

SIT HAPPY

ERGONOMICS IN
HOME OFFICE P.15

CHOOSING A SADDLE CHAIR P.5

2023 PRODUCT CATALOGUE



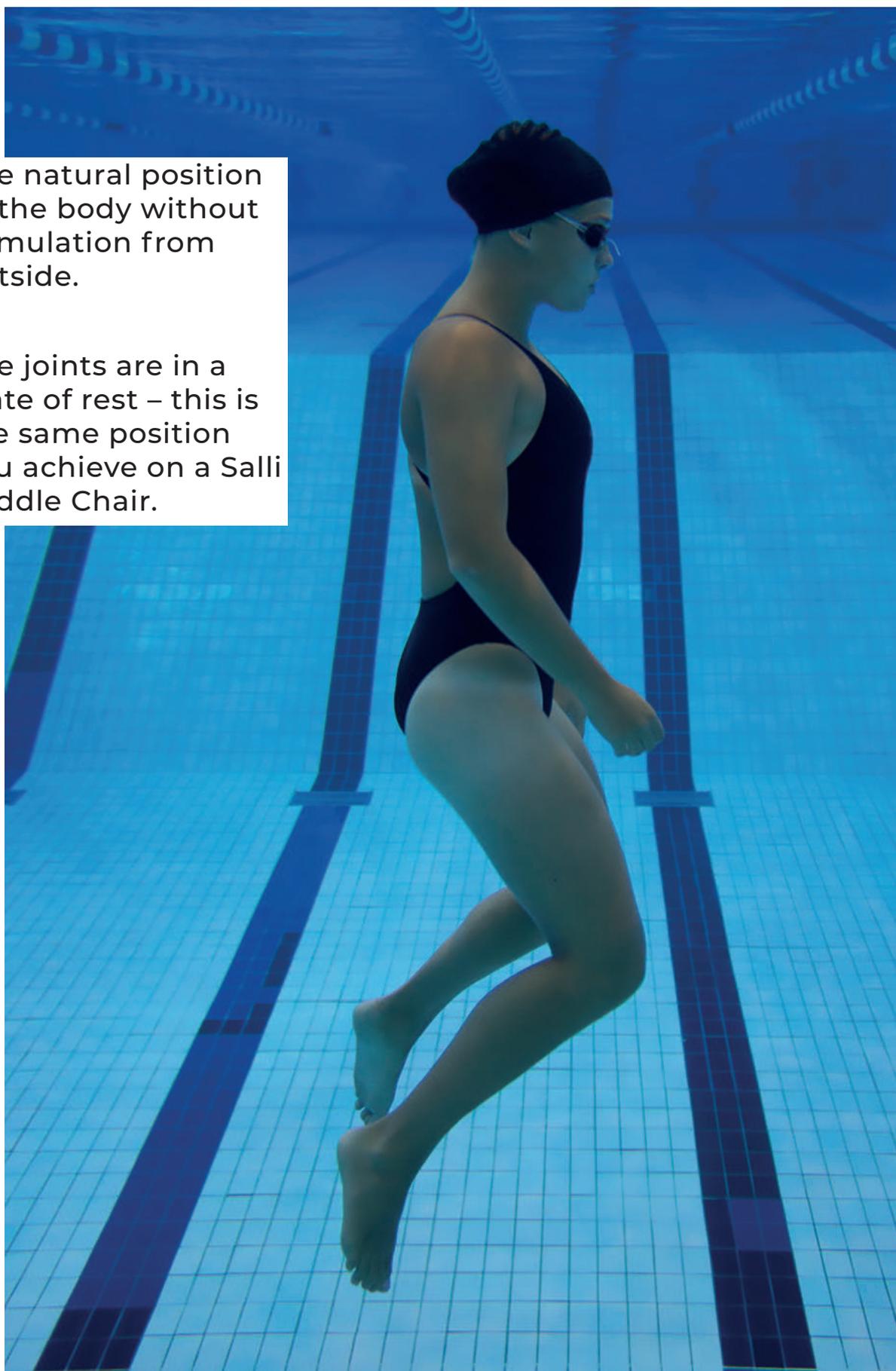
Salli Saddle Chairs, **handmade in Finland**, are the only saddle chairs that enable the natural curve of the lower back. The high-quality chairs have been developed for more than 30 years, in cooperation with physiotherapists.



