



## STEPS FOR LIFE FACTS

### **What is Steps for Life?**

Steps for Life is a fun, 5-km fundraising walk to help support families impacted by workplace tragedy. Created in 2004, the event raises funds to support Threads of Life programs and services for families who have suffered as a result of workplace tragedy and also raises awareness about the importance of workplace health and safety.

Ultimately, Steps for Life aims to educate the 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 is walking?**

Everyone! Families, friends and colleagues of those affected by workplace tragedy, teams from injury prevention organizations, labour, business and the general public will all participate.

### **What did Winnipeggers raise last year?**

Just over 300 walkers participated in Winnipeg last year to raise more than \$10,000. Across Canada in 2010, more than \$260,000 was raised by the 28 participating communities.

### **How are funds raised spent?**

All proceeds from Steps for Life support the Threads of Life, a national charitable organization dedicated to supporting families along their journey of healing after they've been affected by a 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 at the grassroots level. Threads of Life currently supports over 1,200 family members from across the country.

### **Where do people take Steps for Life?**

This year, Steps for Life will take place in 37 communities in nine provinces.

### **For Winnipeg media enquiries and requests, please contact:**

Hilary Friesen – ChangeMakers Marketing Communications

204.927.2895 (o)

204.799.9148 (m)

hilary@changemakers.ca