

## Infrared DIY Bench Kit Generic Assembly Manual

To be read with:

- Bench Kit Layout Document

All dimensions in millimeters



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**IR Bench Kit Assembly Manual**

## Introduction

Thank you for purchasing an Oceanic DIY Infrared Bench Kit. This manual covers the steps required to build the benches, backrest and floor mat included in your kit. The manual is generic to all infrared sauna bench kits. It is recommended to read through the manual once to familiarise yourself with the steps before starting the installation. If you have purchased Oceanic Infrared Heaters and Controls please refer to the manual that included with the heaters for information on positioning and wiring to the heaters. It is recommended to install the heaters before the bench kit. See section 5.2 for more detail.

### Part Document and Schedule

All DIY Sauna Bench Kits are supplied with a set of drawings and part list specific to your sauna. The part document includes the layout for benches, backrests etc. If you are unable to find either the part document, schedule or are unsure about any of the steps included in this manual or if you have any comments or suggestions please contact our sales team or technical department on 01902 450 550, [sales@oceanic-saunas.co.uk](mailto:sales@oceanic-saunas.co.uk) / [technical@oceanic-saunas.co.uk](mailto:technical@oceanic-saunas.co.uk)

### Pre Installation Checklist

- i. The sauna bench kit is intended for internal installation only. Keep all timber dry during installation.
- vi. Check all the parts against parts list before commencing the installation.

### Tools you will need

- i. A powered drill/screw driver with drill bits, posi screw bits
- ii. 4mm countersink drill bit / Or use separate countersink bit [Countersink all holes before screwing]
- iii. Pin Gun or hammer and nails
- iv. Spirit level
- v. Hammer
- vi. Hand saw

### Timber Treatment

The timber is kiln dried for use within a sauna and does not require any further treatment however if you do prefer to treat the timber to further protect or change the colour we recommend sauna specific wax/coatings to ensure no toxins are released during use. Visit our website or contact sales for more information on sauna timber treatment.

Note that if you are fitting a mini steam generator within your sauna then our 'Saunarium Coat' must be applied to all internal timber

## 1 Build Benches

- On a workbench use two pieces of scrap timber along the edges of your bench to create a square corner to work from.
- Screw the supporting frame together using the 4 large brackets and 20mm screws.
- Lay the 5 or 6 bench slats facedown on a work bench. Use small pieces of 19 x 19mm corner mould as spacers.
- Lay the supporting frame onto the slats, use spacers along the two edges to give a 19mm overhang each side.
- Add the cross members, two are positioned 100mm from the ends, the third is centred. Refer to parts list for dimensions.
- Evenly space out the 14 L brackets and fix using 20mm screws.
- Use the 30mm screws provided to fix down through the cross members into the slats.

