



why walk?

“When you see the panorama of yellow shirts all around, you realize there are many on this painful journey. But, together, we can make a difference!”

Marj and Brian, parents of John
(killed at work – 2003)

On Sunday, May 2nd more than 3,500 people will walk together across Canada in support of victims of workplace fatalities, life-altering injury or occupational disease. Families, friends, co-workers and employers will walk to raise awareness about the importance of workplace health and safety and to raise funds for

Threads of Life
Family Support
Programs and
Services. Thank you
for joining us!



How can you help?

Register as an individual or a team of 10
Donate to a walker

Volunteer and make your Steps for Life community a success!

Sponsor the event by donating cash, prizes or other in-kind donations

Make Your Walk a Success

1. Create your Own Giving Page

To help fundraise for Steps for Life create your own giving page at www.canadahelps.org. Then send it to friends and family!

2. Collect Donations for Your Walk

Download a Walker Donation Form and ask friends, relatives and co-workers for their support. Please bring your collected donations to the walk. For income tax purposes, amounts of more than \$20.00 will be sent a charitable receipt if requested on your Walker Donation Form. Our Charitable Organization business number is 87524 8908 RR0001.

Walker Registration Fees

	Early Bird Registration Fees (By April 15):	Regular Rate (after April 15)
Team of 10:	\$100	\$150
Adult (19-64 years):	\$15/person	\$20/person
Youth (14-18 years):	\$10/person	\$15/person
Children under 14:	FREE	
Seniors (65+):	\$10/person	\$15/person

(Children and youth must be accompanied by a parent or guardian).

2 Ways to Register

On-line at www.stepsforlife.ca/register by downloading and filling out a registration form or by calling toll free at 1-888-567-9490.

27 Locations (as of January 2010)

BC: Burnaby, Victoria; **AB:** Calgary (May 8), Edmonton, Lethbridge (May 1), Okotoks; **MB:** Winnipeg;

ON: Barrie, Hamilton, London, Niagara Falls, North Bay, Ottawa, Sarnia (May 1), Sault Ste. Marie, Sudbury, Thunder Bay, Timmins, Tiny Township/Midland, Toronto, Windsor (May 8); **NB:** Moncton; **NS:** Antigonish (April 24), Halifax, Sydney; **NL:** Corner Brook, St. John's

For more information and to download forms:

www.stepsforlife.ca; www.threadsoflife.ca
or call 1-888-567-9490



Steps for Life

Walking for Victims
of Workplace Tragedy

A fun and easy way to help
families of workplace tragedy

Calgary – Saturday May 8
Deerfoot Outlet Mall

THE CHARITY OF CHOICE

FOR WORKPLACE HEALTH AND SAFETY EVENTS



Association for Workplace Tragedy Family Support



What is Steps for Life?

Steps for Life – Walking for Victims of Workplace Tragedy is a 5 km fundraising walk to help support families who have suffered from a workplace fatality, life-altering injury or occupational disease. It's the primary fundraising event for Threads of Life, a national registered charity dedicated to supporting families of workplace tragedy. Steps for Life also raises awareness about the importance of health and safety within workplaces and to the public. It's a unique way to educate your community about the devastating ripple effects of a workplace tragedy and how we can work together to prevent others from being injured or killed on the job.

Who can walk?

Everyone! Families, friends and neighbours are welcome to walk alongside teams (and their families) from companies, governments, and organizations in a community of support.

When: May 2* (in most communities)

Steps for Life is traditionally held the first Sunday in May as part of the North American Occupational Safety and Health Week (NAOSH). Some communities hold their walk earlier or later (*visit our website for more information on dates).

In 2009:

- 2,000+ people participated in 14 locations across Canada
- Walkers and sponsors raised more than \$158,000 in cash for Threads of Life Family Support Programs and services

“I believe with all my heart and soul that the Steps for Life event epitomizes the importance of The Road to Zero! When you hear the stories of the people who died needlessly at work or the stories of the survivors and their family members you cannot help but truly appreciate with every fibre of your being the need for prevention at work, home and play!”

Randi Monteith, Account Specialist – Operations Division,
Workplace Safety and Insurance Board

Team Challenges! Are you ready?

What better way to encourage safe workplace practices than by making it fun? Recruit your team of co-workers, family members and friends and compete with other teams. Download a team registration form, pick your name, and challenge team members or another team in the name of health and safety. Prizes will be awarded for the team that raises the most funds, was the most creative with their name and other fun categories.

Walk in Honour of a Canadian Family

Walk in honour of a Canadian family who is unable to personally attend a Steps for Life event but would like someone to walk in memory of their loved one. We'll match you to a Threads of Life family and you can raise donations and walk in memory of their loved one.

A photo badge of the loved one will be provided.



Dennis MacDonald – GM, GTA Service Centre, LCBO, Mississauga – walked in memory of Greg Wheeler. Greg died when he was 28 years old while working as a high steel worker builder at a NWT diamond mine.

“It gives us a chance to bring our friends and family out to meet others who have experienced the trauma of a workplace injury and see how strength in numbers will make a difference for our future workplaces.”

Linda Kovacs, mom of an injured worker

Where do donations from the walk go?

All proceeds go directly to Threads of Life Family Support Programs and services.

Can't attend? Donate to a Walker!

If you can't participate but would like to support the cause you can donate to a walker. Please visit

www.stepsforlife.ca and follow the links. These walkers have created their own giving page (just click on their name) where you can find out more about them and who they are walking for.



Sponsor Steps for Life

Sponsoring the Steps for Life Walk allows your company or organization to:

1. Be a good corporate citizen in occupational health and safety;
2. Lead a culture shift where work-related injuries and illnesses are unacceptable;
3. Be highlighted in event media relations and on-site media coverage.

Sponsorship Levels

Due to popular demand we've created lots of sponsorship packages ranging from local \$250 event categories to \$15,000 national sponsorship categories. There are more than 9 sponsorship categories to choose from.

Please download the **2010 Steps for Life Sponsorship Package** of opportunities and benefits or call for more information. Customized sponsorship packages are also available.

“Threads of Life has given us a purpose in the face of our tragedy, helped us share with others who are struggling with devastating loss and has given us the opportunity to help others by sharing our story.”

Heather Dahmer's spouse is living with an occupational disease