

Hammock Hanging Guide

It is possible to suspend your hammock from any solid, secure support providing you use the correct materials.

Materials required: 2 eyebolts (aka lag screws/eye screws); 2 S-hooks **or** 2 carabiners; 2 appropriate lengths of rope or chain

Tree(s): A healthy tree trunk(s) that should be no less than 12"/ 31cm in diameter.

Post(s): If without appropriate rooted trees, well footed posts are a great alternative. The timber should be weather-treated hardwood (not soft wood), without cracks or wood rot. A post should be no less than 4"x 4" (10cm x 10cm) in thickness and be secured into a solid concrete footing. Like attaching to a tree, either screw in a semi-permanent hammock hanging hook, or use compatible hammock hanging ropes which are quick to install, adjustable and removable.

Wall(s)/Ceiling: Choose a solid secure wall only (not a hollow wall), or a secure joist if suspending from the ceiling. Locate the stud in the wall; do **not** attach a hammock to wallboard only.

- Drill pilot holes in the wall stud, post, joist or railing using a drill and a drill bit half the size of the eyebolts you are using to hang the hammock.
- Place the end of an eyebolt into one of the pilot holes and turn it clockwise until it is as tight as you can get it with your hand. Insert a screwdriver into the loop on the eyebolt and tighten it. Repeat for a second eyebolt in the other pilot hole.
- Tie one end of the hammock onto one of the eyebolts with a tight knot. Make sure it is secure. Tie the other end to the other eyebolt in the same manner.

Here is a simple technique you can use to affix your hammock to an indoor wall using an S hook or carabiner, lag screw (aka eye screw or eyebolt) and rope.

- Locate a stud in your wall. Mark a point roughly 7 ft / 2m off the ground.
- Drill a pilot hole 3" / 8cm deep into center of stud.
- Screw eye bolt into pilot hole until only the "eye" remains visible.

If short extender ropes are included with your hammock, use the following instructions for securely attaching the ropes to the hammock:

- Take the rope and wrap it around the loop end of the hammock, as shown in first diagram below.
- Wrap the rope once around the hammock loop end and pass the end beneath the rest of the rope.
- Insert the rope through the loop end of the hammock, making sure it is secure.
- Attach the looped end of the rope to the S hook or carabiner, and then attach the S hook or carabiner to the eye bolt on the wall, post, or tree, or to the end ring of a hammock stand, if you are using one.



If extender ropes are **not** included with your hammock, or you require longer ropes than were provided, use the following instructions for attaching the ropes to the hammock:

- After measuring the amount of rope needed to reach the wall, fold the excess amount back over and tie a figure 8 knot as shown in the picture below.
- Simply insert the resulting loop into the S hook or carabiner, and clip onto the eye bolt.
- Note: For added strength and to protect the rope, you can first feed the rope loop through the center of the carabiner and then pull loop over and back down (using the same technique you'd use to join two rubber bands).

Distance for hammocks with spreader bars: the minimum distance required to hang your hammock will be equal to the overall length of the hammock. If your hammock is 13 feet / 4m from hanging point to hanging point, this is the minimum distance required to hang your hammock. If the two trees you want to hang your hammock are farther apart than this, you will need either rope or chain to extend your hanging points. The same would apply to a stand. We recommend extending the hanging points in equal lengths on both ends of the hammock, and we also recommend extending the hanging points no farther than 18 inches / 46cm on each end for a total of an additional 3 feet / 1m. The reason we recommend an additional 3 feet / 1m as being the maximum distance for hanging your hammock is that, once you get beyond this amount, the tipping factor increases in direct proportion to how much farther you extend the hanging points.

Distance for hammocks without spreader bars: the hanging distance is much more flexible. Hammocks without spreader bars will also have an overall length, determined by the hanging point to hanging point distance of the hammock. However, the minimum hanging distance for hammocks without spreader bars will be less than the overall length of the hammock because hammocks without spreader bars are designed to hang with a "dip" in them, and will not be taut when no one is lying in the hammock. In general, the minimum hanging distance for hammocks without spreader bars is two thirds of the overall length of the hammock. Therefore if your hammock is 180 inches / 457cm from hanging point to hanging point, the minimum hanging distance is going to be 120 inches / 305cm. For the maximum hanging distance, you would simply add two feet to the minimum hanging distance. These distances are only recommendations, and can be adjusted to fit your particular circumstances. Hammocks without spreader bars are flexible in how they can be hung in this way: the closer together you place the hanging points, the higher off of the ground you must go, while the farther apart you place the hanging points, the closer to the ground you can hang the hammock.

Height: For hammocks with spreader bars, 4-5 feet/1.25 - 1.5m off the ground is the average distance for hanging the hammock. For hammocks without spreader bars, 6-8 feet / 1.8 -2.4m off of the ground is the optimum height for hanging the hammocks. However, as stated above, hammocks without spreader bars are more flexible in how they are hung, and therefore can be adjusted to the space you have, assuming you have adequate space to move both up or down, and in or out.

Hammock Safety

To ensure safety and comfort and to avoid the risk of serious injury, always follow manufacturer's instructions and guidelines, where available.

The hanging points for each end of the hammock should be within the recommended minimum and maximum hanging distance prescribed by the manufacturer. If the hammock is stretched too far between hanging points it will increase the likelihood that tipping will occur. Likewise if the hammock is not stretched far enough, it will sag and you may hit the ground when you sit in it.

Secondly, it is important to hang the hammock in a secure location. If a hammock stand is not used, the hammock should be fashioned to structures that are able to support the weight of the hammock and its occupant. Furthermore, much care should be given to make sure that the hammock is properly tied or fastened tightly to the structures so that it will not loosen or fall when you get in the hammock. The hammock should never be fastened to an object that

has the potential to move.

Finally, and most importantly, you must remember that children should not be allowed to use the hammock while unsupervised. While hammocks provide a fun means of relaxation for children, they do provide a certain degree of danger. Children can become easily entangled in hammock strings, resulting in serious injuries such as strangulation. Hammocks can become quite unsteady at times and children may not have the balance or coordination to enter or exit the hammock without falling to the ground. There should also be no horseplay in or around a hammock. To prevent these potential problems from occurring, it is imperative that children be attended to at all times while using a hammock.

Check your hammock before each use to make sure it is in good working order; specifically check that wood or metal stands are not cracked, ropes, netting and fabric are in good repair and that all bolts are tight (if applicable).

Here are some additional safety tips:

- ◆ Never use a hammock as a bed for a napping infant or young child.
- ◆ Do not let anyone bounce or jump on a hammock.
- ◆ Do not climb on quickly or the momentum may propel you to the other side (and you may find yourself on the ground). Likewise, all hammocks have a maximum weight limit. Don't allow another person to join you on the hammock if this will exceed the weight limit, as the hammock may break.
- ◆ Distribute your weight evenly over the hammock. This places less strain on the device. For this reason (and because you may lose your balance), don't stand on a hammock.
- ◆ Store a hammock in a secure area (out of the reach of children) when you are finished using it for the day, even if you plan on using it again the next day. Storing the hammock in a dry, secure area prevents damage from weather (which could damage fabric or rope fibers over time) and accidents involving pets or children.