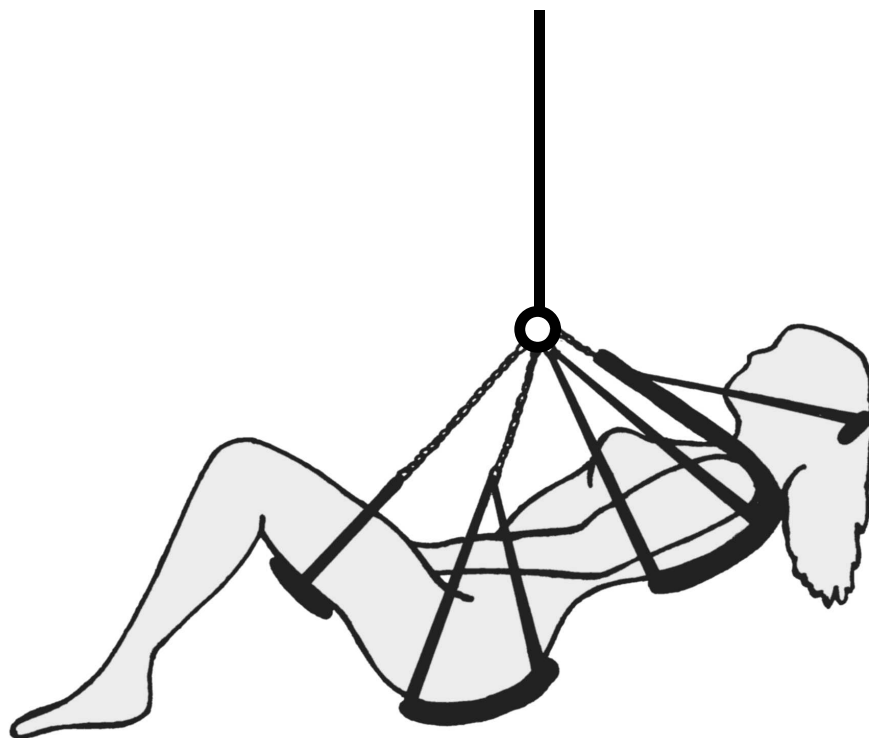


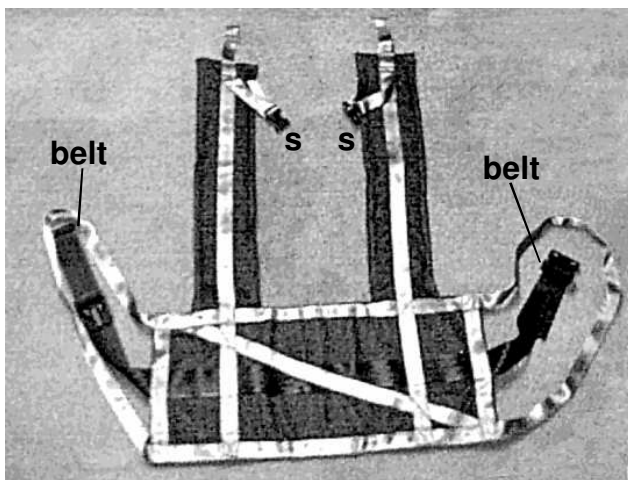
# Build Your Own Multi-Piece Advanced Sex Sling



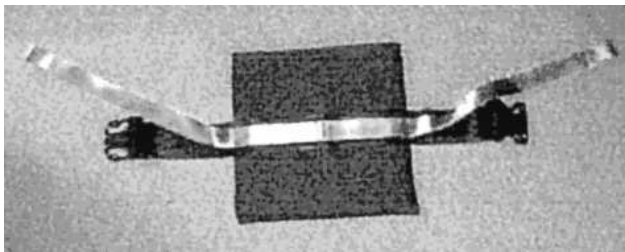
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## Multi-Sling General Description

