# Installation Guide for Hanging Bench/Swing

The following is a guide on how to install a hanging bench or swing.  Please consult with a professional contractor before attempting yourself.
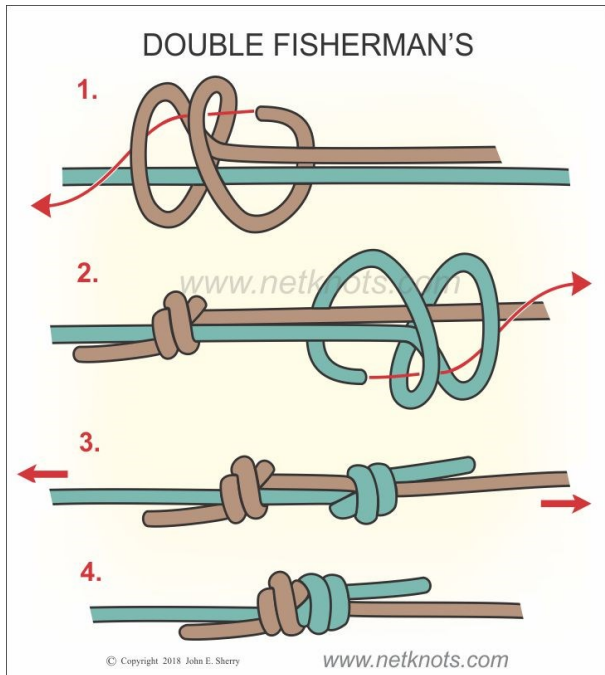
1.  Before you begin you will need some hanging hardware.  There are many sources for this (local hardware store, amazon, wayfair) but it should look something like the picture below.



2.  Install the mounting hardware to a structural support in the ceiling or have one created that can support the weight.  This will require heavy duty screws or lags.

3. Secure the open ends of the mounting rope using a dependable knot like a Double Fisherman's Knot and clip the Carabiner to the rope.



DOUBLE FISHERMAN'S

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4. Clip Carabiner to the mounting hardware and adjust ropes to balance