salli®
SIT HAPPY



PRODUCT CATALOGUE



The SALLI Story

In the beginning

Salli® Saddle Chair began with my favourite hobby: horse riding. I have been riding since 1974 and usually manage and supervise the maintenance of my forests on horseback. My hobby has taken me to several competitions, including show jumping and trekking events.

Even though my way of life was active and healthy, I suffered from back pains when I had to sit in the office. In 1990, I told my physiatrist, Mr. Seppo Mahlamäki, a specialist in rehabilitation, about how much more uncomfortable it was for me to sit in an office chair than in the saddle.

Mr. Mahlamäki told me that a riding-like sitting position would be a better alternative for me for my office work than the traditional way of sitting. He also thought that a saddle chair could be a great business idea, since at that time saddle-type chairs were not available in Finland. This marked the beginning of the development of an ergonomic office chair.

The first two-part saddle chair in the world

At first, I tried using a saddle placed on top of a stool, but the saddle was not comfortable enough for static sitting. The intensive development of a new kind of seat began together with my farm's metalworkers and local upholsterers. The first Salli Saddle Chair was introduced at the Geneva Invention Expo in 1990.

The development of the two-part Salli seat began in 2001. The goal was to develop an anatomically and ergonomically safe chair for both genders. It was impossible to keep the pelvis in an upright position on the one-part seat since that position felt very uncomfortable (and clearly was very unhealthy too) in the genital area. The development resulted in a two-part seat that has been further refined over the intervening years.

Renewing the sitting culture

Salli Systems began to get feedback as early as the 1990s from users who claimed to have rehabilitated their backs with the Salli Saddle Chair. In addition, Salli's other health and productivity effects seemed superior compared to conventional seats. Encouraged by this information, the company decided to set its main goal as nothing less than changing the prevailing sitting culture.

Salli Systems has already established that traditional sitting is directly connected with at least lower back and shoulder area problems, bad posture, sitting fatigue, circulation problems in the lower limbs, joint ailments in the hip and knees, slower bowel movements, insufficient breathing while sitting, headaches and poor circulation in the pelvis and genitalia. It has been discovered that the Salli Concept enables people to almost entirely rid themselves of the above-mentioned conditions. Salli improves the convenience of the sitting environment notably, thus substantially improving productivity.



Veli-Jussi Jalkanen
Founder, Chairman of the Board



The natural position of the body without stimulation from outside.

The joints are in a state of rest – this is the same position you achieve on a Salli Saddle Chair.

Why SALLI CONCEPT works

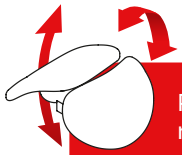
Musculoskeletal disorders hurt – and they are expensive

Conventional seats have a negative impact on health and productivity. Our bodies are not designed for sitting, but we usually sit 12–15 hours each day, without really being aware of it.

It is essential for our bodies to get enough oxygen and nutrients, and to remove waste; both functions made possible by active circulation.

Sitting in a bad position affects the whole body: The slouched position makes neck and shoulder muscles tense and sore. The disks in the lower back are unevenly pressed by the vertebrae, which slowly deteriorates them.

Breathing is shallow and the brain does not get enough oxygen to keep us alert. The head starts to ache. Slow circulation and lymph flow make the lower limbs swollen and add the risk of varicose veins. The bowel functions slowly and the genital area is pressed uncomfortably.



Professionals of ergonomics recommend active sitting where the core muscles are activated and the body is in balance. Movement and the use of the muscles increase circulation.

The Swing mechanism of **Salli Swing** and **Salli SwingFit*** makes the chair move freely to all directions. Static sitting is thus avoided. Your core muscles (stomach, deep back muscles and pelvic floor muscles) are activated and get stronger.

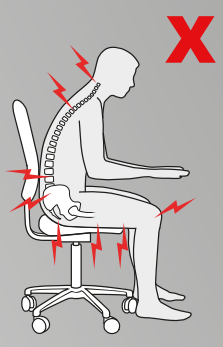
BE ACTIVE WHILE SITTING!

*Find out more about the products on page 12.

Conventional way of sitting

When we sit in the conventional way, with 90 degree angles in hip and knees, our balance and posture are poor. This affects many areas in the upper body and decreases circulation.

The poor posture that conventional chairs inevitably cause, stretches and tenses back muscles and makes them sore. The facet joints in the spine are open, which increases the pressure on disks as much as 30 per cent. A backrest does not help, because the 90 degree angle in the hip prevents the pelvis from tilting forward into its natural position.