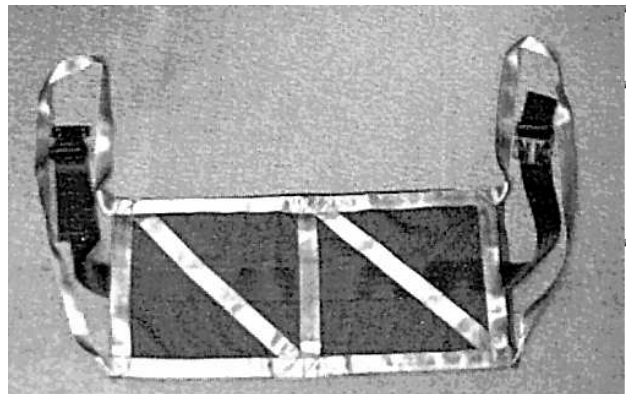
The multi-sling is a multi-part sling designed with flexibility in mind. It works with a wide variety of body types and sizes and can be positioned in a number of different positions by adjusting the various support parts. What makes this sling different from the usual consumer "swings" is that belts have been added to the components to hold them in place and prevent them from slipping during positioning. The belts DO NOT support the person but keep the sling parts in the proper position on their body. All parts are made from heavy cotton denim reinforced with high-strength tubular webbing. High density foam padding is placed inside for comfort. Foam pads and buckles are removable so that the sling parts can be washed in warm water and hung to dry. With the exception of the headrest, all parts in the photos below are shown bottom side up to show reinforcing web.



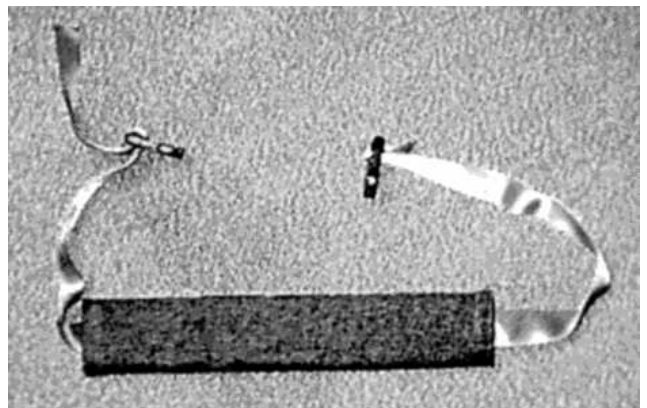
This is the upper body support, the two pieces at the top go around the shoulders, the horizontal piece across the back or chest, depending on the position. The light colored lines are high-strength webbing. The belt holds the support in the proper position on the person.



The stirrup; there are two of these, one to support each leg. The square in the middle is a cloth covered foam pad which is secured under the thigh, knee, lower leg or foot (depending upon the position) using the belt (black on either side). The light colored webbing is attached to a chain for support and adjustment.



The lower body support goes around the hips/waist/thighs depending upon the position used. The light colored material is high-strength webbing.



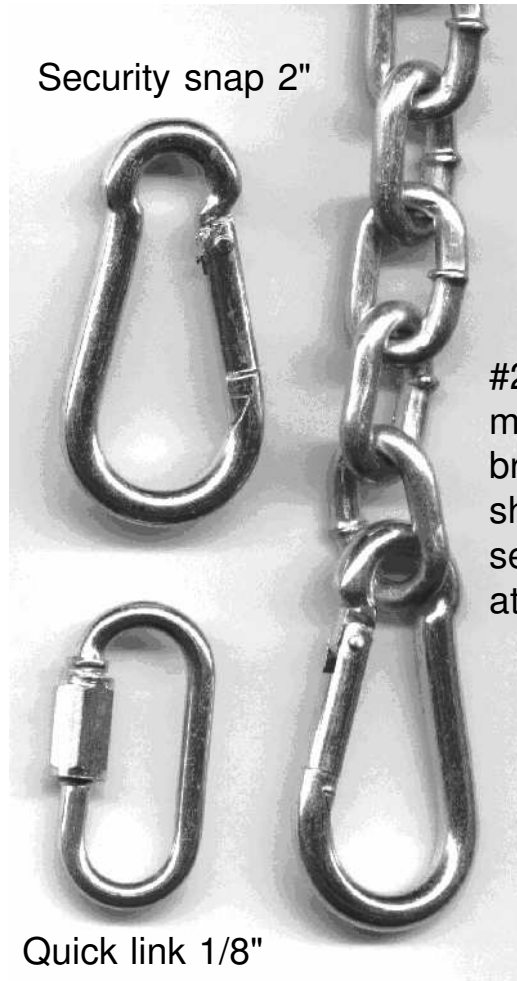
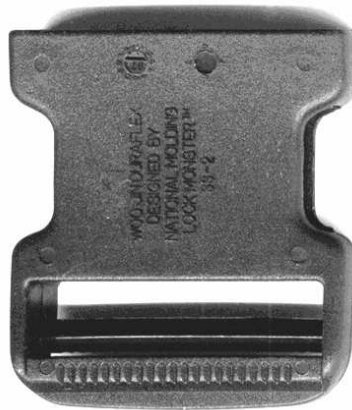
The headrest. Attaches to the upper body support with adjustable plastic buckles (at the points marked 's' on the upper body support photo) and supports the head. Padded with foam padding