Why Salli Concept works?

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?

Sitting for long periods negatively affects health and productivity. The human body is not designed to sit, yet we often spend **12-15 hours a day** sitting, often in poor positions. This can cause tension and pain in neck and shoulder muscles, deterioration of lower back disks, shallow breathing, headaches, circulation issues, swelling in the legs, and discomfort in the genital area.



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.



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.

Choosing a saddle chair

On the ergonomically designed, two-part saddle chair you can sit in a semi-upright, active, and balanced position. The angle and shape of the seat direct the pelvis to turn forward. In this position, the spine supports the upper body and the muscles remain relaxed.

We recommend the two-part saddle chair, instead of a one-part model. Our selection includes the one-part Salli Solo, but it is suitable for short-term use only.

Chairs with Swing mechanism

The swing mechanism of Salli SwingFit enables the seat to be tilted into every direction without a separate adjustment lever. Thus you can exercise while sitting, which adds to the mobility and metabolism of the lower back, and activates the whole body.

Chairs: SwingFit, Swing, Premium, Light Swing, Slim Swing.

Chairs with tilt mechanism

The tilt mechanism allows you to adjust the working position to your optimum. By tilting the seat forward, it is possible to reach forward without having to round the back. No Swing mechanism. Chairs: MultiAdjuster, Twin, Light Tilt, Slim Tilt



Small seats

6 cm narrower Salli Small is liked especially by people with narrow pelvis. Also if you have tight muscles around the hips and/or relatively short legs the smaller seat might feel more comfortable for you to use.

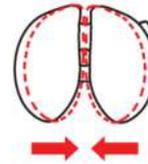
Salli SwingFit

Active seat with width adjustment. 6 cm narrower Small also available.

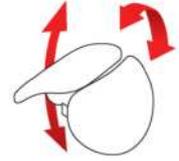
Best selling model



Small



Width adjustment



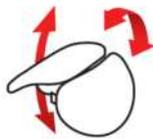
Swing-mechanism



Swinging saddle chairs

Salli Swing

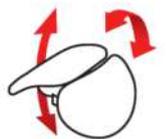
Active seat with fixed gap.



Swing-mechanism

Salli Solo Swing

Good ergonomic choice for those women who prefer a solid seat.

