

IMPORTANT READ ME BEFORE YOU START ASSEMBLY



Before you start grab a coffee and read. Inside will be information that could save a lot of arguments later. Save the beer for celebrations after the assembly.

It is not War and Peace but by taking ten minutes to read now could save you hours of stress later.



Help is Here

If you require assistance please contact us directly at help@strictlybedsandbunks.co.uk.





Need Help Assembling This Product?

We have some videos online that may help you. Please scan this barcode using your phone or visit www.strictlybedsandbunks.co.uk/assemblyhelp

Help me !

CUSTOMER CARE

We have checked all parts to ensure they are free of damage. However timber is a natural, living product. Occasionally timber can still be adjusting to humidity, for this reason a crack or stretch mark may appear after the product has been packaged.

Strictly Beds and Bunks however have a **FREE PARTS REQUEST** service in this unlikely event. You need to order a part please go to

Parts Portal - www.strictlyhelpdesk.co.uk.

Email Assistance: help@strictlybedsandbunks.co.uk



Using the Camera on your phone scan this barcode to take you our after sales. You can find various options as regards assistance on this purchase.



SAFETY NOTICE: WOODEN FLOORS

This bed uses support legs to ensure heavy duty use. If you are locating this bed on a laminate or wooden floor the bed may move/slip when in use. This movement may dislodge the support legs. You must therefore attach non-slip pads under each corner post to prevent this movement. These also protect your floor. You can scan this QR Code for details on how to purchase these.

IMPORTANT NOTICE :
DO NOT DISPOSE OF THIS PACKAGING UNTIL YOU HAVE ASSEMBLED YOUR PRODUCT AND SATISFIED WITH YOUR PURCHASE



Before you start check you have all the boxes?

We would have sent you a text/email to confirm the total number of packages to expect, check this information.

If you cannot find then look at the front white carrier label on each box, it will have say 1 of 3, 2 of 3 and 3 of 3 as an example. etc. This will let you know how many boxes to expect, in this example a total of 3. Boxes can have different counts, however if you order accessories it may be different. So always use the data shown on the white shipping label.



What do I do if I am missing a box ?

Firstly do not attempt assembly, we never send part shipments, the carrier will have collected the whole order. Consult the text/email information sent to you. The carrier will have this box and may deliver on a separate day. If you have any issues please email us at help@strictlybedsandbunks.co.uk



Do not dispose of any packaging.

Do not dispose of any packing until the bed is assembled and you are satisfied. If you have issues and need to contact us we will ask for the images of each white courier label found on the front of each parcel.



Check the contents of each box

BEFORE you dismantle any existing bed open each box, one at a time and using the contents list check each part. Keep the contents of each box separate, this will make it easier to build using each contents list

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If DIY isn't your forte,

Being landed with the task of building a bed from a box containing a few obscure pieces may initially seem like an impossible task however with the right knowledge and preparation it can actually be pretty simple. We've put together some of our top tips for assembling flat pack furniture to make the whole experience run a lot smoother and you never know; you may actually enjoy it.

Preparation is Key

Before starting to assemble your furniture, we suggest you clear plenty of space and assembly should be carried out in the room and position that the furniture will be used.

Once you have the initial preparation out of the way, we advise you lay out all the pieces, fixings and tools neatly on the floor to ensure nothing is misplaced. This also gives you the chance to check you have all the required parts and there is nothing missing. You can then match these pieces to your assembly instructions with ease (the last thing you want is to misplace a vital screw!).

Follow the Instructions Carefully

Carefully spend time reading through the instructions included and identify each part before beginning to tackle the build. This is the step which most people tend to scrimp on, but taking time to digest the instructions will mean you have a good idea of the process which makes things easier in the long run. Ensure you follow each step methodically instead of rushing and skipping sections, as this will cause you to make mistakes which could be difficult to undo.

Patience is a Virtue

It is important to be patient when assembling furniture – it may be more time consuming than you had in mind, but the end result will be worth the effort. If you speed through the preparation and reading the instructions, then you are likely to get similar looking pieces mixed up by accident due to not taking your time.

Two Pairs of Hands are Better than One

Asking a relative or friend to help with the assembly is usually recommended especially for larger pieces of furniture as you may struggle by yourself. Usually you will need one person to hold things in place whilst the other secures them into place.

Assessing your Work

Once you've finished the assembly, we recommend checking the bed entirely. This way you will see if anything is misassembled or if there is any damage. If you have to move the piece of furniture make sure you have help from a friend and be as careful as possible; as we advised earlier it is best to assemble the item as close to its new home as possible.

Make sure you check all fixings to make sure they are fully tightened and if the item is to be fixed to the wall make sure it is fully safe and secure.

Pine is a natural material. This will have been kiln dried as per regulations, however given pine has a high water content it can warp or bow after the parts have been packed.

The bed is designed to align as the assembly proceeds
Side rails for example are pulled in and aligned when you attach the base slats. The guard rails are aligned when you fix the guard rail supports.

For this reason if a part is warped please continue, you will find this straightens and aligns during assembly.



Wooden Floors.

Slippery surfaces such as laminate or wood allows products to slide, this is not good for a bed and can cause support legs to move. The movement can also loosen bolts. Purchase non-slip pads and place under each corner post to prevent the bed from moving. All broken beds are a result of the support leg moving on this slippery service. You can purchase these within our accessories category found on our website, they only cost a few pounds.

Bed is wobbling ?

It only takes a floor to be uneven by a few millimetres for it to cause a bed to wobble, wooden floors are worse than carpeted. It is for this reason we supply wall brackets for bunk beds, this will brace the bed. However you can reduce this affect during assembly. Once the bed has been assembled and placed in the location slightly loosed the bolts on each corner. Then have another person hold the bed down firmly at the other end, now push the corner into the floor and re-tighten. Do this for each corner one at a time, this aligns the bed to an uneven floor.