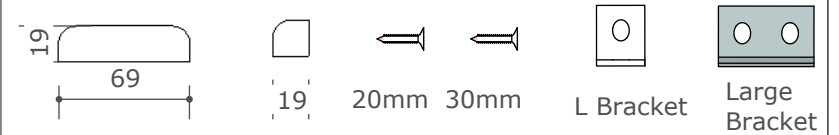


Fig 1a. Work Bench Layout

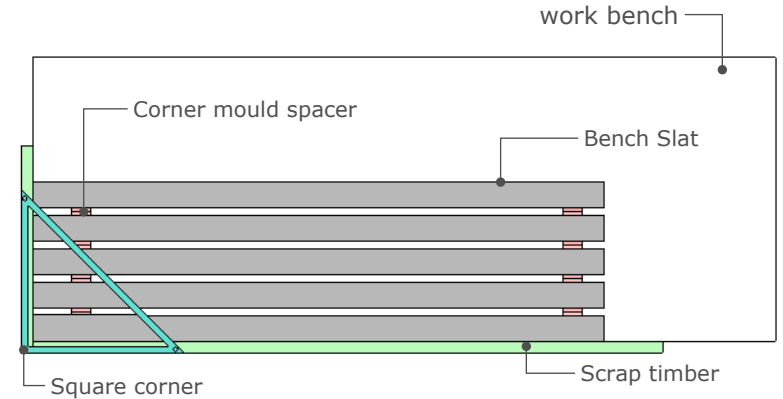


Fig 1b. Supporting Frame

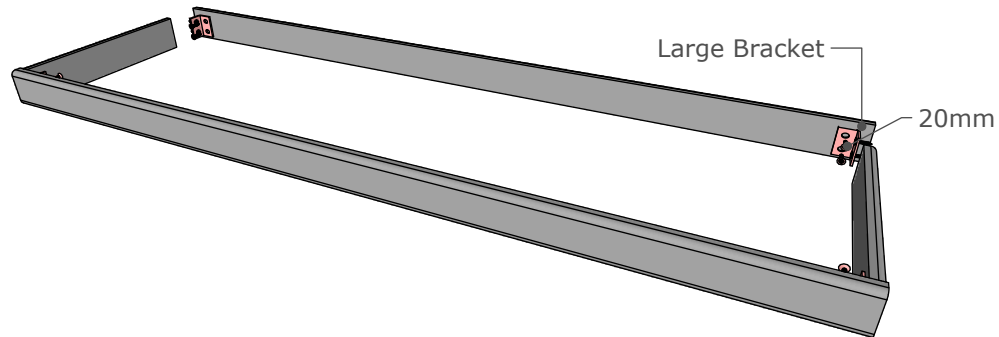


Fig 1c. Add frame and cross members

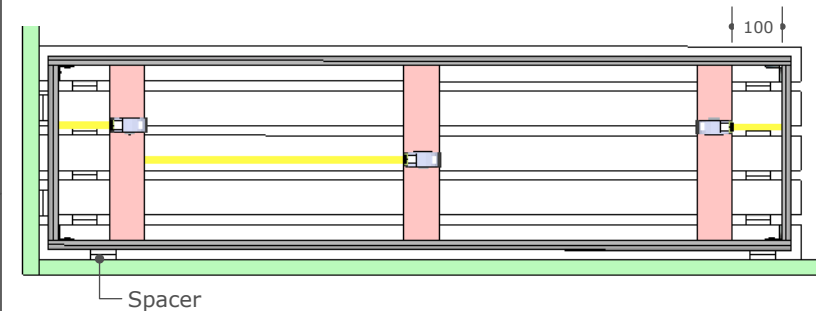


Fig 1d. Fix Cross Members

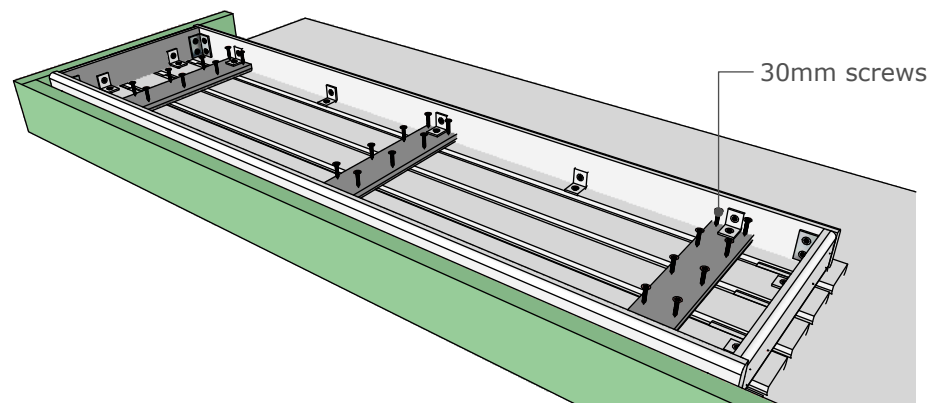
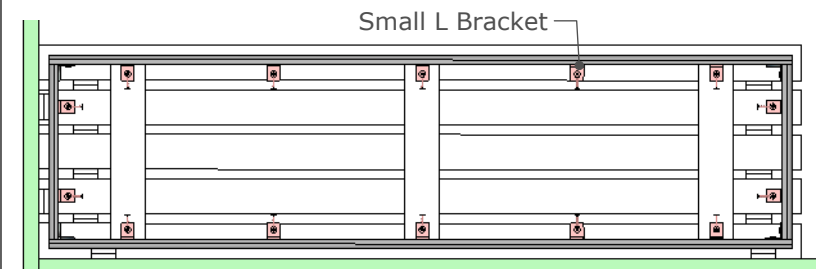


