



## About Steps for Life

### What is Steps for Life?

Steps for Life – Walking for Families of Workplace Tragedy educates the community about the devastating ripple effects of every workplace tragedy and how we can work together to prevent others being injured or killed on the job.

Steps for Life is a fun, 5-km fundraising walk to support families affected by workplace tragedy. Created in 2004, Steps for Life is the flagship fundraiser for the Association for Workplace Tragedy Family Support (known as Threads of Life). The annual event raises funds to provide peer support programs and services for Canadian families who have suffered as a result of workplace tragedy and also raises awareness about the importance of workplace health and safety.

### Who is walking?

Everyone! Families, friends and colleagues of those affected by workplace tragedy, teams from safety-conscious companies, organizations, labour, and the general public will all participate.

### What did Steps for Life raise last year?

5,600 walkers participated across Canada in 2017, raising more than \$690,000 for Threads of Life's family support services.

### How are funds spent?

All proceeds from Steps for Life support Threads of Life, a national charitable organization dedicated to helping families to heal after they've been affected by a traumatic workplace fatality, life-altering workplace injury or occupational disease. Threads of Life provides families with one-on-one peer support, links to community resources and opportunities to promote workplace injury prevention. Threads of Life currently supports more than 2,500 family members from across the country.

### Where do people take Steps for Life?

This year, Steps for Life will take place in more than 30 communities across Canada.

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*Association for Workplace Tragedy Family Support*

*Our mission is to help families heal through a community of support  
and to promote the elimination of life-altering workplace injuries, illnesses and deaths.*

[www.threadsoflife.ca](http://www.threadsoflife.ca) Charitable Business Organization #87524 8908 RR0001