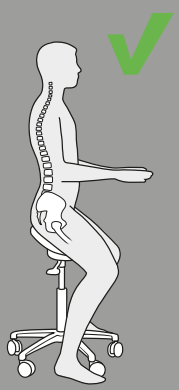


The weight of the upper body is also on the back of the thighs, the buttocks, the pelvic floor and the genital area, thus decreasing the circulation in those areas and causing swelling in the legs.

Riding-like sitting

Circulation is undisturbed when we sit on a two-part saddle chair. Bones (sitting bones, feet and elbows) carry the weight, so there is no pressure on soft tissues.

The posture is the most relaxed and natural, when the legs are apart and sloping down in a 45 degree angle, which makes the pelvis automatically tilt forward. When the pelvis is tilted forward the back is in its neutral position. It feels easy and natural to sit when one is balanced in the same way as when standing. No muscle tensions or outside pressure disturb circulation.



Deeper breathing and improved circulation enable the body to get enough oxygen and nutrients.



ADAPTING MAY TAKE TIME!

When you start sitting in a new way you may feel some discomfort, the same as when you start a new sport. Muscles in the lower back may become sore, because you start to use them. The inner thighs can feel tight because muscles are not used to being stretched. The sitting bone area may also feel tender, if you are not used to having pressure on sitting bones.

Why SALLI CONCEPT works

Sitting pressure effects the pelvic area

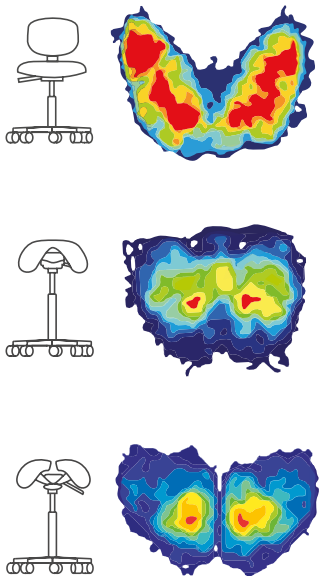
The pressure caused by sitting on conventional chairs disturbs the pelvis, tailbone, pelvic floor and genital area. It is believed to increase intestinal and internal pelvic health problems and erectile dysfunctions.

On a conventional chair men tend to lean backwards in order to avoid the pressure in the genital area. This means the back is not straight, which results in back problems.

On a one-part saddle chair the pressure on the pelvic opening is even stronger. We automatically try to avoid it by tilting the pelvis backwards, and as a result we slouch. If one already has back pain and it is too painful to slouch, the result is a numbed genital area due to the pressure imposed on it.

When sitting on a two-part saddle chair, the pressure is on the sitting bones. As a result there is less pressure on soft tissues and that is why we can sit more comfortably, in a balanced position. Circulation also remains undisturbed.

We recommend loose trousers and lifting the trouser legs before sitting, in order to leave the fabric loose under the pelvis. That way you benefit more from the chair.



Traditional workstation

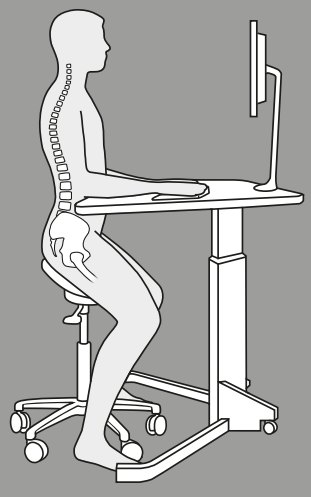
Headache
Shoulder tensions
Bad posture
Poor breathing
Slow bowel
Mousehand syndrome
Lower back pain
Cellulite build-up
Genital health problems
Joint ailments
Varicose veins



→ Poor blood and lymph circulation

Salli workstation

Active brain
Relaxed shoulders
Posture improves
Breathing deepens
Faster bowel movement
Effortless use of mouse
Healthy back
Increased circulation in buttocks
Better genital health
Joint friendly
Good circulation in legs



→ Blood and lymph circulation improves

DENTISTRY



New level of work ergonomics

In dental care the sitting position is the greatest health risk, because during long operations the position is unnatural and involves a lot of repetitive movements. Sitting in a bad position puts twice as much strain on the spine as standing.

