



What is Steps for Life

Steps for Life - Walking for Families of Workplace Tragedy is a 5 km fundraising walk to help support families who have suffered from a life-altering injury, occupational disease or workplace fatality. It's the flagship fundraising event for Threads of Life, a national registered charity dedicated to supporting families of workplace tragedy. Threads of Life provides Canadian families with a community of support and healing. The walk raises awareness about the importance of workplace health and safety to all Canadians. Let's work together to prevent other Canadians from being injured or killed on the job.

Where do the donations from the walk go?
All proceeds go directly to Threads of Life family support programs and services. For more information on Threads of Life and its programs, please visit www.threadsoflife.ca.

Who can walk?
Everyone! Families, friends and neighbours are welcome to walk alongside company teams and their families, government employees, organizations and health and safety professionals in a community of support.

When: First weekend in May, 2018*
Steps for Life is traditionally held the first Sunday in May as part of the North American Occupational Safety and Health (NAOSH) Week. *Some communities hold their walk earlier or later (please visit www.stepsforlife.ca for a complete list of community walks and dates).

Did you know?

- Over 5,500 walkers participated across Canada in 2017.
- Walkers and sponsors raised more than \$690,000 for families of workplace tragedy last year.

Visit www.stepsforlife.ca

To learn more, contact us today!

Join us on Facebook and Twitter!
Join the conversation about the importance of preventing work-related injuries and illnesses. Help spread the word on your local Steps for Life walk!

- www.fb.com/stepsforlifewalk
- www.twitter.com/threadsoflife
Note: If you're tweeting about Steps for Life, be sure to include the hashtag #walkforsafety
- Search "Companies" for Threads of Life

For more information about Steps for Life

visit: www.stepsforlife.ca; www.threadsoflife.ca
call: 1-888-567-9490; fax: 519-685-1104
email: steps@threadsoflife.ca

Threads of Life —
Association for Workplace Tragedy Family Support
P.O. Box 9066, 1795 Ernest Ave,
London, Ontario N6E 2V0

Charitable Organization Business number: 87524 8908 RR0001

2018 National Sponsors:



Steps for Life



Donated by Tom Buchanan Photography

Walking for families of workplace tragedy

A fun and easy way to help families of workplace tragedy
Sunday, May 6, 2018

Diefenbaker Centre
101 Diefenbaker Place, U of S
Saskatoon, Saskatchewan

Registration: 12:00 P.M. • Walk start: 1:00 P.M.
register online www.stepsforlife.ca



In support of
threads OF LIFE
www.threadsoflife.ca

Get Involved!

When you're walking for families of workplace tragedy, every step counts! Plus, there are a number of ways in which you can get involved.

1 DONATE

Making a contribution is as easy as 1, 2, 3! There are three ways to donate - just choose the one that suits you - online, by phone, by mail - check out the back of this brochure for all our contact information.

Note: For income tax purposes, amounts of \$20.00 or more will be sent a charitable receipt if requested on your Walker's Pledge Form. A full name and address must be provided.

2 BECOME A PARTNER

Commit as an event sponsor, and lead the way in injury prevention. We've created a variety of sponsorship levels ranging from local event sponsorship to national sponsorship. Customized sponsorship packages are also available. For more information about national sponsorship opportunities, please contact Scott McKay, Director of Fundraising and Partnerships at smckay@threadsoflife.ca

3 BE A VOLUNTEER

The Steps for Life walk has grown rapidly, thanks to the wonderful enthusiasm and involvement of our many volunteers, from local walk committee members spreading the word by posting posters in their communities and on their company bulletin boards, asking local business leaders to support the event, to those helping on-site on walk day. Call us at 1-888-567-9490 to find out more about volunteer opportunities in your area.

"Friends and family join us every year for the Steps for Life walk in memory of our beautiful boy. It is a journey I wish I didn't have to make but one that will open other people's eyes to the dangers that can occur in an unsafe workplace. Everyone should return home from a hard day of work and not fall victim to a preventable workplace accident."

— Estella Hickey, mom of Kyle who died as a result of injuries received in an explosion

Register Today!

2018 REGISTRATION FEES

	Early Bird Registration Fees (by March 15)	Regular Rate Fees (after March 15)
Children (13 & under):	FREE	FREE
Persons 14 & older:	\$10/person	\$15/person
(Children and youth must be accompanied by a parent or guardian)		

Walk this way - Registering for Steps for Life is easier than ever before - use our online registration (opens February 1) or mail in a registration form - Visit the Steps for Life website for both.

Fundraising made easy too!

To help fundraise for your walk you can create your own Team and/or Individual donation page. Then send it to friends and family for easy on-line contributions. Or download a Walker Pledge Form to collect pledges before the walk and bring it with your collected funds to the walk.

4 WALK AS AN INDIVIDUAL

Step up and join others in your community to raise awareness about the importance of preventing workplace injuries and illnesses. Signing up as an individual - just choose your location, your method of registration, complete the form and you are ready to start collecting donations for your local Steps for Life walk. We even offer a "Walker Toolkit" on the Steps for Life website that includes great tips and tricks to help you be successful along the way.

5 WALK AS A TEAM

Multiply your impact by joining a team or creating one!

The Steps for Life Team Challenge is a fun and friendly competition for those who want to demonstrate their commitment to health and safety. Whether you're a socially-responsible company, a family with a personal connection to the cause, or a community group with a mission, you can join the challenge! Compete with other teams who "get it", in your city, your company and across the country!

Benefits:

- Build camaraderie as you work towards a shared goal.
- Contribute to supporting family members affected by a workplace tragedy.
- Demonstrate your commitment to health and safety to your employees, your community and the nation.
- Gain recognition and bragging rights!



Find a walk near you!

Please visit www.stepsforlife.ca to find a Steps for Life walk near you or to create a virtual walk in communities without one.

"In 2013 I saw a Steps for Life display and felt a rush of emotion. I told the representative my story and asked if I could walk and I did. Later I attended the Family Forum. Like many others, I experienced the healing from listening and sharing with others who know your pain and suffering, and who also want to heal and become 'the best that they can be'. Threads of Life has offered me a purpose. I hope I can be of support to others and assist in creating a culture change with regard to workplace safety."

— Betty Evans, mom of Stephen, who died while working on a cattle station in Australia

Memory Lane

Each walk features a memory lane of signs where victims of workplace tragedies are honoured and remembered. It's a moving tribute to the surviving families and a reminder why injury prevention and safety are so important to every Canadian.



To learn more, to register, and/or to download forms visit: www.stepsforlife.ca