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Before printing, distributing or publishing this material, please reference the following requirements.

Using this material in its entirety


If the material is to be kept intact with no additions or alterations, we encourage you to print, upload and share our resources. In exchange for using this resource free of charge, please provide info@preventable.ca with estimated numbers for the following:

- Locations at/on which the material will be displayed and for how long
- Total distribution or numbers of postings
- Approximately how many people will see the material

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If you'd like to alter this resource in any way, including but not limited to using only part of the resource or incorporating your brand, Preventable must review the alteration and provide approval before release. Contact info@preventable.ca with any questions or requests for review.

**Before reaching
for that extra
foot and a half,
have a word
with yourself.**



THE COMMUNITY AGAINST
preventable
INJURIES