

SINGLE HOOK FITTING INSTRUCTIONS

1. Drill a hole where you would like to fix the hook.
A 5mm hole is suitable for fixing into wood. Use an appropriate fixing plug if you are fixing into other surfaces.
2. Using a spanner, turn the outside nut clockwise to fix the screw into the hole. Leave about 15mm of the entire fixing, including the nuts, sticking out. There should be a small gap (about 5mm) between the inside nut and the surface.
3. Turn the inside nut clockwise slightly to loosen the nuts.
4. Remove both nuts by rotating anticlockwise.
5. Screw the hook onto the thread by hand. Take care not to over tighten!