On a two-part saddle chair the back is in the same position as when standing, and the lower back lordosis can be maintained. The gap in the seat enables you to keep your back straight even when you need to lean forward. Moving and reaching for things is easy and fast on Salli. Small and practical Salli enables both the dentist and the assistant to work close to the patient.

Dentists often retire early because of various problems in their shoulders, neck and lower back. Almost everybody working in dentistry is affected by some kind of sitting disorder, such as poor circulation in the legs, shortage of oxygen, problems in hip, knee and shoulder joints, and genital health problems.

GET YOUR OWN SALLI NOW!

HEALTHCARE

No more back pains

Ergonomic and healthy sitting position is best achieved on an anatomically designed, two-part saddle chair. Sitting on Salli automatically creates lordosis in the lower back, which relieves the harmful pressure on the disks. The gap in the seat makes it possible to maintain the good posture even during long operations, because there is no uncomfortable pressure in the genital area – and thus no need to round the back.

When sitting on a saddle chair the body can move almost as freely as when working in a standing position. Moving around the patient and reaching for things is effortless. Furthermore, there is no need for a separate working chair in front of the table, because moving on Salli is so fast and easy.

BEAUTY & THERAPY

Salli helps you to take care of yourself

The work of beauticians and body therapists is especially challenging ergonomics-wise because they need to bend over the customer for long periods of time. On Salli Saddle Chairs the work can be done sitting, and the back can be kept straight.

Because of the two-part seat there is no need to round the back: there is no uncomfortable pressure in the genital area. Salli Saddle Chairs have seats that either tilt into a certain position or adapt freely to your movements; especially the latter models add movement into your working day and keep circulation and lymph flow going.

Several useful accessories are available for special needs, such as solid or cleanable castors for hairdressers.









“In the field of healthcare, everything starts and ends with the ergonomic and efficient working position. Salli Saddle Chairs offer a wide range of products to doctors, nurses, dentists, opticians and physiotherapists to get rid of the problems caused by poor working positions and to effectively prevent new ailments. Salli Saddle Chairs increase your efficiency and are ideal for small spaces and excellent for precision work.”

OFFICE



Safe sitting for both genders

Sitting in a poor posture disturbs circulation and prevents the brain from getting enough oxygen. This makes us tired: working becomes inefficient and we make more mistakes. Also back pains are a universal problem.

Sitting in a slouched position damages the disks in the lower back and in the long run causes arthritis. In addition, every time we sit, the trousers tighten in the thigh, groin and genital area, which interferes with the sensitive lymphatic system and circulation.

To be able to maintain the upright position you also need a height-adjustable table, because you sit higher than on a traditional chair. Salli Systems also provides electrically adjustable tables, see page 16. Standing for the whole day is too strenuous for muscles, but to vary between sitting and standing is an excellent choice.

EDUCATION



Healthy choices from the very beginning

Standing and bending down strains the teacher's back a lot. When using a Salli Saddle Chair, working with an individual child is easy: you no longer need to bend down. It is easy to roll the chair to the child's side and look downwards while maintaining the good, comfortable posture. You sit higher on a saddle chair than on traditional chairs, which works well in front of a class or group.

For pupils and students the possibility to individually adjust the desks and chairs can improve ergonomics significantly. Ergonomics play a major part in decreasing pain and aches, improving the posture and maintaining the overall health of the back. Restlessness decreases because the position is natural and comfortable. Good posture at school means healthy backs in the future!

> "It does matter how you sit! When you have to sit, the best way to keep active is to sit on a two-part saddle chair that follows your movements. Even though you sit in a good position it is always good to have breaks and move as much as possible during your work day. Roll and reach on the chair, walk and talk while on the phone, exercise on the chair – your body will thank you."

HOME

Bring movement and activity into your life

Sitting right is very important also at home, because even regular exercise does not compensate the disadvantages caused by sitting. Sitting in a bad position affects the whole body: neck and shoulders get tense and sore, slow blood and lymph circulation cause swelling and even the bowel functions slower.

You can keep your body active and add movement into your day by Salli's products that are efficient and functional also at home. Many things that are usually done standing, like ironing or cooking, can also be done while sitting on Salli. This makes especially the life of senior citizens easier and safer. Improve your sitting position and teach also your family to take notice of their wellbeing by sitting correctly.