Fig 1e. Add frame and cross members

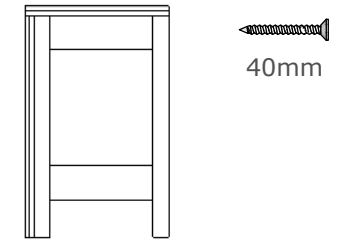


## 2.1 Corner L Bench Build

- i. If the sauna you are building has L shaped benches where one bench end fixes against a perpendicular bench then your frame should be constructed as shown below with one end doubled up fixed together with 4No 30mm screws. Refer to the bench drawings in your part document.

## 2.2 Bench Supports

- i. If your parts list shows you have a central bench support , add this now as shown. Use 6x 40mm Screws.



Bench Support

Fig 2a. Corner L Bench Support Frame

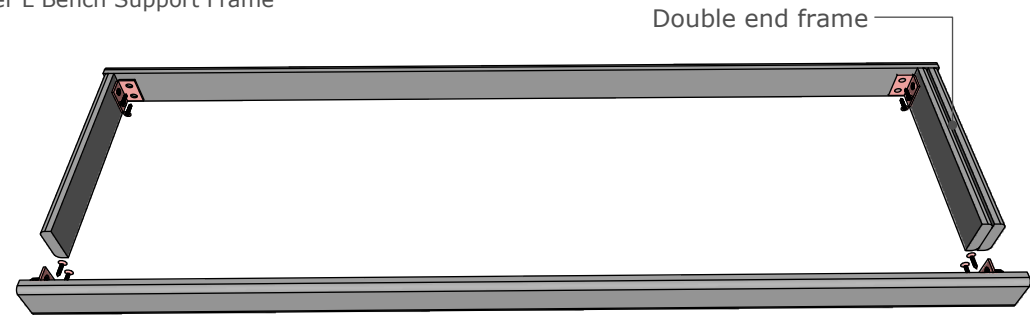


Fig 2c. Bench Support

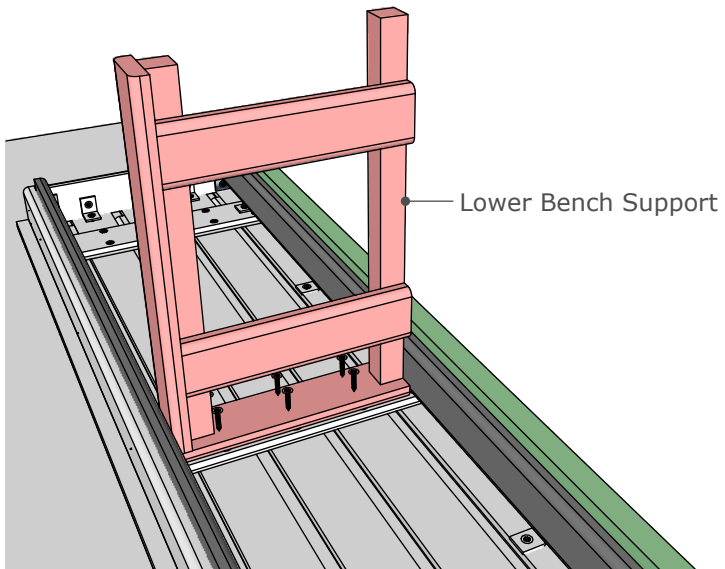


Fig 2b. Corner Bench Slats



### 3.1 Bench Rails

- i. Bench end rails are fixed with 40mm screws (Pilot drill and countersink). See Fig 3a for heights. Use a spirit level to ensure the rail is straight before fixing to the wall.
- ii. Support the rails with legs made from 19 x 19mm corner mould. These legs should be cut to size once the rails have been fitted to ensure they reach floor level. Fix in place using 40mm screws with 4mm pilot holes and countersink or use pin gun.
- iii. Note: The strength of these fixings is critical to hold up the weight of the bench and bathers.

