In this research, a field survey was conducted via 30 interviews with safety and health experts and risk management staff in the field of construction industry in Oman followed by a questionnaire divided into six categories. 151 responses were analysed. The aim was to explore the availability, awareness, type and implementation of ORA. Six key risks were identified; namely: Working at heights; working on fragile roofs; using electrical equipment; working under high voltage overhead power lines; working in confined spaces; working without knowing how to use the provided emergency equipment. All respondents were male gender and 61 per cent of them were below the age of 40. 59% of respondents have education equal to or below the national diploma (≤ 12 levels). 75.5% of the respondents work in construction industry followed by the consultants (19%). 53% of respondents were labourers and technicians. 96% of projects were residential, commercial or a combination of residential and commercials buildings. 81.3% of workers were having equal or less than 10 years of experience in the construction projects. 53% of respondents never experienced fatality during their work. 53.6% of respondents indicated that they do not have risk assessment matrix for occupational safety and health. All respondents agreed that it is important or very important to apply Occupational Risk Assessment Matrix in accordance with the local regulations. Only 42.4% strongly agree that HSE personal should carry out risk assessment before any activity. Most respondents showed willingness of applying risk management by workers.