INDUSTRY

Also for special environments

Salli products are well-suited for demanding work environments. Chairs made of stainless steel, with anti-static upholstery or with polyurethane seats are available. Different castors allow the chair to be used also on uneven surfaces, such as concrete floors. Salli products can withstand heavy use.

On Salli Saddle Chairs it is easy to move around, while the 135-degree angle of the knees, and between the thighs and upper body guarantee good circulation. Because of the gap in the seat it is possible to maintain the good posture throughout the day; there is no uncomfortable pressure in the genital area.

When sitting on Salli you don't need to think about the working position but can concentrate on the actual work – work becomes more efficient.





CHAIRS



Salli Swing

The Swing mechanism makes the seat adapt to your movements, and enables you to keep the back straight also when you have to lean forward. The fixed seat width makes the chair especially suitable for men.



Salli SwingFit

The Swing mechanism enables you to exercise during the day. Because of the width adjustment the chair is excellent for also those who prefer a narrower seat.



Salli Twin *

An ideal chair for situations where several people use the same chair and there is no time for adjustments.

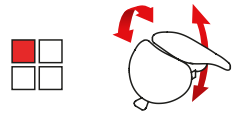
*With Inclination mechanism as a standard, without inclination on request.



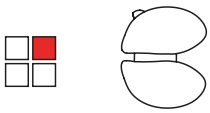
Salli MultiAdjuster

The multiple adjustments make the chair very versatile. By using the inclination you can avoid rounding the back when you need to lean forward.

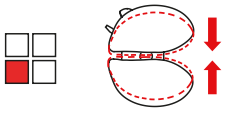
All chairs on this page are available ESD protected.



Swing mechanism



Fixed width



Width adjustment



Inclination mechanism

Leather quality criteria

A1 quality

Tough, durable and easy to clean. Smoothened and evened out – a trace of the leather's natural structure marks are visible.

A2 quality

A combination of naturality, comfort and durability. The natural surface marks can be partly visible but the leather is still resistant to wear and tear.

CHAIRS



Salli Classic

A great option for women who prefer a one-part chair. Only for part-time use.



Salli Strong

Special strong design, maximum load 150 kg. Height and inclination adjustments by the same lever.



Salli Stainless

Hygienic and easy-to-clean stainless steel parts. Ideal for bakeries, laboratories and food industry.

EPA Available



Salli offers ESD (= electrostatic discharge) protected alternatives for electronics industry and office work. ESD chairs come with an antistatic upholstery, a zinc electroplated seat frame, and Ø 65 mm ESD castors.

Upholstery

Salli chairs are available with several different upholstery options according to the chair's intended use. For normal office use we recommend the breathable and durable genuine leather, while laboratories should choose artificial leather, which can be easily disinfected. For industrial environments, we offer spark-protected seat covers. The antistatic ESD materials are best suited for the electronics industry, but can also be used in normal office environments where static build-up is a known issue.

Upholstery materials

- A1 or A2 quality bovine leather
- Disinfectable artificial leather
- Antistatic ESD upholstery
- Upholstery and re-upholstery with your own material*
- Seat re-upholstery includes new padding and A1 quality leather, artificial leather or ESD
- Normal padding (200 g/m^2)
- Extra soft padding (300 g/m^2)

*Fabric size 70 x 80 cm. Check the suitability of the material, so that it is not too thick or stiff.

Technical features of Salli chairs

Upholstery	See options above and leather quality criteria on page 12. Colour options* can be seen on our website.
Seat plate	3 mm steel sheet, painted black. ESD plate is metallic.
Gas spring	4 lengths, colours metallic and black.
Height adjustment	Height control by hand as a standard; Foot Height Control available.
Inclination adjustment	As a standard in MultiAdjuster, Twin, Strong and Stainless.
Swing mechanism	Only in SwingFit and Swing.
Base	Aluminium base (Ø 540 mm) metallic or black – other models available.
Castors	Ø 65 mm, soft standard castors – other models available.
Maximum load	120 kg, Salli Strong 150 kg.
Warranty	Chairs 10 years. Tables and accessories 2 years. Salli Driver 1 year.

*16 leather colours
8 artificial leather colours
5 fabric colours

ACCESSORIES



Allround

Allround moves freely on all sides of the chair, and also around its own axis. Can be used as a support for either one arm or both arms.



Stretching Support

Stretching Support is meant for momentary stretching only. A backrest isn't needed, because in a balanced position the spine supports the upper body and the muscles can remain relaxed.