## Hardware Required

You don't need mub hardware for this sling, nylon buckles, 12 feet straight machine chain (#2 bright zinc finish, 325lbs. work load), 2 two inch security snaps (381lbs. work load), 10 eighth inch quick links (220lbs. work load), 2 quarter inch quick links (880lbs. work load), 2 two inch harness rings. All can be obtained at your local hardware outlet.



Large buckle  
(2" wide)  
4 required



Security snap 2"

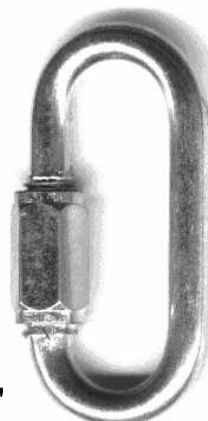
#2 Straight machine chain bright zinc finish shown with 2" security snap attached



Small buckle  
(1" wide)  
2 required



Quick link 1/8"



Quick link 1/4"



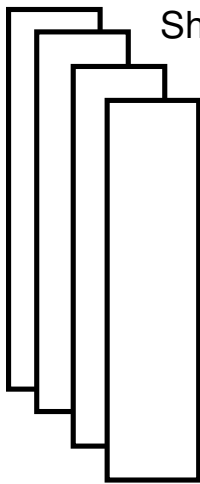
Harness Ring 2"

## Material

Chain was the choice for the parts of this sling that support weight and must be adjustable since it allows quick and easy adjustment with a maximum of security; buckles and slides are prone to accidental disconnection, slippage and failure. Buckles are used only where there is light loading such as the headrest or the belts used to hold the sling onto the person.

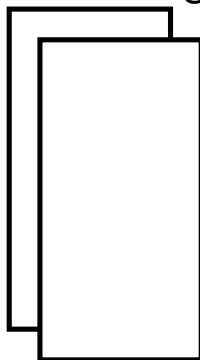
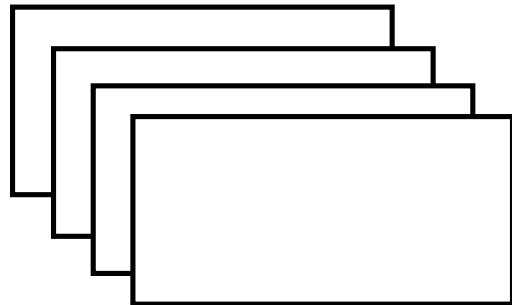
Before starting you should wash your denim fabric in warm water to remove any excess dye or sizing from the fabric and to allow it to shrink to its final size. Dry and iron it before proceeding. Use 100% Polyester thread throughout.

Measure and cut the fabric as shown. The edges may be serged (overcast) or use a liquid fabric sealant to prevent fraying of raw edges. All edges are at right angles to one another. Measurements given include the seam allowance (1cm)



