

24TH ANNUAL



24TH LCI CONGRESS
OCTOBER 18-21

Boldt Safety Moment

Physical Wellness: The Industrial Athlete

Brad Wigh | The Boldt Company

LEAN GUMBO: THE RIGHT INGREDIENTS FOR PROJECT SUCCESS

OCTOBER 19, 2022





BRAD WIGH

Project Manager

The Boldt Company



Our Industrial Athletes...

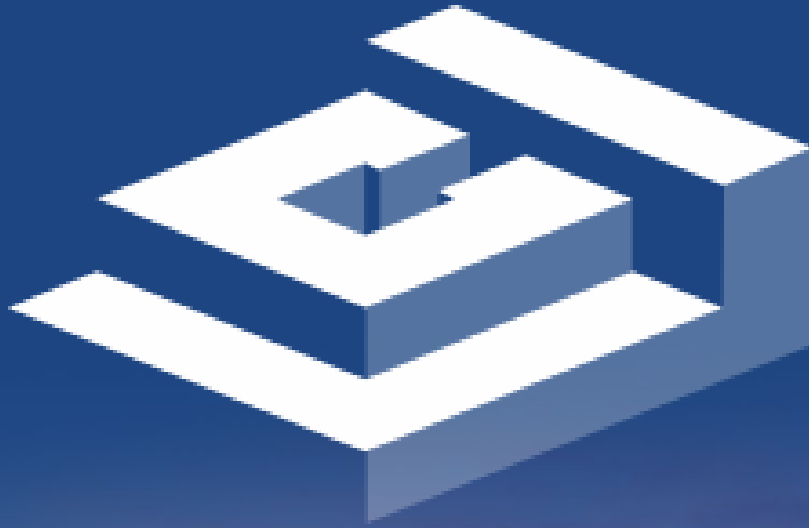
- Drive one to two+ hours/day
- Work eight to 10+ hours/day
- Work up to five to six+ days a w
- Are constantly on their feet
- Lift, bend, push, and carry daily
- Face adverse weather constantly



Top Performance Starts with You!

- Provide job site/office wellness communication
- Offer nutrition/fitness resources
- Support injury prevention initiatives
- Empower your employees and their wellness goals





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