Holes Don't Line up?

If the holes don't seem to match up it could be that you have either pushed in the dowels to far or the corner posts in the wrong order. **CHECK AGAIN**, check the white markings **MUST** be facing upwards, check L is left, R is right. If they are in the wrong order the holes will not align.



Applying a Finish to the Beds

The bed can be used in a natural form or can be painted or stained. However if you are applying a stain or finish we advise that you build the bed first. When you are happy with your purchase then put a sheet under the product and apply your stain/paint to the manufacturers recommendations.



What does wood stain do?

Wood stains permanently change a wood's appearance, often adding colour. Unlike paint, wood stain allows the grain patterns of the wood to remain visible, highlighting the natural beauty. Some wood stains provide the wood with protection from the elements and the best quality wood stains contain a film preservative to protect the wood from mould and algae.

Wood Stain vs. Paint

There are two common ways to treat woods – painting and staining. Painting gives the wood a dramatically different appearance whereas staining keeps many of the properties of the wood intact, preserving and enhancing its natural features. Paints usually deliver a more consistent appearance over the wood surface.

Recommendations?

You can purchase from any DIY store and do recommend you search for a company called “Wood Finishes Direct” . They have a large selection on offer.



So, are bunk beds safe?

Here our sleep specialist, Andy, answers some frequently asked bunk bed safety questions and provides some helpful tips on buying the best bunk for your child's bedroom.

What Age Are Bunk Beds Suitable For?

Current guidelines recommend that the UPPER/TOP bunk is not suitable for children under the age of six, this is due to risk of injury from falls.

Its all about safety, best practices – what to tell your child

It's a good idea to set some rules with your children about bunk bed safety. According to the Royal Society for the Prevention of Accidents (RoSPA), most accidents involving bunk beds occur when children are playing on them. It's fundamental that you teach your child to follow some basic steps to ensure that he or she stays safe at all times.

Don't let your child treat a bunk bed like a climbing frame

Although a bunk bed is a fun alternative to a regular bed, children should be discouraged from playing on the ladder and from leaning from the top bunk. A bunk bed ladder blocker can provide additional security to maximise bunk bed safety. Children should also use the ladder every time they want to come down from the top bunk. Bunk beds with a ladder located at the end of the bed can pose a slightly higher risk. Please educate the child not to roll or play due to a risk of falling through the ladder access.

Allow only one child on the top bunk(unless a double bunk)

While a bunk bed is a novelty for children, it's important that they learn that only one person can be on the top bunk at any time on a single bunk bed. We have strengthened the double bunk beds so can take two people per bunk. To children to adhere to this rule, maybe tell them that the person on the top bunk is the King or Queen of the castle and that it is forbidden for any other person to go up onto the top bunk to join Her or His Majesty. It worked for me!

What Are the British Safety Standards for Bunk Beds?

Bunk beds that are sold in the UK must conform to the current safety regulations (British Safety Standard number BS EN 747:2015A). They should be solid in construction and have no sharp edges or corners that may cause harm. It's important that the mattress fits the bed securely, and that the slats underneath are no less than 7.5 cm apart. The upper bunk should have guard rails on both sides, with a gap of 300 mm to allow access. Although some do come with a bunk bed rail extension, these guidelines are what are generally accepted for optimum safety.

The regulations on bunk bed rail height are strict about gaps in the construction, to ensure that a child can't get stuck or slip between the rail and the mattress. The access ladder should be firmly fixed to the bed and the treads should be at least 3 cm wide and 20 cm apart.

What About Bunk Bed Mattress Thickness?

Most bunk beds on the market can only accept a 15cm thick mattress, ours have been designed to accept a thicker 20cm mattress. Why compromise, this means you can have a thicker mattress and still remain within the safety guidelines

Safety First !

The top surface of the mattress must not be above the line ,marked on the frame **(Maximum height: 20cm)**. The size of the mattress required is detailed below:

Standard 3ft Single, Standard Length - Mattress size 90cm by 190cm

Small 3ft Single, Standard Length - Mattress size 75cm by 190cm

Standard 2ft 6 Single, Short Length - Mattress size 90cm by 160cm

Small 2ft 6 Single, Short Length - Mattress size 75cm by 160cm

Small 4ft Double, Standard length - Mattress size 120cm by 190cm

Standard 4ft 6 Double, Standard Length - Mattress size 137cm by 190cm

High beds and the upper bed of a bunk bed are not suitable for children under six years due to risk of injury from falls.

Be aware of the danger of young children (under 6) falling from upper bunk.

Beds should not be used if any structural part is broken or missing.

Bunk beds and high beds can present a serious risk of injury from strangulation if not used correctly. Never attach or hang items to any part of the bunk bed that are not designed to be used with the bed, for example, but not limited to ropes, strings, cords, hooks, belts and bags.

Children can become trapped between the bed and the wall, a roof pitch, the ceiling, adjoining pieces of furniture (eg cupboards) and the like. To avoid risk of serious injury the distance between the top safety barrier and the adjoining structure shall not exceed 75mm or shall be more than 230mm.

Always ensure that guardrails, ladder and other components are maintained in the proper position and free from damage, and all the screw fixings tight.

Always use the ladder for entering and leaving the upper bunk.

Do not allow horseplay on or under the bed and prohibit jumping on the bed.

Use a nightlight as an added safety precaution for persons under the upper bunk.

Use guardrails on both sides of the upper bunk.

Every bedroom must have at least one opening window. Ventilation of the room is necessary in order to keep the humidity low and to prevent mould in and around the bed.

The bed complies with BS EN 747-1: 2012+A1 :2015 safety standards