Shoulder straps - 4 pieces 60cm x 15cm

Supports - 4 pieces 30cm x 60cm

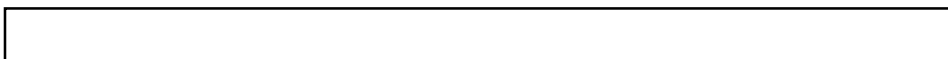


Stirrups- 2 pieces 25cm x 50cm

Head Support - 1 piece 30cm x 15cm



Flat Tubular Webbing - 2.5cm wide

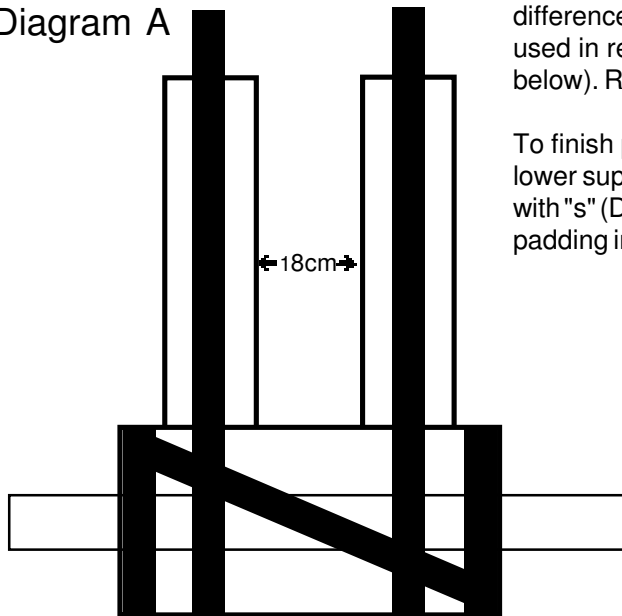


Seat belt straps - 5cm wide

## The Upper and Lower Body Supports

The upper and lower body supports are made in much the same way except that the upper body support has two shoulder supports attached. Take all four pieces of the 30cm by 60cm material and all four pieces of the 15cm by 60cm material and fold the edge 1cm back on all edges, iron in place (fold to inside of fabric). Stitch along all the edges. The shoulder straps should be positioned 18cm apart as shown below in Diagram A (9cm from the centerline of the upper support) and 1cm overlap. Stitch along edge. You should have two upper body support pieces and two lower body support pieces that are the same. Using ONE of the upper supports, take the 1.5m of the 5cm wide seatbelt material, fold the ends over and stitch. Find the center of this belt and sew on center to the support as shown (thin black outline on diagram below). Using a little more than 1m of flat 2.5cm wide tubular webbing (hereafter called "webbing", heat seal the cut ends of the webbing with flame to prevent unravelling), run it up one side, across and down then up the other side as shown in the diagram (an "N" shape). Stitch in place. Now run two pieces of 1 meter long webbing from the lower edge of the upper support up the middle of each shoulder strap and stitch in place. Fold back 10cm of each piece of webbing on the shoulder straps and stitch on the lower 5cm to form a loop. Next attach a 50cm piece of webbing to the top of each shoulder strap, fold back 10cm to form a loop (used when you need a shorter shoulder strap) and stitch (see points marked "x" on Diagram B below). To make the sling support loop, take a 3m length of webbing, overlap the ends by 10cm and stitch. Center it on the support as shown with equal parts left and right, stitch in place. Reinforce with stitching at each of the junctions marked with a "Z"

Diagram A



Use ONE of the lower body support pieces. The lower body support is made in the same way as the upper body support, the only difference being that no shoulder straps are used and the webbing used in reinforcing has a slightly different pattern (see Diagram C below). Reinforce with stitching where indicated with "Z".

To finish place the matching piece you' ve made for the upper and lower supports in line with its' mate and stitch on the edges marked with "s" (Diagram B and C). The open ends will be used to insert foam padding in the finished sling.

