

```
trigger RestrictContactByName on Contact (before insert, before update) {  
  
    //check contacts prior to insert or update for invalid data  
    For (Contact c : Trigger.New) {  
        if(c.LastName == 'INVALIDNAME') { //invalidname is invalid  
            c.AddError('The Last Name "'+c.LastName+'" is not allowed for DML');  
        }  
    }  
  
}
```