



What is Steps for Life?

Steps for Life – Walking for Families of Workplace Tragedy is a national movement to change the way Canadians think and act about workplace health and safety, and to help those directly affected by fatalities, life-altering injuries and occupational disease. The event — in support of Threads of Life, a Canadian charity providing services to families affected by workplace tragedy — demonstrates the devastating ripple effects of every work-related tragedy, and illustrates how we can work together to prevent others being injured or killed on the job.

Steps for Life is a fun, 5-km walk with options for either community-based events or personal, at-home activities. Created in 2004, this flagship event for the Association for Workplace Tragedy Family Support (known as Threads of Life) raises funds to provide peer support programs and services for Canadian families who have suffered as a result of workplace tragedy. Steps for Life raises awareness at the national and community level, about the importance of workplace health and safety. It is also a unique opportunity for families to honour the memory of their loved one or their own experience.

Who is walking?

Everyone who wants healthy and safe workplaces in our communities! 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?

In 2023, thousands of people and teams joined the walk, raising more than \$1million, breaking all our records for fundraising!

How are funds spent?

All proceeds from Steps for Life support Threads of Life, a national charitable organization dedicated to helping families heal after 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 3,600 family members across the country.

Where do people take Steps for Life?

Steps for Life events take place in community parks and venues across the country, with the option for individuals and teams to organize their own walk event or participate virtually. Check www.stepsforlife.ca to find a walk near you!

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www.threadsoflife.ca; www.stepsforlife.ca

*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
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