

# Hang It Up!



## Hammex™ Hanging Tips & Suggestions

Our first suggestion is: don't limit yourself to one location...you can easily move your Mayan hammock from place to place in minutes. Hang it indoors and you can enjoy it regardless of the weather. When you're not using it you can quickly take it down and out of the way.

**INDOORS:** Unless you happen to live in a log cabin, which obviously lends itself to hooks, there are three types of materials you may be dealing with: plaster and lathe (usually in buildings circa 1930s and earlier); masonry (concrete, block, or brick); or wooden framed buildings finished with drywall (for hammock hanging purposes, sheet rock, plasterboard, or gypsum board are essentially the same).

**1.) Framed Houses with Drywall/Sheet Rock.** Most modern (i.e., post 1930s) homes, townhouses, and low-rise apartment are framed with wooden studs, joists, and rafters. Fortunately, these structures are the easiest to fit with hooks. The most-fool proof way of finding studs, joists, etc, is to get a **stud sensor** at your local hardware store.

Other suggestions for locating the framing elements:

**a. Drywall Screws.** The sheets are held to studs or joists by a series of these. A bare light bulb held close to the wall or ceiling may reveal pancake-shaped surface inconsistencies where screw heads are covered with drywall compound. A linear grouping of these on the ceiling, or vertically on a wall, may indicate a joist or stud.

**b. Baseboard & Crown Molding.** Often these trimmings are attached by being nailed to studs through the drywall. Look for nail heads spaced 16" apart along the molding. Drop a plumb line to the nail heads or measure back from a corner to size up how the stud runs up from the baseboard or down from the crown molding.

**c. Other Framing Possibilities.** Many framed structures have beams running along the walls just below ceiling level for joists to ride on. Drill an inch below ceiling level and look for sawdust after you have passed through the drywall. Also, doors and windows are usually framed with double studs.

**d. Joists and Rafters.** Attics and basements usually have plenty of exposed rafters or joists to tap into. If you can get into the attic or crawlspace over the top floor, you can see the joists that run above your ceilings. (This works for plaster too!) Using a small bit, drill down through the ceiling, and measure from the edge of the joist to this hole. Go downstairs, and measure back toward the joist from the drilled hole, add 3/4", and drill your pilot hole into what should be the joist center. Check for sawdust!

**DRILLING:** Once you have an idea where the stud or joist is, make a few exploratory holes with the smallest drill bit available. Drilling just above door and window frames can conceal exploratory drill holes. If you miss the stud, you'll feel the bit give as it breaches the drywall. Most wall studs are only 1-3/4" thick, so it's a good idea to know where the center is. Once you have the center, drill a pilot hole for your hook (we suggest a 1/4" or 9/32" bit for a 5/16" hook).

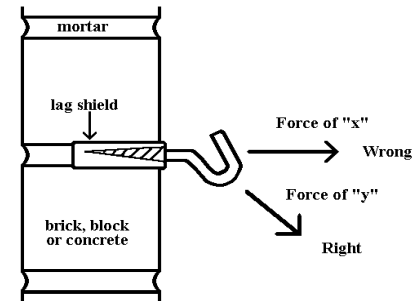
**CAUTION:** Be sure to check hooks regularly to be certain they remain firmly seated.

**PLEASE NOTE:** This information is provided to you as a courtesy, with the warning that these are merely suggestions. All buildings have unique structural aspects that we cannot hope to describe in complete detail. We accept no responsibility for injuries sustained in hanging or using your hammock. Please be safe and prudent whenever you use it.

**2.) Plaster & Lathe.** Do not probe for studs in plaster; you could be finding sawdust while hitting only lathe. A battery-powered **stud sensor** with a 'deep scan' feature usually will do the job on plaster. You can also try the baseboard molding method from **1.) b.** to the left (studs may be 18-22" apart on center). Another method is to go outside and look for the vertical nail pattern on clapboard exterior, which would indicate where the studs are. Measure the distance to the nail lines from a window. Go inside, measure along the wall from the same window, and using the distances you found outside, locate the studs inside.

**3.) Concrete, Cinder Block, or Brick.** These structures can be fitted with a lead lag shield and hook. The trick is to drill a hole big enough. A star drill or mortar bit is recommended, but you may need a 1/2" drill to accommodate a big enough bit. Use only on walls, not ceilings, because a **force of "x"** (see fig.) could pull it out. A downward **force of "y"** is what you're after.

**CAUTION:** Beware of soft or crumbling mortar, block, or thin brick veneer. Very little force can pull a lead lag shield right out of these weak materials.



**OUTDOORS.** An unused **swingset stand** is perfect for hanging a Mayan hammock. Other possibilities include:

**1.) Trees.** If you have two trees, but they seem too far apart, just use rope to bridge the gap. Start higher in the trees the farther apart they are. No hooks are needed if you tie a good tight knot (we suggest a bowline).

**2.) Covered Porches or Patios.** The joists will usually run perpendicular to the front or rear walls of the house. Look for nail heads on ceiling molding, since the ceiling itself may be tongue-and-groove slats that hide the nails. Look for a consistent distance between the nail heads. If they appear every 16, 18, or 24 inches, you may have located the joists as well.

**3.) Outer Walls of the House.** The outer walls of a building can be used in combination with any other single attachment point (i.e., a tree, a telephone pole, an outbuilding). Consult tips for how to put a hook into brick or block, or look for nail-head patterns on siding to find the studs.

**4.) Pressure Treated Posts.** The simplest hammock stand you can build is two properly-spaced, well-set, pressure-treated 4x4s. Dig two holes 24 inches deep and 11-12 feet apart. Seat the 4x4s in concrete and allow to set before hanging your hammock. We recommend using ten foot lengths of 4x4 so you can experiment with heights. To help prevent the poles from drawing together when you get in, you can stake off each pole opposite of where your hammock hangs, but this isn't really necessary if your posts are well-seated.

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