. Overhead fixing split into short spells.

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

3. Wrist, hand and forearm disorders from repetitive screwing, nailing and hammering

At risk: Carpenters

Controls: Powered drivers and collated screw systems for runs of repetitive fixings; nail guns in place of hand-nailing long runs; tools with handles that fit the hand; tasks rotated; aches, tingling or swelling reported early.

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

4. Back injury from carrying and holding sheet materials and doors

At risk: Carpenters, labourers

Controls: Sheets delivered and stored on edge near the workface at waist height; board trolleys and carrying clamps; two-person carries for full-size sheets and heavy doors as the assessment sets; the route cleared first.

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

5. Cutting and working at benches, trestles or the floor at the wrong height

At risk: Carpenters

Controls: Cutting done on a stand or bench at a comfortable working height, not on the floor; trestles and stands adjustable for the person; work clamped so it is not held with a bent back.

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

6. Hand-arm vibration from hammer drills, sanders and multi-tools

At risk: Carpenters

Controls: Exposure assessed from tool vibration data and trigger times. Low-vibration tools chosen and kept maintained; trigger time limited and recorded where the assessment needs it; exposure kept below the exposure limit value of 5 m/s² A(8) and as low as reasonably practicable above the action value of 2.5 m/s² A(8); health surveillance for those likely to exceed the action value.

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

7. Torque reaction when a drill or auger binds — wrist sprains and fractures

At risk: Carpenters

Controls: Clutch set to the task; side handles fitted and used; low gear for large augers and hole saws; the operator braced and the work clamped before boring large holes.

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

8. Early symptoms not reported until the damage is long-term

At risk: Carpenters

Controls: Symptoms raised at toolbox talks as something to report; the task reviewed with the person the same day; occupational health referral where symptoms persist; a doctor's diagnosis of a reportable condition reported under RIDDOR.

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

- Plan the sequence so floor-level, overhead and bench tasks are mixed through the day rather than done in long blocks.
- Get vibration data for the tools planned and set trigger-time limits in the assessment where they are needed.
- Arrange sheet material deliveries on edge close to the workface, with board trolleys and carrying clamps available.
- Set up cutting on a stand or bench at a comfortable working height.
- Set the platform height for overhead fixing so the work is near head height; use a board lifter or temporary supports for boards and battens.
- Issue knee pads or kneeling mats and wear them for floor-level work.
- Use powered drivers, collated screws and nail guns for long runs of repetitive fixing; side handles and clutch settings on drills.
- Rotate tasks at the intervals the supervisor sets and take the breaks.
- STOP and reassess the method if anyone reports pain, numbness or tingling, or if a trigger-time limit would be exceeded.
- Record trigger times where the assessment requires it and refer symptoms to occupational health.

SITE-SPECIFIC AMENDMENTS TO THE SEQUENCE

5 PLANT, EQUIPMENT AND MATERIALS

- Knee pads and kneeling mats
- Board lifter and temporary supports
- Podium steps, hop-ups or towers
- Board trolleys and carrying clamps
- Powered drivers and collated screw systems
- Drills with side handles and clutch
- Adjustable trestles or cutting stands

INSPECTION / THOROUGH EXAMINATION REFS

COSHH ASSESSMENT REFS

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

- Head protection
- Safety footwear
- High visibility
- Gloves — task-rated
- Eye protection
- Hearing protection
- Knee pads for floor-level work

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.