Instructions for installing into concrete ceiling

From Fastenal (fastenal.com) buy DF eye nut 3/8 part #42282, and a 1/2" Rock River Sleeve Anchor part #50308.

With a hammer drill you will drill a 1/2" hole in the concrete to a depth of 3". Into this hole you insert the anchor until the sleeve is flush. If you need to use a hammer, cover the threads with the nut to protect them. Once the sleeve is flush with the surface of the concrete, tighten the nut. The act of tightening the nut causes the sleeve anchor to expand, increasing its grip into the concrete. Next, remove the nut and replace it with the eye nut. For added safety, use a lock washer between the eye nut and the regular flat washer. Tighten the eye nut firmly using a bar inserted into the eye.

