

HEAT ILLNESS PREVENTION PLAN

STRAVIK Construction Group · Controlled Document

Document No.	Revision	Effective Date	Document Owner	Status
STV-HSE-PLN-023	00 (Initial Issue)	2026-10-24	[SAFETY DIRECTOR]	Issued for review / pending approval

Management system alignment: This document is aligned with ISO 9001:2015, ISO 14001:2015 and ISO 45001:2018 requirements as applicable. STRAVIK Construction Group does not claim third-party certification to these standards. Florida Certified General Contractor License No. [FL LICENSE NO.].

REVISION HISTORY

Rev.	Date	Description of Change	Prepared By	Approved By
00	2026-10-24	Initial issue for STRAVIK Construction Group	[PREPARED BY]	Michael Gaya, President

1. PURPOSE

To prevent heat-related illness among workers exposed to hot and humid conditions by providing water, rest, shade, acclimatization, training and emergency response.

2. SCOPE

Applies to all STRAVIK Construction Group employees, subcontractors and visitors on STRAVIK-controlled projects and facilities. Applies to all outdoor and indoor work with heat exposure.

3. REFERENCES

- OSHA General Duty Clause, Section 5(a)(1)
- OSHA heat illness prevention guidance and Heat Index tool
- NIOSH Criteria for a Recommended Standard: Occupational Exposure to Heat and Hot Environments
- Management system alignment: ISO 45001:2018 (no certification claimed)

4. CONTROLS

- Water: cool potable water available at all times, with workers encouraged to drink about 1 cup every 15–20 minutes.
- Rest and shade: shaded rest areas close to the work; rest breaks increased as the heat index rises.
- Acclimatization: new and returning workers gradually build exposure over 7–14 days.
- Scheduling: heavy work scheduled for cooler hours where feasible.
- Buddy system: workers monitor each other for symptoms.

5. HEAT INDEX ACTION LEVELS

Heat Index	Risk Level	Required Actions
Below 91°F	Lower	Basic precautions; water and shade available
91–103°F	Moderate	Remind workers to drink water; increased rest; monitor
103–115°F	High	Scheduled rest breaks; shaded rest; buddy system; supervisor checks
Above 115°F	Very high to extreme	Reschedule non-essential heavy work; aggressive controls; close monitoring

6. EMERGENCY RESPONSE

- Heat exhaustion symptoms: move worker to shade, cool, give water, monitor; do not leave alone.
- Heat stroke (confusion, collapse, hot dry skin): call 911 immediately, cool aggressively while waiting.
- All heat illness cases are reported and investigated per STV-HSE-PRO-018.

RESPONSIBILITIES

Role	Responsibility
President	Provides resources and approves this program.
[SAFETY DIRECTOR]	Administers the program, training, audits and records.
Superintendents / Foremen	Implement the program on site and correct deficiencies immediately.
Employees / Subcontractors	Follow the program, use controls and report hazards.

TRAINING & RECORDS

- Training is delivered before assignment and refreshed as required; recorded in STV-HRM-REG-002.
- Inspection, permit and monitoring records are retained per STV-GOV-POL-011.

DOCUMENT CONTROL

- Controlled under the Records Management & Document Control Policy (STV-GOV-POL-011) and the Document Control Procedure (STV-GOV-PRO-015).
- Reviewed at least annually, or after an incident, audit finding, regulatory change or significant change in operations.
- Records generated under this document are retained per the retention schedule in STV-GOV-POL-011.

APPROVAL

Role	Name	Title	Signature	Date
Prepared By	[PREPARED BY]	[TITLE]		
Reviewed By	[QUALITY / HSE MANAGER]	[TITLE]		
Approved By	Michael Gaya	President		

This document is reviewed at least annually, or upon significant organizational, legal or operational change, and re-issued under document control per STV-GOV-POL-011.