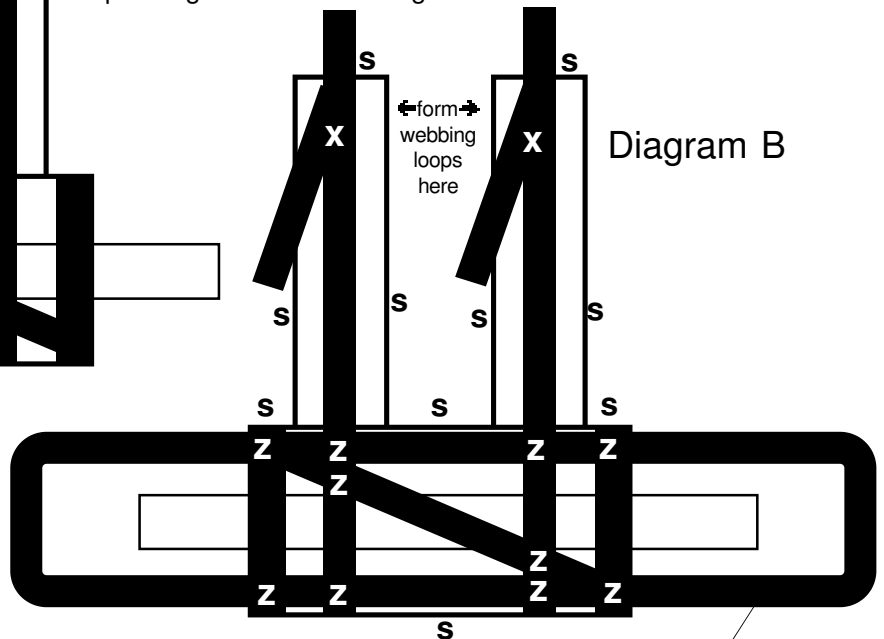
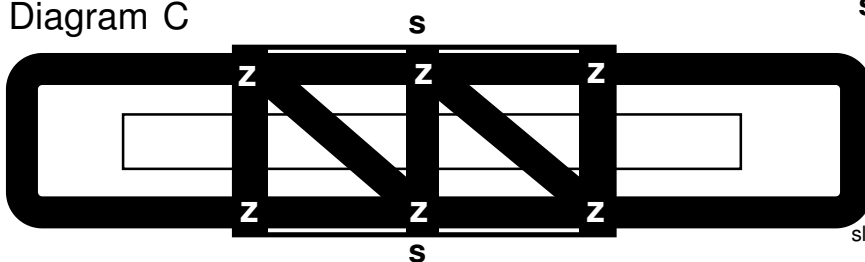


Diagram B

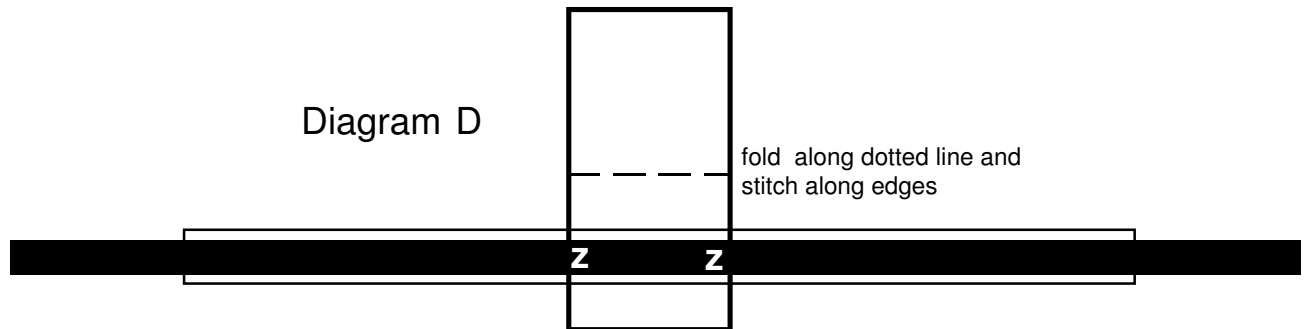
Diagram C



sling support loops made from 3m of webbing, overlap ends by 10cm

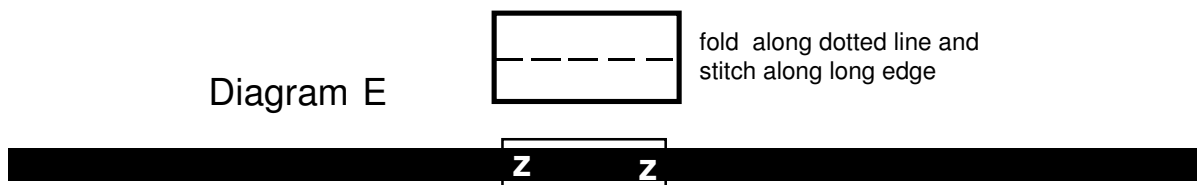
## The Stirrups

The stirrups are very simple to make. Take the stirrup material and fold 1cm of material in all the way around to make a hem, iron and stitch. Now fold each one in half and iron (see dotted line in Diagram D). Unfold. On the center of each one place a 80cm length of seatbelt with the edges finished as described for upper and lower supports. Stitch in place. Now center a 1.2m length of webbing over the seatbelt and stitch in place. Reinforce stitching at "z" on diagram. Fold over the fabric and stitch along edges, right and left to leave one side open. Fold over the last 10cm of each end of the webbing and stitch on the lower 5cm to form a loop.