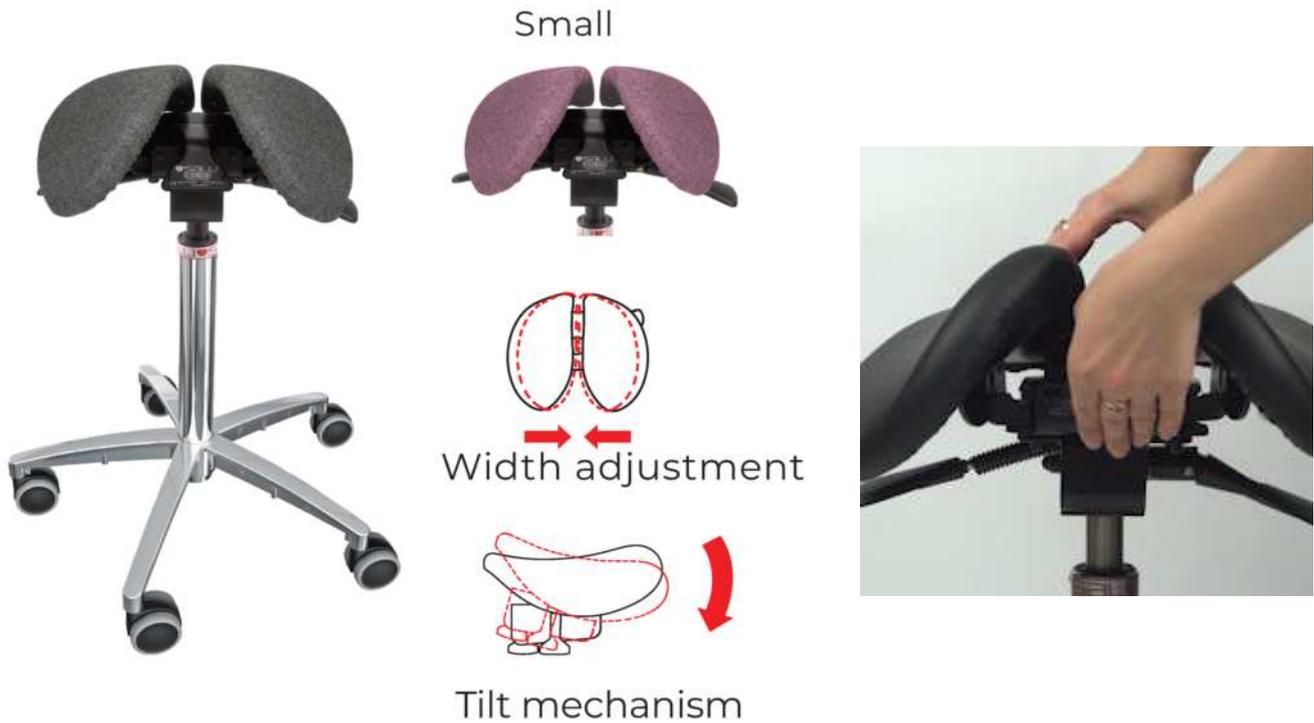


Swing-mechanism

Salli MultiAdjuster

Versatile adjustments for the demanding user. Because of the tilt mechanism Salli MultiAdjuster can always be adjusted to the optimal position. By tilting the seat it is possible to reach forward without rounding the back. 6 cm narrower Small also available.

chairs with tilt mechanism



Salli Twin

Two-part saddle chair with fixed middle gap and inclination.



Salli Solo Tilt

Good ergonomic choice for those women who prefer a solid seat.



