We use ¼" rope made out of 100% polyester. Polyester is not affected by UV light, which means it will not break down and lose strength being out in the sun all day. Polypropylene and Polyethylene are affected by UV light and are not recommended for use in this application.

Steps to replace the rope on your Swivel Forklift Bar:

- 1) Start with 48' of rope, tying a knot 8' from one end.
- 2) With the end nearest the knot, pass the rope through the center pulley.
- 3) Pass the rope through the pulley on the right.
- 4) Pass the rope behind the bolt that holds the center pulley.
- 5) Pass the rope through the pulley on the left.
- 6) Pass the rope back behind the bolt that holds the center pulley.
- 7) Pull the rope until the knot binds in the center pulley.
- 8) Tie a knot around the center bolt. Repeat tying knots until you run out of rope.