XCELERATE TRAINING INSTITUTE

your learning & development partner

HEALTH, SAFETY AND ENVIRONMENT (HSE)

Risk Assessment and Method Statement (RAMS) Training Course

DURATION	LANGUAGE	FORMAT
5 days	**English**	**Classroom / Online**

Upcoming dates

Dates	Venue	Format	Fee
26 – 30 Apr 2027	Live online	Online (live)	**€1,200**
3 – 7 May 2027	Geneva	Classroom	**€4,800**
4 – 8 Oct 2027	Live online	Online (live)	**€1,200**

Register or ask a question

Online: staging.x8ti.com/course/risk-assessment-and-method-statement-rams-tr…

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Risk Assessment and Method Statement (RAMS) Training Course

Introduction

Introduction

The prevalence of an effective and reliable Risk Assessments and Method Statements (RAMS) system for site activities is a significant part of construction site health and safety requirements. A risk assessment is a careful examination of workplace hazards that could cause harm to people, which would allow the organization to gauge whether sufficient precautions have been taken to prevent such incidents. Risk assessment is the methodology that reinforces all decisions about health and safety.

Risk assessment training teaches participants to record risks precisely to ensure the safety of the workforce. A method statement describes exactly how a job is to be carried out safely, following a logical sequence approach. This detailed training program will provide its delegates with a practical understanding of how to conduct and record Method Statement & Risk Assessments.

This Xcelerate Training Institute course will empower you with the skills to develop, implement, and maintain a method statement, and also highlights what to look out for if you are responsible for reviewing RAMS prepared by your co-workers.

Learning Objectives

- Learn how to write effective RAMS and become familiar with its contents
- Learn how to collate risk assessments and specific methods of work that stand out from competitors
- Devise risk assessments and method statements that organizations can understand and follow easily
- Understand your legal obligations in terms of health and safety RAMS
- Learn and practice how to conduct and record a risk assessment
- Recognize how to spot common errors when reviewing method statements
- Take preventative and protective control measures to ensure optimum safety and health compliance

Training Methodology

- Lectures
- Seminars & Presentations
- Group Discussions
- Assignments
- Case Studies & Functional Exercises
- Questionnaires

Benefits For Your Organization

- Benefit from training your employees on the definition and importance of safety information, along with the different roles played in the Risk Assessment and Method Statement (RAMS) guidelines
- Document your Risk Assessment and Method Statement (RAMS) information systematically and efficiently

- Improve productivity by teaching your staff about the Risk Assessment and Method Statement (RAMS) work process and how it fits into the overall organizational work processes
- Achieve improved Risk Assessment and Method Statement (RAMS) levels, higher employee morale, increased productivity, and reduced costs of damage control
- Assess your Risk Assessment and Method Statement (RAMS) rating by evaluating its effectiveness to reduce injuries and illnesses and identifying

Benefits For You

- Improve your performance through higher efficiency and greater worker productivity by being aware of Risk Assessment and Method Statement (RAMS) related risks
- Engage in conversations about Risk Assessment and Method Statement (RAMS), leading to improved occupational safety and better overall communication
- Avoid and elude personal injuries by following predetermined safety parameters and best practices
- Learn how to perform a Risk Assessment and Method Statement (RAMS) study from experienced professionals: collecting information, selecting the team, leading a meeting, and documenting the results
- Focus on human factors issues to analyze Risk Assessment and Method Statement (RAMS) procedures in areas such as start-up, shutdown, and maintenance
- Get an opportunity to work through hands-on exercises in detail to gain the skills needed to facilitate a Risk Assessment and Method Statement (RAMS) study
- Gain the skills to plan, manage, facilitate, and scribe for a Risk Assessment and Method Statement (RAMS) study

Target Audience

- All individuals whose responsibilities include meeting Health & Safety guidelines
- Anyone responsible for writing, reviewing, or approving Risk Assessments and Method Statements (RAMS)
- Construction site engineers, project managers, supervisors, etc.
- Trade and specialist contractors
- Self-employed construction contractors
- Clients of construction projects
- Entrepreneurs and senior leadership

Course Outline

BACKGROUND AND INTRODUCTION TO RISK

- Site Risk Assessments and Method Statements (RAMS)
- History
- Legal Requirements
- Definitions
- What is Risk?
- Risk
- Likelihood

- Risks vs. Issues
- What is a Risk Assessment?

THE IMPORTANCE OF RISK ASSESSMENT

- Why is Risk Assessment Important?
- The Aim of Risk Assessment
- Principles of Prevention
- Risk Score Calculator
- Specific Task Risk Assessment

RISK ASSESSMENT METHODS

- Five steps to Risk Assessment
- Types of Risk Assessment
- Defining Practical and Realistic Control Measures
- Qualitative vs. Quantitative Risk Assessment Methods

METHOD STATEMENTS

- What is a Method Statement?
- Difference between Risk Assessment and Method Statement
- The requirements of a method statement
- Method Statement Form
- Defining Sequence of Works (Step by Step)
- Standard vs. Task Specific Risk Assessments and Method Statements (RAMS)
- Keeping Records
- Permits to Work
- What Are the Tasks Involved?
- Hazards
- Risks
- How Will Hazards and Risks Be Controlled?

REVIEWING AND APPROVALS OF RAMS

- Effective Communication of RAMS policies
- Implementation of Control Measures
- Dynamic Risk Assessments
- Reviewing and Updating RAMS
- Approving RAMS

EXAMPLES

- Safe Work Method Statement Example
- The Role of H&S Managers and Coordinators in RAMS
- Welfare, Personal Protection, and Emergency Procedures
- The Consequences of Working without ‘RAMS’

PRACTICE RISK ASSESSMENTS AND METHOD STATEMENTS

- Prepare Risk Assessments
- Prepare Safety Method Statements
- Recognize Where HSE Enforced Action Would Be Taken
- Discuss Futuristic Measures of Control

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Registration Form

Risk Assessment and Method Statement (RAMS) Training Course

Preferred dates: ..... Venue or online: .....

Duration: 5 days Language: .....

Please complete and email this form to us, or register online. We confirm your place and send the invoice within one working day.

Delegate information

Full name (Mr / Ms / Dr / Eng): .....

Position: ..... Telephone / mobile: .....

Official email: ..... Personal email: .....

Company information

Company name: .....

Address: .....

City / country: ..... VAT / tax number: .....

Person responsible for training & development

Full name (Mr / Ms / Dr / Eng): .....

Position: ..... Telephone / mobile: .....

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Register online
Open the course page