



# ACC SPORTSMART

Research shows injuries happen to people of all ages, in all sports and in all areas of the country. Injuries cause physical pain, emotional stress and prevent people from participating or performing at their best.

As part of the ACC SportSmart family of resources, ACC has produced a first aid kit and a cooler bag containing equipment for applying the R.I.C.E.D (Rest, Ice, Compression, Elevation, Diagnosis) procedure.

To order this ACC SportSmart First Aid Kit, fill out the form below and mail together with a cheque for the exact amount to the address given below. Make cheques payable to Accident Compensation Corporation.

THE MOST COMMON SPORTS INJURIES ARE:

- ▶ MUSCLE STRAINS
- ▶ LIGAMENT SPRAINS
- ▶ BRUISES

THESE INJURIES ARE ALSO KNOWN AS SOFT TISSUE INJURIES.

TAKING THE TIME TO TREAT YOUR INJURY EARLY IS IMPORTANT.

PROPER TREATMENT WILL HELP TO RELIEVE IMMEDIATE SYMPTOMS AND SPEED UP YOUR RECOVERY.

## ACC SPORTSMART FIRST AID KIT ORDER FORM

ITEM	COST	QUANTITY	TOTAL
ACC SportSmart First Aid Kit	@ \$150.00 (incl. GST) each* x		= \$
(* includes postage and packaging)			
<b>DELIVERY DETAILS</b>			
(Please supply contact name, physical address and phone number for delivery of your order.)			
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Please complete this form and mail together with a cheque for the exact amount to:

Eve Bon  
Injury Prevention  
ACC  
PO Box 242  
Wellington

Make cheques payable to Accident Compensation Corporation.

This is a tax invoice when paid. GST Number 13-975-094