

## Method Statement (RAMS)

**Document Reference:** PHC-MS-001

**Core Principles:** Environment, Health, and Hygiene

**Operational Area:** South & East Cumbria

**Statement:** This Method Statement outlines the safe system of work for initial staff (1 Supervisor & 1–2 technicians) executing extreme cleaning, gross filth clearance, and heavy accumulation removal. All staff must read, understand, and sign this document prior to commencing work on any site.

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### 1. Pre-Commencement Protocol

- **Site Survey:** A free initial survey is completed to assign the property to one of the 4 **Pricing & Risk Tiers**. No staff member may enter a site until the Tier level is confirmed.
- **Logistics & Travel:** Verify the service vehicle (owned LWB van) is packed with Tier-appropriate gear and parked discreetly near the property to preserve client privacy.
- **Site Setup:** Establish a designated "**Clean Zone**" outside the property threshold for first aid kits, clean PPE, and administrative paperwork. Establish a "**Dirty Zone**" just inside the entrance door for decontamination.

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### 2. Personal Protective Equipment (PPE) Matrix

Technicians must don the mandatory PPE dictated by the property's assigned risk tier:

- **Tier 1 (Low Risk):** Standard work uniform, steel-toe puncture-resistant safety boots, high-traction gloves, and a FFP2 dust mask where required.
- **Tier 2 (Medium Risk):** Layered nitrile and mechanical work gloves, safety goggles, and a FFP2-3 respirator.
- **Tier 3 (High Risk):** Full-body Category 3 (Type 5/6) Tyvek suit (wrists and ankles taped), double gloves (nitrile inner, heavy-duty outer), puncture-resistant safety boots, and an FFP3 respirator mask. Safety glasses where required.
- **Tier 4 (Extreme Risk):** Full-body Category 3 (Type 5/6) Tyvek suit (wrists and ankles taped), double gloves (nitrile inner, heavy-duty outer), puncture-resistant safety boots, PPF3 respirators and specialist chemical neutralization. Sharp's gloves.

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### 3. Step-by-Step Cleaning & Clearance Procedure

Desktop drawdown: Request information as to the likely known information pertaining to the content of waste or known hazards. Determine occupier verbal and physical risks. Obtain clear instruction from client.

#### [ STEP 1: INITIAL BIOCIDES KNOCKDOWN/ CONTAINMENT ]

For Tiers 3 & 4, execute a preliminary entry to close all structural windows. Deploy the industrial ULV fogger using a wide-spectrum virucide/biocide. Vacate and seal the property for 30 minutes to eliminate airborne pathogens.



#### [ STEP 2: SHARPS & SWEEP SCAN ]

Perform a visual sweep using search mirrors and long-reach grabber tongs. Look behind clutter, under cushions, and inside cabinets for needles/glass. Immediately drop encountered sharps into the yellow vehicle sharps bin.



#### [ STEP 3: SYSTEMATIC CLEARANCE ]

Clear accumulation systematically from the top down to prevent structural collapse. Create a clear 1-metre wide egress path from the entry door into the property. Sort materials into heavy-gauge waste sacks and carefully place in waste vehicle on site.



#### [ STEP 4: ENVIRONMENTAL DECONTAMINATION ]

Vacuum remaining insect casings, dust, or dried droppings using HEPA H14 bio-vacs.

Apply specialised enzymatic and protein-dissolving chemicals to gross filth. Run commercial steam extraction units or ozone generators to destroy odours.

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### 4. Waste Handling & Environmental Compliance

- **Bagging Protocol:** All hazardous waste and gross filth must be double-bagged and double-knotted in heavy-duty, color-coded waste sacks before leaving the dirty zone.
- **Containment:** Bags must be loaded directly into the van's sealed cargo compartment (isolated from the staff cabin via the heavy-duty bulkhead) or placed in a secured on-site skip.
- **Legal Discharges:** Transport all collected waste directly to an authorised commercial waste transfer station in South/East Cumbria under our **Upper-Tier Waste Carrier Licence**. Generate a digital Waste Transfer Note (WTN) immediately upon arrival. (Provide to occupant or client)

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## 5. Emergency Contamination & Injury Response

- **Sharps Injury:** If a needle-stick puncture occurs, immediately encourage the wound to bleed freely under running water, wash thoroughly with soap (do not scrub), cover with a waterproof dressing, and transport the worker immediately to the nearest Emergency Department (e.g., Lancaster, Barrow, or Carlisle) **within 1 hour**.
- **Chemical/Fluid Splash:** Flush eyes or open mucous membranes immediately using sterile eyewash bottles located in the vehicle cabin for a minimum of 15 minutes.

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## 6. Personnel Training & Sign-Off Matrix

By signing below, I confirm that I have undergone face-fit testing for my respiratory equipment, understand the step-by-step cleaning protocols, and agree to execute the tasks strictly in accordance with this Method Statement.

**Technician Name Signature Date Supervisor Initials**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

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**PURE HOME**  
CLEAN

ENVIRONMENT, HEALTH & HYGIENE