Elbow Table

A compact and versatile work station for office or home. Comes with elbow pads.

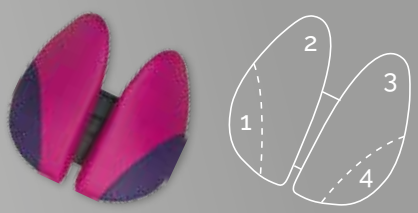


Elbow Rest

Elbow Rest is ideal for precision work, or for any task in which you need support for your arms. It can be turned through 180 degrees.

Design your own Salli

Choose your colour combination for Salli SwingFit, Salli Swing, Salli MultiAdjuster or Salli Twin. The seat can have up to six different colours.



Design



Rainbow

ACCESSORIES



Ergorest

Movable Ergorest armrest is available with or without Stretching Support. It is ideal for dentists and in ultrasound rooms, or to be used as a rehabilitation aid after shoulder injuries.



Foot Support Ring

A perfect accessory for high workstations to support the feet. Recommended for temporary use only.
Ø 460 mm.



Foot Height Control

Allows the sitting height to be controlled without touching the lever by hand. Height control can still be operated also by hand. Very useful in hygienic environments.



Seat cover

Protects the seat from dirt and sparks, recommended for industrial environments. Leather, artificial leather, black 100 % cotton, blue spark-protected 100 % polyester, beige fire-resistant and anti-bacteria treated fabric.

OTHER PRODUCTS



Salli Driver

For travelling by car, train and airplane. Divided seat, back support.



Salli Surgeon

The gap in the seat enables one to maintain the good position even during long operations. Comes with Foot Height Control; height can also be adjusted by hand lever. The hand rests support your elbows and the Stretching Support enables you to stretch every now and then.



Cleaning products

The seat can be cleaned with Elmo foam, alternatively use Unisepta Foam Wipes for cleaning and disinfecting the seat.



Chair disassembly tools

Useful tool set for detaching the gas spring from the base and the seat, without damaging the parts. Two tools in a leather bag.

TABLES



Salli Compact

- Small and easy-to-move desk (2 castors) for home or small office
- Desk top 120 x 80 x 2.5 cm, 3D-laminated MDF
- Electronic height adjustment, 66–118 cm
- Rounded corners, round edge profile
- Silver-coloured frame
- Recess gives support to upper body
- Colours: white, light grey
- Comes with Trapp Nipsu support, Nipsu also available on request
- Maximum load 40 kg



Salli Office

- Medium size desk for home or office
- Memory location for 3 heights
- Desk top 160 x 90 x 2.5 cm, 3D-laminated MDF
- Electronic height adjustment, 70–120 cm
- Round edge profile
- Dark grey or white frame
- Adjustable frame, width 120–200 cm
- Recess gives support to upper body
- Colours: white, light grey and birch
- Comes with Trapp Nipsu support, Nipsu also available on request
- Maximum load 75 kg



Salli AutoSmart

- Table and monitor heights are individually set for many users (linked to the login ID), both in standing and sitting positions
- Desk top 160 cm x 90 cm x 2.5 cm
- Black frame, height 63–129 cm
- 1, 2 or 3 adjustable monitor arms
- Wireless loading system for mobile devices
- Recess gives support to upper body
- Colours: glossy white, light grey and birch
- Comes with Trapp Nipsu support, Nipsu also available on request
- Maximum load 90 kg



ErgoElbo

Can be attached to any table to reduce tension in the shoulders, neck and the upper back. Upholstered with black or white artificial leather. Width 67 cm, depth 22.5 cm.



Nipsu

Support for elbows, wrists and mouse hand, suitable to be used with Salli desks (right or left hand). Black polyurethane.



Trapp Nipsu

Support for elbows and wrists. Black polyurethane.

Cleaning the seat

Leather

Vacuum-clean regularly. Leather stays clean and beautiful longer if wiped regularly with a damp cloth. Clean stains immediately. Use a damp cloth or paper towel with some water or mild cleanser. Special leather conditioners can also be used. Some dyed textiles might stain light-coloured leather.

Artificial leather

Wipe the stains with mild soap and water. Let the surface air-dry. If you use a solution containing alcohol, test it first under the seat.

ESD fabric

ESD fabric is best cleaned by dry cleaning or with a vacuum cleaner.