LEATHER COLORS



05145
Coral



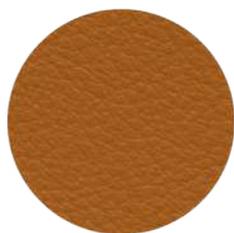
05011
Ferrari



75014
Plum



35126
Wine



54033
Mandarin



33001
Cognac



33090
** Vintage Cognac



93129
Saddle



77237
Denim Blue



77158
Navy Blue



88019
Grass



98015
Pine



01085
Light Grey



11049
Stone Grey



71017
Dark Grey



99999
Black



00109
White



43130
**** Bronze



05011 / PQ
*, *** Piquet



99999 / PQ
, *** Piquet Black

*Special leather, extra charge applies

**Chromium plating

***Recommended for Design and Rainbow color combinations

****Only for Salli Premium model

ARTIFICIAL LEATHER, FABRIC, WOOL

Antimicrobiel, breathable



9573
Heavenly Pink



9532
Old Rose



7606
Smoke Blue



7609
Midnight Blue



7136
Creamy Grey



6798
Steel Grey



5816
Black

100% polyurethane surface

Wool Fabric



08
Serendipity



07
Fate



17
Mix



36
Medley



51
Kindness



32
Affix

95% virgin wool, 5% polyamide

ESD-artificial leather



Black ESD artificial leather

Seat covers



Black 100% cotton fabric



Blue spark-protected fabric
100% polyester

BASES

Salli Base

- Standard with most chairs
- Ø 560 mm,
- Aluminium
- Color: Metallic or black



Aluminium base

- Ø 540 mm, aluminium
- Metallic or black
- Weight: 1.18 kg



Small aluminium base

- Ø 500 mm, aluminium
- Metallic
- Weight: 1.2 kg



Large aluminium base

- Ø 600 mm, aluminium
- Metallic or black
- Weight: 1.80 kg



Small plastic base

- Ø 480 mm
- Black
- Weight: 1,04 kg



Plastic base

- Ø 580 mm
- Black
- Weight: 1.34 kg



Extra large base

- Ø 700 mm, aluminium
- Metallic with rubber pads
- For Elbow Table
- Weight: 2.2 kg



GAS SPRINGS & CASTORS

Gas springs



Chair heights (mm, min-max)

	Swing	SwingFit	Small SwingFit	MultiAdjuster	Small MultiAdjuster	Twin
Short	425-540	430-545	430-545	445-560	445-560	445-560
Medium	515-690	515-695	515-695	530-705	530-705	530-705
Long	585-825	585-825	585-825	600-840	600-840	600-840

User heights (cm)

Note! If you are using industrial or inline castors, the chair is 35 mm higher than the measurements shown in the table.

Long is from 165cm (standard).
Medium is for under 170cm.

Castors



Soft standard*

- Ø 65 mm
- For hard floors



Industrial

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



Inline

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



Hard Standard

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



Soft friction

- Ø 65 mm
- For hard floors



Soft, lock when loaded

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



Big Soft

- Ø 75 mm
- For uneven floors and thick carpets



Soft, lock when unloaded

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



Antimicrobial

- Ø 65 mm



Soft antistatic (ESD)

- Ø 65 mm



Soft mechanically lockable

- Ø 65 mm
- For tilted surfaces



Paws

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

*7 colours: black, red, blue, green, orange, metallic, matt metallic

CHAIRS

Salli Light & Salli Slim

Salli Light and Slim chairs have all the good qualities of the two-part saddle chair. The chair is light and provides great ergonomics at an affordable price. Made in China, Finnish Design.

- Single black polyurethane piece with a groove in the middle
- Height adjustment
- Black gas spring and plastic base, aluminium base available
- Maximum load 100 kg
- Chair weight 6 kg
- Finnish design
- Warranty 5 years. The chair must not be used or stored in temperatures lower than + 5 °C
- Models: Swing, Tilt and Basic

Salli Slim has a narrower seat than Salli Light, and is especially suitable for children and petit women.



Salli Light



Salli Slim

CHAIRS

Salli Premium

Salli's 30 years celebration model Salli Premium is a SwingFit with a new design in the seat. Choose elegant black or have the back of the chair in stylish bronze. You can also personalize the chair by having a name, a name of a company, or a logo at the back of the chair.

Add the name of your choice into the option field; there can be 10 characters at the most. If you want to have a logo, the logo needs to be black and white.



CHAIRS

Salli Strong

Extra strong ergonomic chair that has a two-part seat with fixed seat width.

Suitable for more heavy-duty use and larger individuals. Special strong design, maximum load 150 kg (normally 120 kg).

Tilt mechanism (tilt and height adjustments with the same lever)



Home office ergonomics



Salli can provide the most essential elements of the home office: the ergonomic saddle chair and height-adjustable table.

The top of the computer screen should be at eye level, the wrists in their neutral position, and elbows supported.



Salli work tables have recess that enables you to get so close to the table that your elbows get support from it, without having to reach your arms forward. Thus the stress on shoulders is smaller, and keeping the ergonomic position easier.



Keep active during the work day. Change between sitting and standing. Use a headset or speaker to be able to move lightly during phone calls. Have micro breaks and do at least a couple of exercises that maintain muscle fitness.

Take care of the air quality by ventilating your work space regularly. Many indoor plants clean the air. Also remember to take a deep breath once in a while. Especially when stressed, we often breathe only by the top of the lungs. Prolonged exhalation activates the parasympathetic nervous system, which also has a stress-lowering effect.

