

## HANGING YOUR HAMMOCK

To hang your Sunnydaze hammock you will require two fixed points, such as trees, posts, or an appropriately sized hammock stand. Never hang hammocks from a freestanding brick wall.

Select a location that is free of sharp objects, rocks or other debris that could be hazardous in case of a fall.

Do not twist or knot ropes when hanging.

The center of the hammock should be at a height where the user can enter and exit the hammock safely, but also high enough that it will not touch the ground after weight is in the hammock. Leave some slack in the fabric to help prevent tipping.

**⚠ WARNING:** Failure to read and follow instructions and safety warnings could result in serious injury.

## HOW TO RELAX IN YOUR HAMMOCK

**⚠ BEFORE USE:** Carefully read all use, care, and safety information to ensure the hammock is used safely.



Take your time getting into and out of your hammock; any hammock can tip when weight is not centered.



**1** Pull the sides of the hammock apart so you can identify the center.



**2** With your feet flat on the ground, firmly hold both sides, then pull the back side up behind your head while slowly lowering yourself into a seated position.



**3** Slowly lift your legs into the hammock and push the fabric out with your feet.

Slowly and carefully reposition as needed.

*If the hammock begins to tip, position your feet back on the ground and start again.*



**4** To exit the hammock, firmly hold both sides of the hammock, swing your feet out and place them flat on the ground. Grip the edge of the hammock and slowly stand up.

## ! SAFETY STATEMENTS & WARNINGS !

This hammock is only to be used by adults and person(s) with developed motor skills who understand the potential dangers when they are misused.

Supervise children at all times. Never allow small or young children to enter or exit a hammock without adult assistance. Never allow or encourage children to sleep or play in a hammock. Always teach and practice safe hammock use.



**Take your time getting into and out of your hammock; any hammock can tip when weight is not centered.**

To prolong the lifespan of your Sunnydaze hammock we recommend that you always bring the hammock inside when not in use, as the sun, rain, and other outdoor elements will deteriorate the materials over time. If using near the sea it is important to rinse the hammock regularly. Ensure the hammock is dry when storing to prevent mold and mildew.



**WARNING:** Do not use if parts are missing, worn, or damaged.



**WARNING:** Never leave a hammock hanging when not in use.



**WARNING:** Do not allow children to use this product without constant adult supervision.



**WARNING:** Always keep weight centered when entering and exiting the hammock.

- **DO NOT** exceed the recommended weight capacity of the hammock.
- **DO NOT** climb into the hammock feet first.
- **DO NOT** dive into or jump in the hammock.
- **DO NOT** stick your head or any other body part through the ropes.
- Keep hanging ropes as straight as possible, do not twist or knot.
- **Hammocks are not designed for swinging.** Excessive swinging and other rough play may result in injuries and will wear out your hammock prematurely.
- **DO NOT** leave children unattended in hammocks or near hammocks.
- Pets should not be allowed into hammocks as it may result in injuries or damage to the product.
- Hammock fabrics and accessories will become worn over time and use, do not use the hammock if ropes are frayed.
- If possible, only use the hammock over a surface with shock-absorbing properties such as carpet or grass to help minimize the risk of injury in case of falling out of the hammock.
- **ALWAYS** store the hammock indoors when not in use.

**Any modification to the product or failure to follow recommended care will void the product warranty.**



**LEARN MORE ABOUT HAMMOCK SAFETY!**

**SCAN THE CODE WITH YOUR SMARTPHONE**

**OR VISIT**

<https://tiny.cc/hammock-safety>

### ! WARNING:

Manufacturer and seller expressly disclaim any and all liability from personal injury, property damage or loss, whether direct or indirect, or incidental, resulting from the incorrect attachment, improper use, inadequate maintenance, or neglect of this product.