Polyurethane

Remove stains quickly by using slightly alkaline washing agents (max 5 % of alcohol). Wipe the surface with a moist cloth and lukewarm water, and wipe dry if necessary. Do not use strong alkalis, or bleaches such as chlorite, acetone, xylene, or strong vinegar.

REPLACEMENT PARTS

Gas springs



User heights (cm)

	Swing SwingFit	Twin MultiAdjuster
Mini*	–	–
Short	under 165	under 160
Medium	160–185	155–180
Long	over 175	over 170

*Mini gas spring is available for special circumstances; use depends on the working height, not on the height of the user.

Chair heights (mm, min–max)

	Swing	SwingFit	Twin	MultiAdjuster
Mini	435–525	445–535	420–510	435–525
Short	490–625	500–635	465–600	480–615
Medium	580–765	590–780	570–750	565–750
Long	645–905	665–925	620–880	635–895

Bases



Standard base

- Ø 540 mm
- Metallic or black



Small base

- Ø 500 mm
- Metallic



Plastic base

- Ø 580 mm
- Black



Large base

- Ø 600 mm
- Metallic or black



Extra large base

- Ø 700 mm
- Metallic with rubber pads
- For Elbow Table

Castors



Soft standard

- Ø 65 mm
- For hard floors



Hard standard

- Ø 65 mm
- For soft floors, wall-to-wall carpests



Big soft

- Ø 75 mm
- For uneven floors and thick carpets



Hard cleanable

- Ø 62 mm
- Castors can be opened and cleaned



Soft friction

- Ø 65 mm
- For hard floors



Soft, lock when unloaded

- Ø 65 mm
- Castors lock when the seat is unloaded



Hard, lock when loaded

- Ø 50 mm
- Castors lock when the seat is loaded



Soft mechanically lockable

- Ø 65 mm
- For tilted surfaces



Soft antistatic (ESD)

- Ø 65 mm



Industrial

- Ø 75 mm
- Solid rubber, for uneven floors and hairdressers



Paws

- For static work and for chairs with Foot Support Ring
- Black

CHAIRS



Salli Swing

The swing mechanism enables the seat to be tilted into every direction without a separate adjustment lever.

Fixed seat width



Salli SwingFit

Seat width adjustment



Salli Twin

Inclination as a standard, without on request. Fixed seat width.

Swing mechanism	X	X	–
Inclination mechanism	–	–	X / –
Width adjustment	–	X	–
Seat	Swing	SwingFit	Twin
Upholstery A1, A2 leather / artificial leather, unless stated otherwise			
Gas spring Mini, S, M, L Metallic/black, unless stated otherwise			
Base Ø 540 mm, metallic or black aluminium, unless stated otherwise			
Castors Ø 65 mm soft, unless stated otherwise			
Weight (kg)	10	11	10.5
Allround	X (Ø 600 mm base)	X (Ø 600 mm base)	X
Elbow Rest			X
Ergorest			X
Stretching Support Ø 600 mm base			X
Foot Height Control with special metallic gas spring	X	X	X
Foot Support Ring	X	X	X
Elbow Table Ø 700 mm base			X (without inclination)

CHAIRS



Salli MultiAdjuster

For those who prefer inclination. Seat width adjustment.



Salli Strong

Special strong design, maximum load 150 kg (normally 120 kg).



Salli Stainless

Perfect for environments where chairs need to be hygienic and easy to clean. All metal parts are stainless steel.



Salli Classic

Undivided seat with inclination adjustment.



Salli Surgeon

The gap in the seat enables one to maintain the good position even during long operations.

–	–	–	–	–w
X	height and inclination with same lever	X / –	X	X / –
X	–	–	–	X / MultiAdjuster
MultiAdjuster	Twin	Twin	Classic	Twin, MultiAdjuster
		artificial leather, leather on request		
	metallic	M metallic		metallic
	Ø 600 mm	Ø 540 mm industrial base		metallic
		Ø 80 mm		
11	13	11.5	11	Twin 14.5 MultiAdjuster 15.5 !
X			X	
X			X	
X			X	
X			X	as a standard
X			X	as a standard
X			X	X

! Salli Surgeon has removable armrests and Stretching Support (weight 4 kg).



Salli® Saddle Chairs are manufactured in Salli Systems' own factory in the picturesque village of Rautalampi, in central Finland. Each top quality seat is handmade. The company has a strict quality control system, and each manufacturing phase has specific quality criteria it has to meet.

TEHTY SUOMESSA
MADE IN FINLAND

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