DESKS

All Salli tables are height-adjustable and they have a recess for stomach. They can be used while sitting or standing. The recess provides good support for the arms and shoulders. It significantly reduces tension on neck and shoulders, and the pressure on the neck vertebrae, and optimizes your sitting ergonomics in office work.

Salli Work Desk

Height adjustment with a gas spring

- Castors in front make it easy to move.
- White or black desk top width 93 cm, depth 70 cm, thickness 1.6 cm; plywood
- Round edge profile
- White or black frame
- Manual height adjustment by gas spring, 74–118 cm
- Integrated wireless charger for your mobile devices also available
- Warranty 2 years



DESKS

Salli Small Desk

Height adjustment with a gas spring, smaller table top.

- White or black desk top width 75 cm, depth 60 cm, thickness 1.6 cm; plywood
- Round edge profile
- White or black frame
- Manual height adjustment by gas spring, 74-118 cm
- Integrated wireless charger for your mobile devices also available.
- The recess gives good support for arms and shoulders. It diminishes neck and shoulder tensions and the pressure on the disks in the neck, thus optimizing your sitting in office work.
- Warranty 2 years



DESKS

Salli E-desk

Handy electrical table.

- Desk top, 93 x 70 x 1.6 cm, plywood
- Round edge profile
- Colour white or black
- White frame, base size 93 x 62 cm
- Electric height adjustment 70–119 cm
- 3 memory positions



TABLES

Salli OptiDesk

- Desk top 120 x 70 x 1.6 cm, plywood
- Round edge profile
- Colours white and black
- Electric height adjustment, 72–117 cm
- Memory location for 4 heights
- Maximum load 40 kg
- The recess gives good support for arms and shoulders
- Elbow pads ErgoRoll, black polyurethane
- Warranty 2 years



DESKS

SALLI AUTOSMART



Salli AutoSmart recognizes whether the user is reading something on the screen or typing on the keyboard, and automatically adjusts itself to the optimal height for each task. Salli AutoSmart can have an unlimited amount of users, because the table and monitors adjust themselves according to the login information.



- AutoSmart software (5 M, for PC computers)
- Desk top 160 cm x 90 cm x 2.5 cm
- Round corners, round edge profile
- Black frame, height 63–129 cm
- 1 or 2 adjustable monitor arms
- Piezo™ (registers the resistance when the desk is driven up or down)
- Colours: glossy white, light grey and birch
- Elbow pads (ErgoRoll), black polyurethane. The pads make it comfortable to support the elbows, forearms and wrists on the table.
- The recess gives good support for arms and shoulders. It diminishes neck and shoulder tensions and the pressure on the disks in the neck, thus optimizing your sitting in office work.
- Maximum load 90 kg
- Warranty 2 years

ACCESSORIES FOR TABLES

Ergoroll



The pads make it comfortable to support the elbows and forearms on the table. To be used with a central mouse that has a wrist support. If you have a standard mouse on the right or left side of the keyboard, we recommend ErgoNipsu. Black polyurethane.

ErgoNipsu



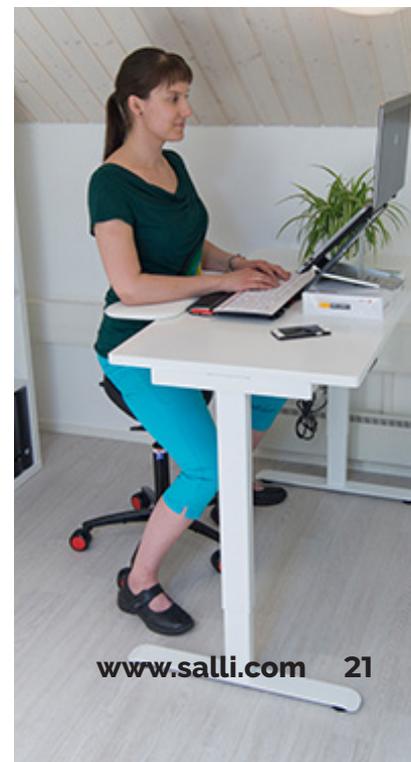
Support for elbows, wrists and mouse hand, suitable to be used with Salli desks (right or left hand). Black polyurethane.