### 3.2 Add Benches

- i. Position the benches on top of the end rails as per the layout in the part document. The front of the bench should sit level with the front of the support rail leaving a gap at the back for the backrest.
- ii. Fix the end of the bench subframe into the bench rail with 2No 50mm screws and 30mm washers as shown in Fig 3c
- i. For corner 'L' Benches fix through the side of the perpendicular bench using 2No 50mm screws and 30mm washers Fig 3d

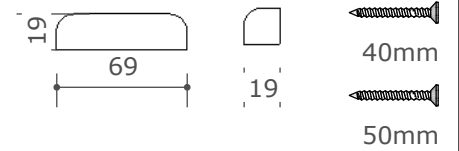


Fig3a. Bench Rails

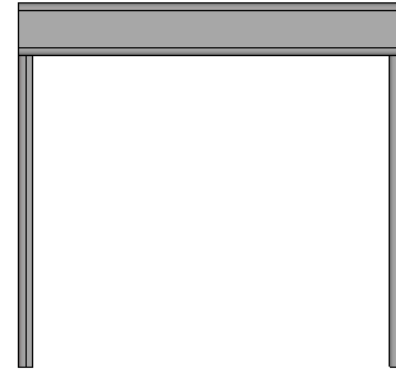


Fig3d. Fix Corner 'L' Bench

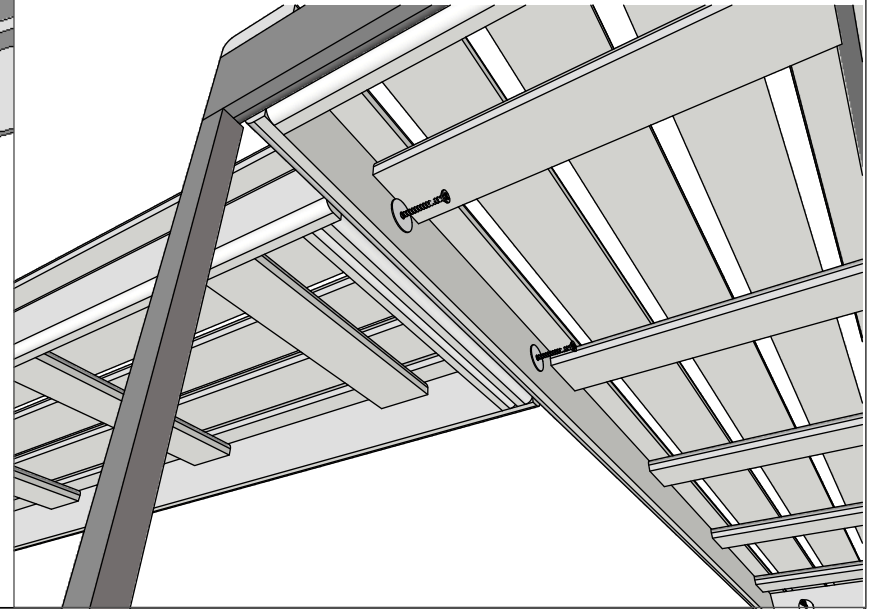
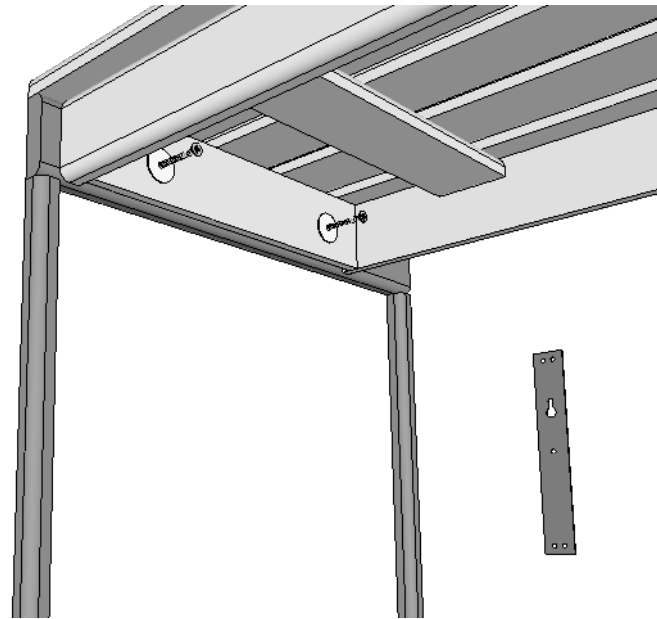
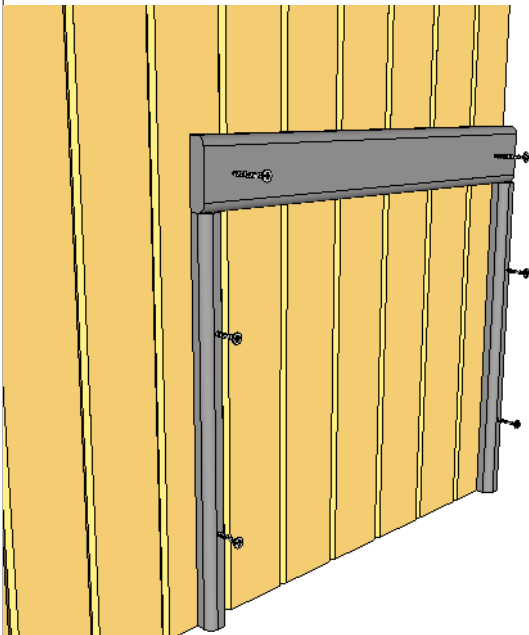


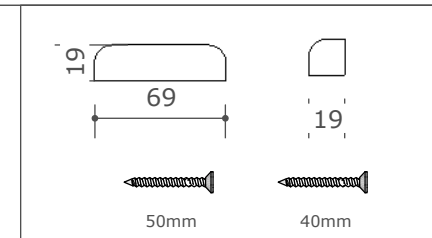
Fig3b. Fix Bench Rails to Wall

Fig3c. Fix Bench to Rails



## 4.1 Assemble Backrest

- i. Refer to the parts list for detailed drawing and layout of the backrests for your sauna.
- ii. Mark up the locations for the uprights (69 x 19) along the base rail (69 x 19).
- iii. Drill and countersink 2 holes for each upright location into the base rail.
- iv. Fix the bottom rail to the uprights using 50mm screws.
- v. Pin the cross rails (19 x 19 and 69 x 19) to the uprights using two nails per upright



## 4.2 Install Backrest

- i. If your kit has a single bench then the backrest may sit on the bench rail. If the bench kit has an L shaped corner bench then the backrests must be fitted level with the top of the bench (19mm above the rail).
- ii. Pre drill and countersink through the uprights at either end of the backrest in-between the cross rails
- iii. Fix the backrest to the walls using 4No 40mm screws

