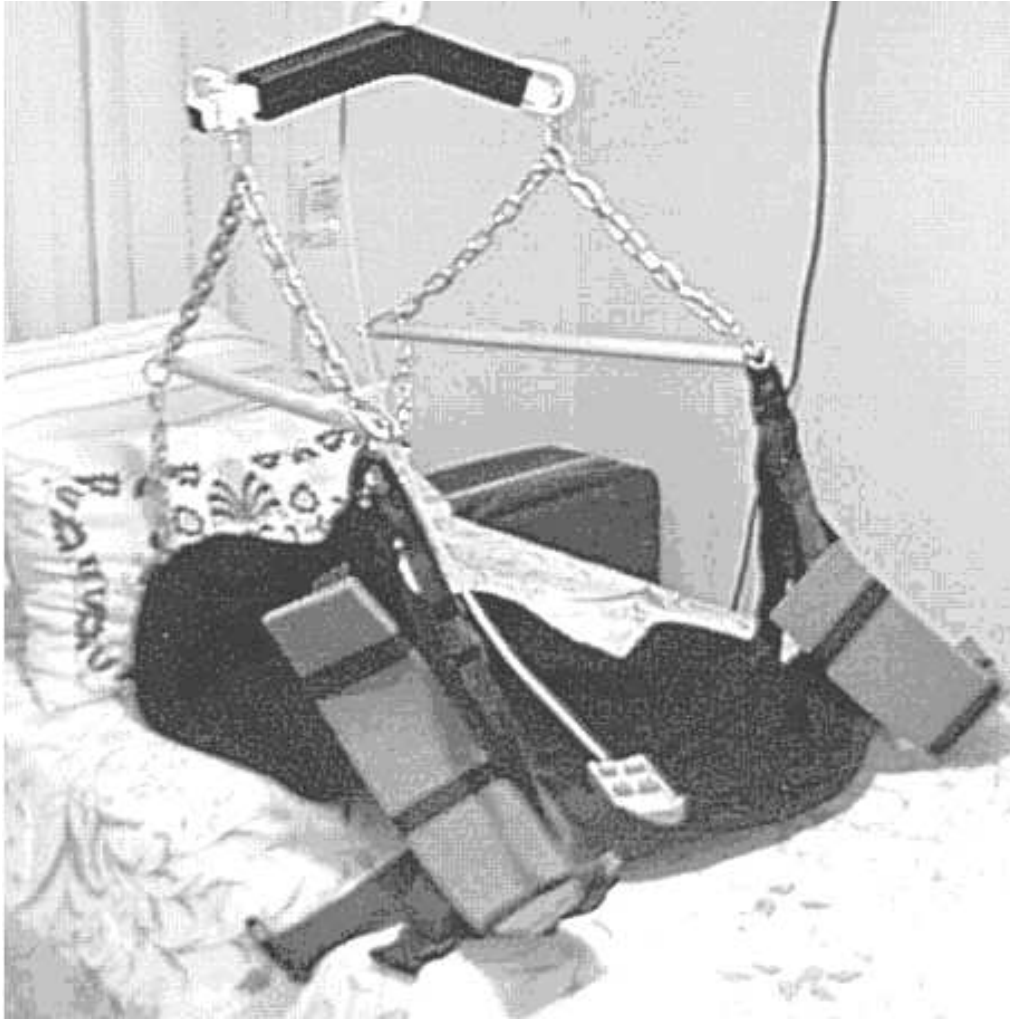


# Build Your Own Single Piece Sex Sling



The simple sex sling is a low-cost , easy-to-make sex sling that works with a wide variety of body types and sizes. The seat belt DOES NOT support the person but keeps the sling in the proper position on their body. All parts are made from heavy cotton denim reinforced with high-strength tubular webbing. Buckles and metal fastenings are removable so that the sling can be washed in warm water and hung to dry. The image above shows a prototype which has two seatbelts and uncovered foam leg supports. The latest version in this publication has one seatbelt and smaller, fabric covered leg supports.

**Disclaimer:** Due to variances in the quality of materials used, in workmanship, wear-and-tear, operator error, accidents and unforeseen events, the author and publisher of this document assume NO RESPONSIBILITY and NO LIABILITY for any injuries, damages, losses caused by the use of these directions or any product made by following them. If you make a sling, it's up to you to make sure it functions and to take proper precautions during its construction and use. This publication is offered as a free public service without any guarantees. You may distribute this publication without charge.