ErgoElbo



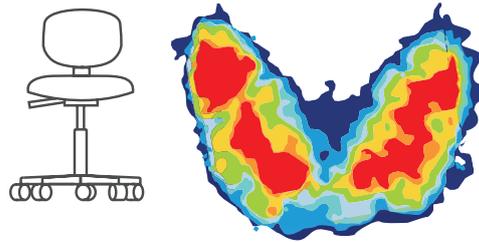
Can be attached to any table to reduce tension in the shoulders, neck and the upper back.

Upholstered with black or white artificial leather. Width 67 cm, depth 22.5 cm.

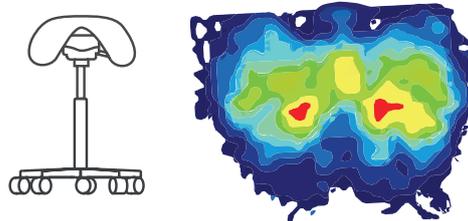


SITTING PRESSURE EFFECTS THE PELVIC AREA

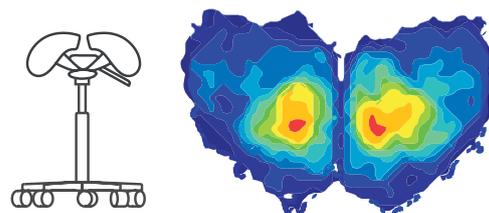
The pressure caused by sitting on conventional chairs disturbs the pelvis, tailbone, pelvic floor and genital area. It is believed to increase intestinal and internal pelvic health problems and erectile dysfunctions. On a conventional chair men tend to lean backwards in order to avoid the pressure in 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.



BEAUTY & THERAPY

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.





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.

DENTISTRY

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.

Salli Expert

For demanding precision work, in e.g. operating theatres or dental surgeries. Ergonomic Salli Expert has a back support with elbow supports and height control by foot as a standard.

- Two-part seat, Twin, MultiAdjuster or Small MultiAdjuster
- Available with or without tilt mechanism
- Leather or artificial leather, see colour chart
- Hand controlled height adjustment with gas spring
- Both foot and hand controlled height adjustments with gas spring
- Back rest and elbow supports (from the back of the chair)
- Maximum load 120 kg
- Warranty for the chair 10 years, for the accessories 2 years



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.



Elbow Rest

Comfortable and steady support for the forearms on the sides and in front. This relaxes the shoulders by carrying the weight of the arms. Good for any precise work. Simple height and distance adjustment (15 cm, 5 cm).



Elbow Rest 3D

Specially designed for surgeons. It moves smoothly from side to side and back and forth. Suitable if forearms need to be moved, or very precise procedures to be conducted with wrists and fingers.

ACCESSORIES & OTHER PRODUCTS



Ergorest

Movable forearm supports on the sides. Suits many types of work where arms need to move with very low resistance on a surface level. The comfortable support is 20 cm long. It moves 28 cm back and forth and 28 cm sideways.



Top & Bottom

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.



Foot Support

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



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.

ACCESSORIES & OTHER PRODUCTS



Seat cover

Protects the seat from dirt and sparks, recommended for industrial environments. Leather, artificial leather, black 100 % cotton and blue spark-protected 100 % polyester.



Elbow table

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



Salli Driver

Salli Driver is an excellent support for the back in cars, trains, airplanes – basically in any vehicle where the existing seats are not comfortable and healthy.



Salli Tools

Chair disassembly tools.

INDUSTRY

Salli products are well-suited for demanding work environments. Chairs with anti-static upholstery or with polyurethane seats are also 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.

