




**Seed
print**

WRISTBANDS

222mm x 19mm

**Bleed Area** - This extends min 3mm from the edge of your finished document size. All images and colours you wish to be at the edge should extend in to this area.

**Safe Area** - Avoid putting text or important graphics closer than 3mm to the edge as there could be a possibility of being trimmed off.

**Trim Area** - This is the finished size of your artwork, anything outside will be trimmed off.

How to PDF -
File > Save As >
Format > Adobe PDF >
Adobe PDF Preset > High Quality print OR PDF/X-1a:2001 >
Marks and Bleed > Select "Trim marks" > Set all "Bleeds" to 3mm