Fig 4 a. Assembly Backrest

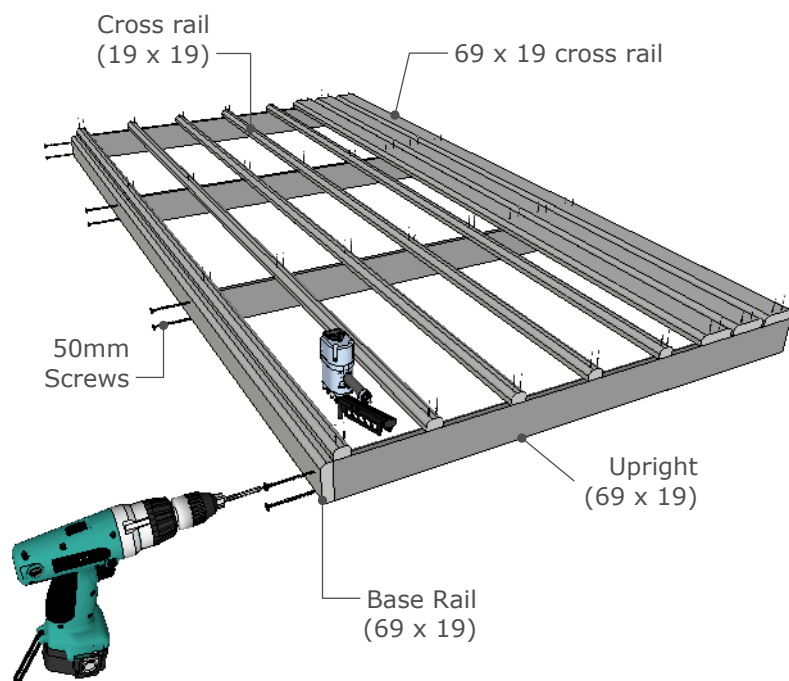
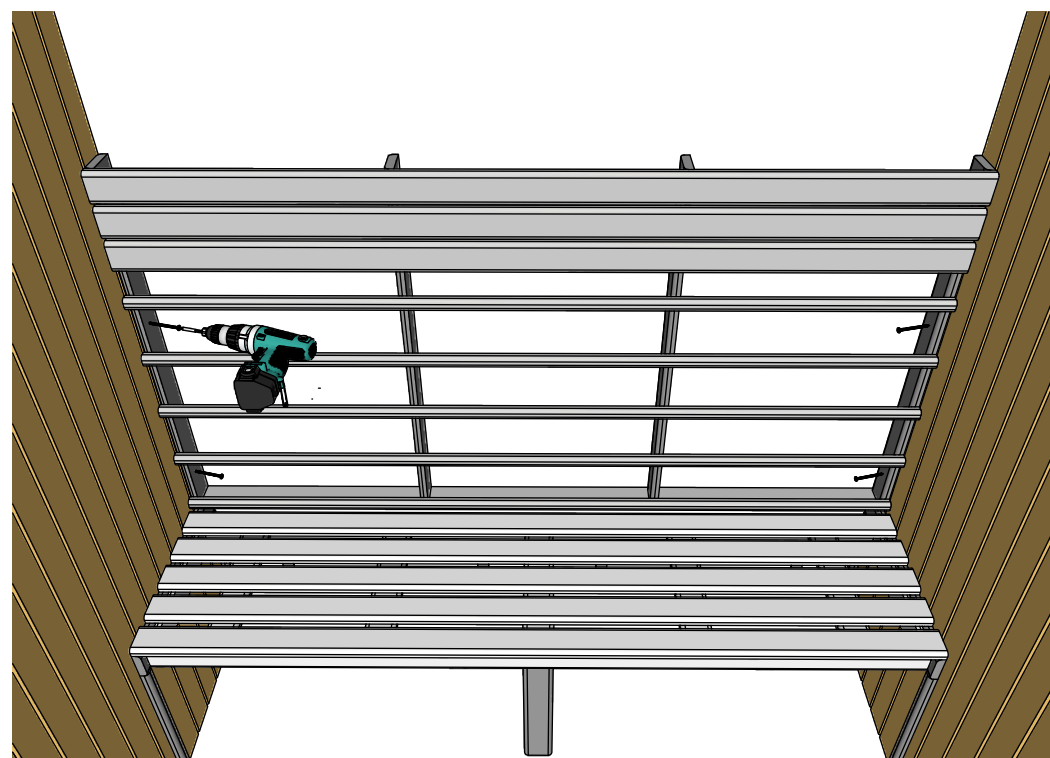
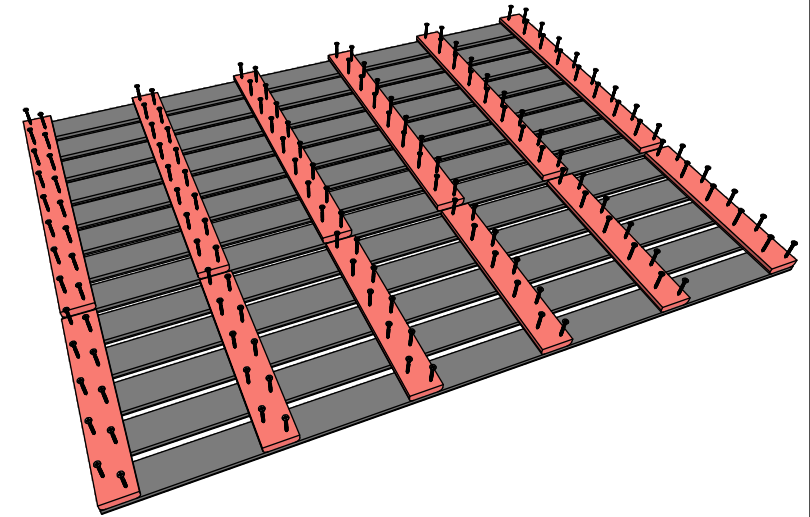
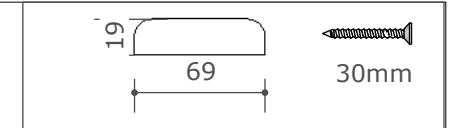