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.



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!



CHAIRS



Salli Swing



Salli SwingFit
& Small SwingFit



Salli Twin



Salli MultiAdjuster
& Small MultiAdjuster



Salli Premium

Swing Mechanism	X	X	-	-	X
Tilt mechanism	-	-	X	X	-
Width adjustment	-	X	-	X	X
Seat	Swing	SwingFit	Twin	MultiAdjuster	SwingFit
Upholstery Leather / artificial leather, unless stated otherwise					Black / Bronze leather
Gas spring S, M, L Metallic/black, unless stated otherwise	Standard L	Standard L	Standard L	Standard L	Black L
Base Salli Base Ø 560 mm, metallic or black aluminium, unless stated otherwise.					Black Salli Base
Castors Ø 65 mm soft, unless stated otherwise					Black premium castors
Weight (kg)	10	11 / 10	11	12/ 11,5	11
Allround	X	X	X	X	x
Elbow Rest			X	X	
Elbow Rest 3d			X	X	
Ergorest			X	X	
Stretching Support Ø 600 mm base			X	X	
Top & Bottom with special metallic gas spring and Ø 540 mm metallic aluminium base	X	X	X	X	
Elbow Table Ø 700 mm base			X (without tilt)		
Foot Support	X	X	X	X	X

CHAIRS



Salli Strong



Salli Solo Tilt



Salli Solo Swing



Salli Light



Salli Slim



Salli Expert

-	-	X	X / -	X / -	-
height and tilt with same lever	X	-	X / -	X / -	X
-	-		-	-	X / MultiAdjuster
Twin	Solo Tilt	Solo Swing	Light (Basic, Tilt, Swing)	Slim (Basic, Tilt, Swing)	Twin, MultiAdjuster
			polyurethane	polyurethane	
Standard metallic M	Standard L	Standard L	Standard black M	Standard black M	Top & Bottom Metallic L
Ø 600 mm			Ø 580 mm black plastic	Ø 480 mm black plastic	Ø 540 mm metallic
13	11,5	10,3	Basic 6, Tilt 7.5, Swing 6.2	Basic 5.4, Tilt 6.6, Swing 5.7	Twin 16,3 MultiAdjuster 17,3
	X	X	X	X	
	X		X (basic, swing)	X (basic, swing)	
	X		X (basic)	X (basic)	
	X		X (Light Tilt)	X (Slim Tilt)	as a standard
	X	X	X	X	as a standard
	X	X	X	X	X

! Salli Expert has removable armrests and back support (weight 5 kg).

UPHOLSTERY & CLEANING

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

- Bovine leather
- Disinfectable artificial leather
- Antistatic ESD upholstery
- Upholstery and reupholstery with your own material
- Seat re-upholstery includes new padding and leather, artificial leather, or fabric
- Normal padding (200 g/m²)
- Extra soft padding (300 g/m²)



Cleaning products

The seat can be cleaned with Elmo foam, alternatively use Super 2 Clean Mini Wetkins wipes.

Cleaning the seat

Leather

Never place leather furniture closer than 20–30 cm to a radiator or in direct sunlight.

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

- Removing a spot as quickly as possible, makes it easier to clean
- PUxx is a 100% waterproof product.
- PUxx will retain its beautiful colour

by wiping occasionally with a warm cloth, especially the parts that contact the body

- PUxx can be easily cleaned and disinfected by almost any type of detergents such as ethanol (alcohol), hydrogen peroxide and chlorine solutions. Follow the instructions of the manufacturer of the disinfectant

- Never clean PUxx with solvents

ESD artificial leather

Clean with lukewarm PH-neutral soapy water and a soft cloth or soft brush. Wipe dry with a damp cloth.

Wool fabric

Vacuum regularly. Wipe with a damp cloth using soap and water or use proprietary upholstery shampoo. For deeper cleaning use steam or professionally dry clean.

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.



You deserve the best ergonomics



www.salli.com