## Hardware Required

You don't need much hardware for this sling, nylon buckles, 5 feet straight machine chain (#2 bright zinc finish, 325lbs. work load), 2 two inch harness rings, 6 quarter inch quick links (880lbs. work load), 4 screw eyes, 1.2m hardwood dowel 3.75cm diameter. All can be obtained at your local hardware outlet.

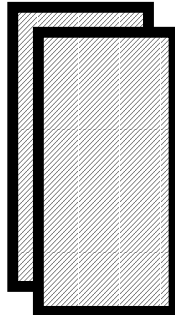
For the actual construction you'll need a piece of heavy weight denim fabric (like jeans are made from) 1m x 1.5m, 1.5m of seatbelt material 5cm wide, 14m high strength flat tubular webbing 2.5cm wide. Some blue foam padding of the type found in camping stores (1.25cm thick) is required for the stirrups.

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 it's final size. Dry and iron it before proceeding. Use 100% polyester thread throughout.

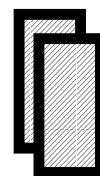
Measure and cut the fabric as shown below. The edges may be serged (overcast) or use a liquid fabric sealant to prevent fraying of raw edges. All edges are at right angles to one another. Measurements given include the seam allowance (1cm)



Large buckle  
(2" wide)  
3 required



Main sling-  
2 pieces  
1m x 0.5m



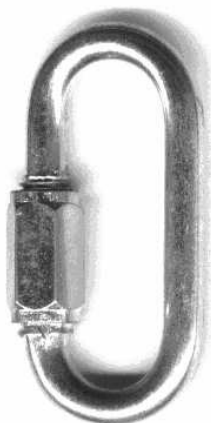
Stirrups-  
2 pieces  
25cm x  
50cm



Screw eye 1/4"



Small buckle  
(1" wide)  
2 required



Quick link 1/4"



Harness Ring 2"

