

## A Duty Holder's Guide to RAMS

What risk assessments and method statements need to cover, and the law behind them, in plain English.

### What it is

RAMS stands for risk assessments and method statements. They are how you demonstrate the risk assessment required by the Management of Health and Safety at Work Regulations 1999, and the safe systems of work expected under CDM 2015 on construction projects.

### Who the duty holder is

The duty falls on the employer or contractor carrying out the work, and on principal contractors and clients under CDM 2015.

### What it requires of you

- Assess the risks of each task and record the significant findings (the risk assessment).
- Set out clearly how the work will be carried out safely (the method statement).
- Make sure RAMS are suitable and sufficient for the actual task, site and team.
- Communicate them to everyone doing or affected by the work, before it starts.
- Review and update them whenever the task, site, team or method changes.

### How often

RAMS review

Before each job, and whenever the task, site or method changes

### What happens if you don't

Working without suitable RAMS breaches health and safety and CDM duties and can lead to enforcement, prosecution and fines. In practice, clients and principal contractors will also refuse to let work start without valid RAMS.

Sources: [Management of Health and Safety at Work Regulations 1999](#), [CDM Regulations 2015](#)

This guide is general guidance, not legal advice, and is a summary only. Duties and intervals can change and depend on your circumstances. Always check the current regulation and take competent-person advice. Last reviewed June 2026.