



About Steps for Life

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 support those directly affected by fatalities, life-altering injuries and occupational disease. The event 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 fundraiser 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! Families, friends and colleagues of those affected by workplace tragedy, teams from safety-conscious companies, organizations, labour, and the general public will all participate.

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 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 3,200 family members across the country.

Where do people take Steps for Life?

In 2021, we remained strong and steadfast in our goal to fundraise for families affected by workplace tragedy. So many of us could not participate in person, but, did that stop our community from having fun? Of course not! We saw a wave of participants in yellow t-shirts who walked their dogs, went on a hike; people even danced to their favourite song. It was proof that together, we can do anything. For 2022, we will have options as we expect in-person walks but community members will have the choice to complete Steps for Life their own way. All the choices are open and welcome. No matter how we participate in 2022, #WeWalkTogether.

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*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.*

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