Fig 4 b. Backrest Installation



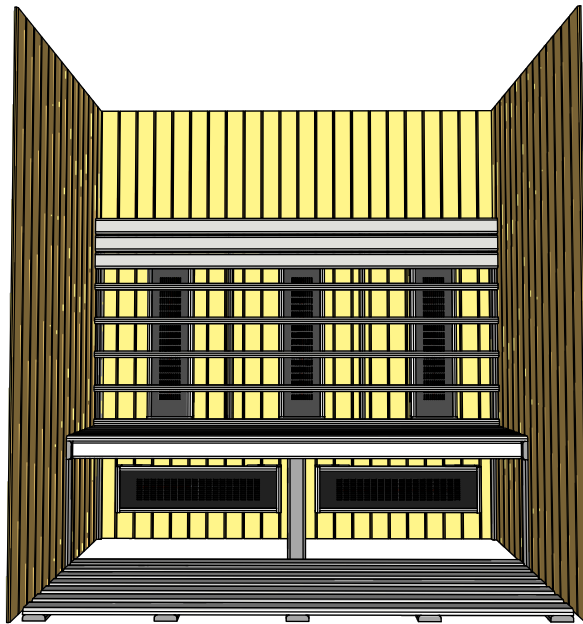
## 5.1 Floor Mat

- i. Refer to the part document for the floor mat layout.
- ii. The timbers provided create raised mats to cover the area in front of the benches and underneath the heater (wall mounted heater only)
- iii. Assemble the floor mats using left over corner mould as 19mm spacers between the slats.
- iv. Ensure the cross lengths aligned equally beneath the length of the mat as shown in pink in the diagram below.
- v. Fix with glue and 30mm screws from the underside. (Pilot drill screw holes with 4mm countersink)



## 5.2 Heater Positions

If you have purchased Oceanic Infrared Heater kit then please refer to the Infrared Heater and Controls manual for information precisely where to install the heaters. This should be done before fitting the bench kit. Typically vertical heaters will be located between the Backrest Uprights. Horizontal heaters are located beneath the bench. If you have a bench support locate heaters either side of the support rather than directly behind.



Vertical  
IR Heater

Horizontal  
Under Bench  
IR Heater