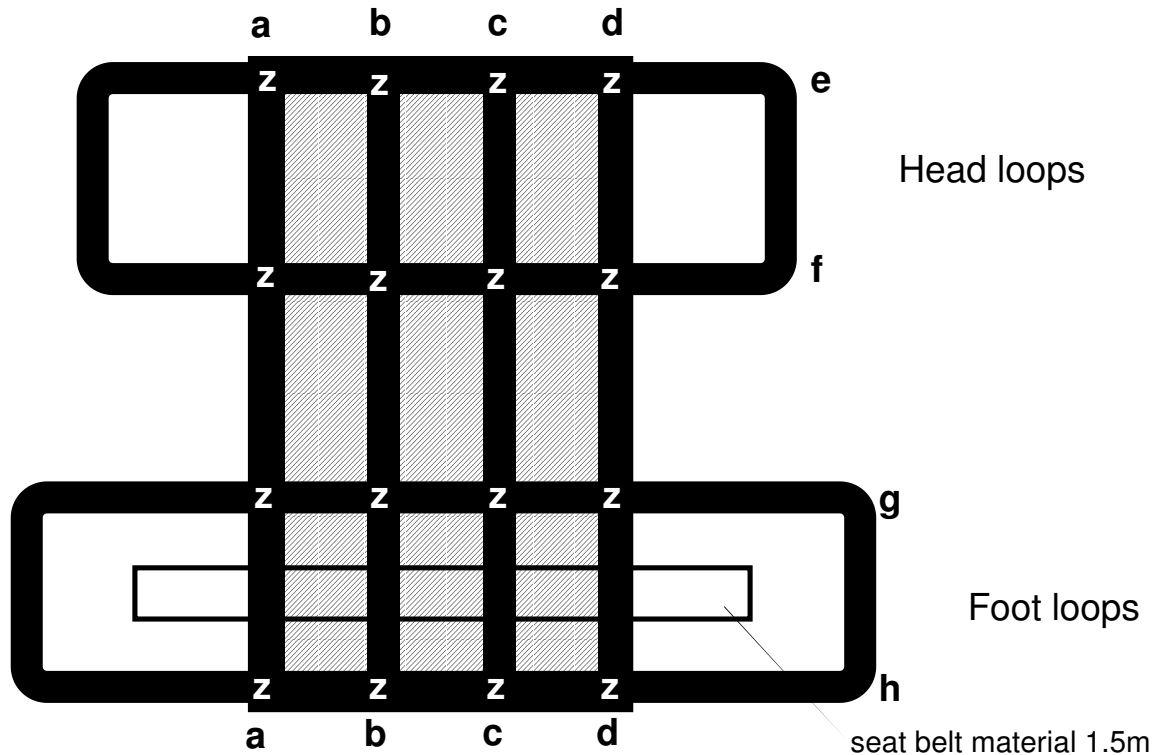


#2 Straight  
machine chain  
bright zinc finish

## The Main Sling

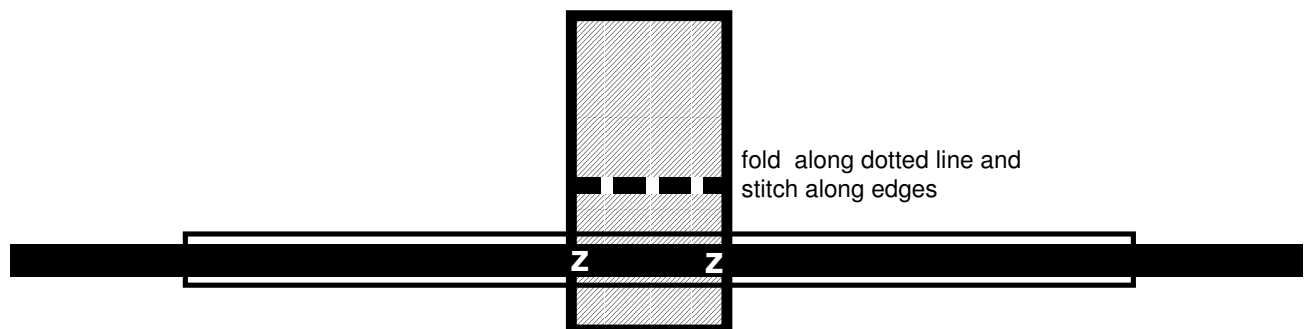
Take the two pieces of the 1m by 0.5m material and fold all the edges 1cm back, iron in place (fold to inside of fabric). Place the two pieces on top of one another, inside to inside and stitch around the entire perimeter so you now have one piece of double-thickness denim material 1m by 0.5m (actually a little less because you've folded in each edge by 1cm). Using 1.5m of the 5cm wide seatbelt material, fold the ends over 1cm and stitch. Find the center of this belt and sew on center to the support as shown 10cm in from the foot end of the sling (thin black outline on diagram below). Using 4 pieces of 1m of flat 2.5cm wide tubular webbing (hereafter called "webbing", heat seal the cut ends of the webbing with flame to prevent unravelling) stitch in place on the back side of the sling fabric as shown on the diagram below between a-a, d-d, and 16cm in from either edge at b-b and c-c (measure center to center of webbing).

Now make up the head support loop with 2.5m of webbing, overlap the ends by 10cm and stitch. Position the loop on center as shown in the diagram, with one edge (e) along the upper edge of the denim fabric, with the other edge (f) 30cm below. Stitch in place. Make the foot support loop with 3.0m of webbing, overlap the ends by 10cm and stitch in place. Position the loop as shown at the foot end of the fabric, centered, with one side at the (h) position and the other side at the (g) position 30cm above (see diagram below). Stitch in place. Now make a "Z" pattern of reinforcing stitching at all the junctions of the webbing labelled "z" in the diagram. Inspect for any flaws, loose threads. The main sling is now completed.