## The Head Support

The head support is simple to make. Take the head material and fold 1cm of material in all the way around to make a hem, iron and stitch. Now fold in half and iron (see dotted line in Diagram E) and stitch along the LONG side leaving both ends open. On the center of a 1m length of webbing stitch a 25cm length of seatbelt. Reinforce stitch as indicated by the "z". Slip fabric cover onto seatbelt material by pulling webbing through the cover until it is centered.



## Foam Padding

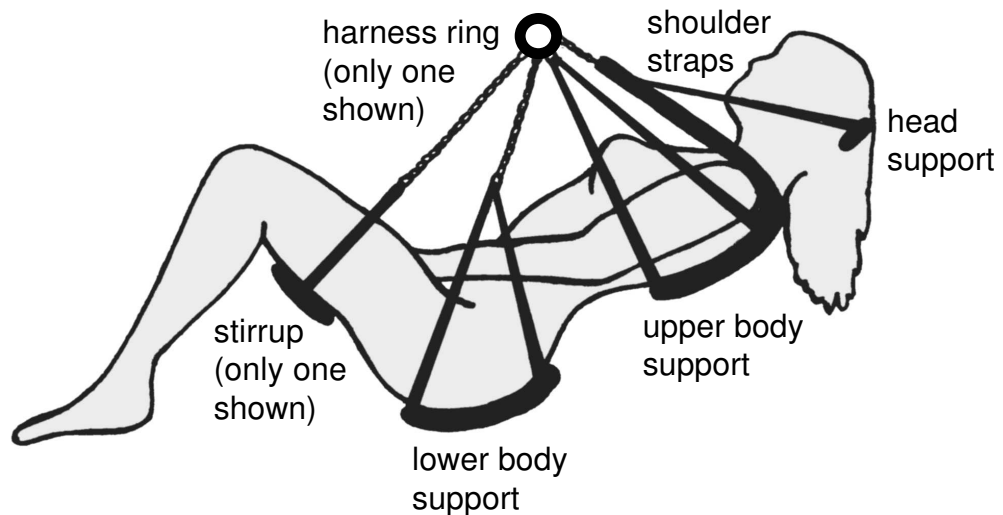
Use high density foam padding (blue, polyethylene 12.5cm thick, available at camping stores) cut to shape for the shoulder supports, upper and lower supports, stirrups and head support. The photo, right, shows how the foam fits inside the fabric. Curve it slightly while inserting it in the fabric and round the corners to make it go in easier. Remove the foam prior to washing the sling.



## Assembling the Sling

Cut the chain into 4 one foot (30cm) lengths and two four foot (1.2m) lengths using 12 feet (3.6m) of chain. Use one-eighth quick links to attach the one foot chain to the shoulder supports and the lower body supports. On the ends of the four foot chains place the 2" security snaps. On each of the harness rings attach in order, the shoulder strap chain using a one-eighth inch quick link, the upper body support using the quarter-inch quick link, the lower body support chain using a one-eighth inch quick link, and the stirrup chain using a one-eighth inch quick link. The chain allows adjustment of the shoulder straps, the lower body support (shorten chain for a reclining position, lengthen for a sitting position) and the stirrups for positioning the legs. The security snaps are used to attach the webbing loops on each end of the stirrups. Attach the buckles on the appropriate places on the seat belts (upper and lower body supports and each stirrup) and the small buckles on the head support (see the general description for attachment points of the head support). When the head is upward (as in illustration below) loop an elastic band around the web to help to hold it onto the head.

When using the sling for the first time, we suggest having a couple of able-bodied people present just in case something should go wrong. Lift the person from a bed, just enough to clear the surface of the bed and experiment until you feel confident about the equipment. Always inspect the equipment for wear and tear before use and keep it clean and dry. Don't abuse or overload it, only one person should be in it at a time. Consult the use guide for how to use the sling.



Side view of one of many positions that the multi-sling can be used in. The seat belts are NOT shown for clarity and one stirrup is used to support each leg. Harness rings attach to lift bar, one for each side right and left. Stirrups, lower body support and shoulder straps are attached by chain to the harness ring.