

# Steps *for* Life 2021



Walking for families of workplace tragedy

Every year, thousands of Canadians are injured or killed on the job. More are diagnosed with diseases caused by work. Their families struggle to cope. Steps for Life is an annual fundraising event to support these families and educate your community about health and safety on the job. By joining Steps for Life, you make a difference for hurting families today, and help keep workers safe tomorrow!

## When: First weekend in May, 2021\*

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 on a different date (please visit [www.stepsforlife.ca](http://www.stepsforlife.ca) for a complete list of community walks and dates).

## How does Steps for Life work in 2021?

There are Steps for Life events in communities across Canada. Because of the COVID-19 pandemic, some communities will have traditional in-person walks, and some have decided to go with a virtual event. Even if there is a traditional walk in your community, you can opt to do your own thing. You'll see

that option when you register online. Select your preference to participate in person at the event or support your community by walking at home. If there's no Steps for Life walk in your community, join our national virtual community and "Walk Your Way"!

Wherever we walk, #WeWalkTogether.

## Fundraising made easy too!

Registration for Steps for Life is by donation, and your personal donation is a great first step in your fundraising campaign. To help you fundraise for Steps for Life, you can create your own donation page at [stepsforlife.ca](http://stepsforlife.ca). You'll find tools and templates to encourage your friends and family to support you.

Workplace tragedy hurts.  
You can help.

Sunday, May 2, 2021  
Saskatoon, Saskatchewan

Register online: [www.stepsforlife.ca](http://www.stepsforlife.ca)

For the most up-to-date information,  
please check [www.stepsforlife.ca](http://www.stepsforlife.ca)



In support of  
**threads**  
OF LIFE  
[www.threadsforlife.ca](http://www.threadsforlife.ca)

## Getting involved in **STEPS FOR LIFE 2021** EASY AS ONE-TWO-THREE

1



**CHECK THE STEPS FOR LIFE WEBSITE** TO SEE IF THERE IS A STEPS FOR LIFE EVENT SCHEDULED IN YOUR COMMUNITY.

2



**IF YES, THEN REGISTER YOURSELF OR YOUR TEAM** WITH THAT COMMUNITY.

Whether you participate in the community walk or from home all your support will show on your community thermometer.

3



**IF THERE'S NO WALK NEAR YOU, NO PROBLEM.** REGISTER WITH OUR NATIONAL VIRTUAL COMMUNITY IN THE "WALK YOUR WAY" EVENT.

If you can't register online, you can call our office at 888-567-9490 for assistance.

[stepsforlife.ca](http://stepsforlife.ca)

#stepsforlife2021

#WeWalkTogether

# Other ways to Get Involved!

## Donate!

Making a contribution is easy! You can donate online at [stepsforlife.ca](http://stepsforlife.ca), call our office at 888-567-9490 to use your credit card, or mail a cheque to our office. When you donate online, your contributions will be reflected in your community's Steps for Life fundraising totals.

## Become a Partner!

Lead the way in injury prevention by sponsoring Steps for Life. We've created a variety of sponsorship levels ranging from local event categories 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](mailto:smckay@threadsoflife.ca).

## Be a Volunteer!

Steps for Life helps families thanks to the wonderful enthusiasm and involvement of our many volunteers, from local walk committee members working diligently behind the scenes, 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.

## Join the Team Challenge!

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 family with a personal connection to the cause, a community group with a mission, or a socially-responsible company, you can join the challenge! Compete with other teams who "get it" in your city, your company, and across the country!

*The annual Steps for Life walk has been a way to bring my family together to honour my Dad's memory. Everyone copes with loss in their own way and the Steps for Life walk has been our family's "common ground". I will never forget the impact of the memory lane sign to acknowledge my Dad's experience along the walk for everyone in my family as they joined the walks. It brought a lot of tears along with a lot of healing at the walks*



*and being surrounded by others who understand. Six years after my Dad's workplace fatality, I knew we were all on the right path when my older brother said, "I can't believe you can make this into a positive" for our family. Our healing has come so far with the support of the Threads of Life organization. We are grateful for all the funds raised to support Threads of Life and helping families to heal and keep moving forward after the effect of a workplace tragedy. I encourage others to join the annual Steps for Life walk as it is making a difference in spreading why workplace safety awareness matters and helping many families like mine."*

– Jennifer, family member

## Enter for a chance to win

### You could be a winner!

Thanks to the generosity of Amazon Inc. you have 3 chances to win a Visa gift card! The Contest begins on Monday, February 1, 2021.



**Draw 1:** Register by April 1, 2021 to qualify for a chance to win a \$500 Visa gift card in our "Early Bird Draw".

**Draw 2:** Personally donate \$95 by May 31, 2021 to qualify for a chance to win \$1,500 Visa gift card.

**Draw 3:** Fundraise \$200 or more by May 31, 2021 to qualify for a chance to win a \$2,000 Visa gift card.

Visit [stepsforlife.ca](http://stepsforlife.ca) to learn more about the contest rules and guidelines.

# Contact us today!

## Join us on Facebook, Instagram 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](http://www.fb.com/stepsforlifewalk)



[@threadsoflife](https://www.instagram.com/threadsoflife)



[www.twitter.com/threadsoflife](http://www.twitter.com/threadsoflife)

## For more information about Steps for Life

visit: [www.stepsforlife.ca](http://www.stepsforlife.ca); [www.threadsoflife.ca](http://www.threadsoflife.ca)

call: 1-888-567-9490

email: [steps@threadsoflife.ca](mailto: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

## 2021 National Sponsors:



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Conseil Canadien Des Professionnels  
En Sécurité Agréés

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TOTAL BUILDING ENVELOPE

For up-to-date information, please visit: [www.stepsforlife.ca](http://www.stepsforlife.ca)