## 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 75cm length of seatbelt with the edges finished as described for upper and lower supports. Stitch in place. Now center a 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. Insert a piece of blue foam, cut to size, in each fabric stirrup

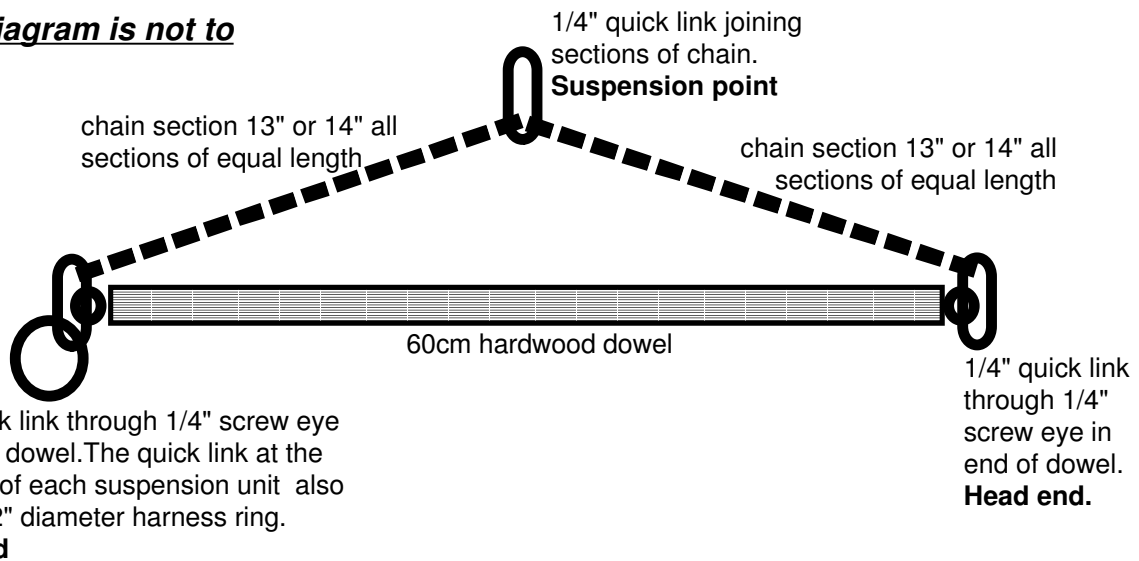


## The Chain Suspension

Start by taking the hardwood dowel and cutting it into two pieces each 60cm long. In the ends of each piece, find the center and drill a hole **SLIGHTLY SMALLER** than the diameter of your screw-eye screw (i.e. if your screw eye is 1/4" then use a 3/16" drill bit). This hole is to prevent the dowel from splitting when you turn in the screw eye. Now you can turn in each screw eye carefully. If you wish you can sand the dowel with fine sandpaper and give it a coat of varnish.

Next, take your 5' of chain and cut it into 4 equal lengths, each piece should be 13 or 14 inches in length. Now assemble the chain suspension as shown below in the side view diagram. You should have two suspension units when finished (only one is shown below both are made the same way)

**this diagram is not to scale**



## Assembling the Sling

Attach the buckles on the appropriate places on the seat belts (main sling and each stirrup) and the small buckles on each stirrup webbing (see photo page 3). Place the sling on a flat surface with the foot and head loops to the left and right. Place a suspension unit on either side with the foot and head ends lined up (see construction diagrams). Open the quick links at the foot and head end of each suspension unit, right and left, and place the appropriate loop from the sling through it. Close the quick links. Pass the webbing from each stirrup through the harness rings and clip the ends of each stirrup webbing together using the buckles. Your unit is now fully assembled and ready for use.

**To use:** Place sling flat open on bed with the chain suspension units hanging over the sides of the bed, right and left. Place person on center of sling with the hips at the foot end. You might like to place a folded towel under the groin to help keep the sling clean. Do up seatbelt and adjust to hold sling around hips. You can place a pillow under the head or to either side. If you're using a hoist to position the person you can usually leave the conventional sling in place after you've placed them in the sex sling (it makes taking them out a bit easier). Connect the suspension point (quick link) of each chain suspension unit to the hoist. Raise hoist until sling is taut, check all connections then raise off bed 10cm. Recheck connections. Place the padded stirrups under the legs and adjust by pulling the stirrup webbing through the small buckles. Raise again until feet/legs clear bed. Check the stirrup connections for safety and comfort. If adjustments need to be made, lower person to the bed **BEFORE** making them. If you're using a mobile hoist, make sure you spread and lock the legs for additional stability.

**NOTE: Do NOT use the hardwood dowels on the chain suspension units as chin-up bars or grab bars to support your weight. The purpose of these bars is to spread the sling lengthwise, not to accept the weight of the person. You can use these for positioning and for holding lightweight things (clothing, vibrators, etc.).**

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.