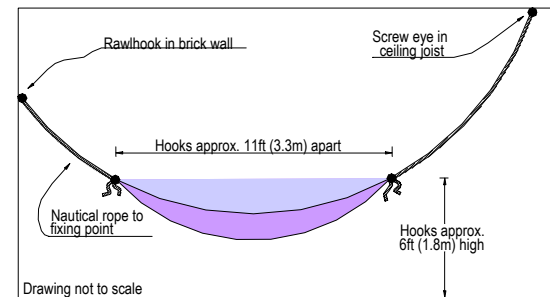


PARADISE HAMMOCK HANGING TIPS

Hammocks are a great and fun way of relaxing especially when hung safely and correctly. Wherever you choose to hang your hammock and whatever method you decide to use, the key factor is to check that it is secure by slowly easing your weight onto the hammock.

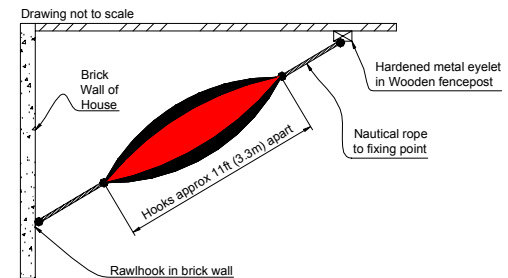
POSITIONING OF THE PARADISE HAMMOCK



Paradise hammocks are a very versatile and portable piece of kit and it's worth finding a few different places where it can be hung, to find its perfect equilibrium. For example, if it is hung too taut or too slack you will not experience its full potential. The ideal position for the hammock hooks are approximately 11ft (3.3m) apart and 6ft (1.8m) high giving the hammock a nice loose arc.

A length of nautical rope should be attached to the hammock hooks and the arc should continue up to the fixing points. The fixing points at each end do not necessarily have to be 11ft (3.3m) apart as you can use the nautical rope from the hooks to extend the arc. It's also worth noting that the fixing points do not have to be at the same height. For example, one end could be at 11ft (3.3m) high and the other at 8ft (2.4m) high – just make sure that the hammock hooks are at an equal height

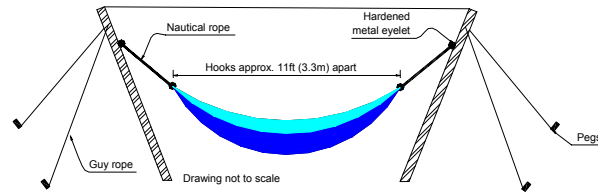
HANGING YOUR HAMMOCK (CEILINGS, WOODEN BEAMS AND POSTS)



It is pretty simple to support your Paradise hammock from a ceiling joist or any other kind of wooden support. If the woodwork is fully exposed, such as a floating beam – simply wrap the nautical rope around the beam a few times and tie a secure knot. Alternatively you can use a hardened metal self-screwing eyelet (approx. 40mm in length) and fix this into the centre of the timber. Firstly drill a small pilot hole with a 2mm drill bit to avoid splitting the wood.

Locations where the timber is covered by plaster, such as ceilings, you should first locate the edge of the timber joist by using panel pins and then fix the hardened metal self-screwing eyelet into the centre of the wood. The Paradise hammock can also be used externally by using the brick wall of the house and a wooden post (such as a fence post, see diagram above). Again you should ensure that the hammock hooks are 11ft (3.3m) apart and 6ft (1.8m) high giving the hammock a nice loose arc. A length of nautical rope can then be attached to the hammock hooks and the arc should continue up to the fixing points. Remember – into stone or brick walls use an M10 or M12 Rawlhook and for wooden beams and posts use 40mm hardened metal self-screwing eyelets.

HANGING YOUR HAMMOCK (GARDENS ETC.)



If you manage to find two suitably located trees where you can hang your hammock, simply use nautical rope around the trunk or large branch and tie a secure knot. Even if the trees are not ideally located, you can still hang your Paradise hammock, just make sure that the hammock hooks are 11ft (3.3m) apart and 6ft (1.8m) high. Another quick, simple method of garden hanging without trees is to get a couple of standard 3 x 3" (75mm x 75mm) fence posts, which can be purchased from most D.I.Y shops and garden centres. These posts can be attached to existing low garden walls or simply set in the ground on the lawn at an angle and guyed down using strong steel pegs (see diagram above). Completely free standing posts, which are sunk should be concreted into the ground and should measure at least 4 x 4" (100mm x 100mm) in width.

DON'T FORGET! We supply masonry fixing kits and self-supporting hammock stands. Remember that Paradise hammocks are very versatile and can be hung almost anywhere in less than a minute!