



SIT HAPPY

ERGONOMICS IN  
HOME OFFICE P.4

CHOOSING A SADDLE CHAIR P.7

# PRODUCT CATALOGUE 2022





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.





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.



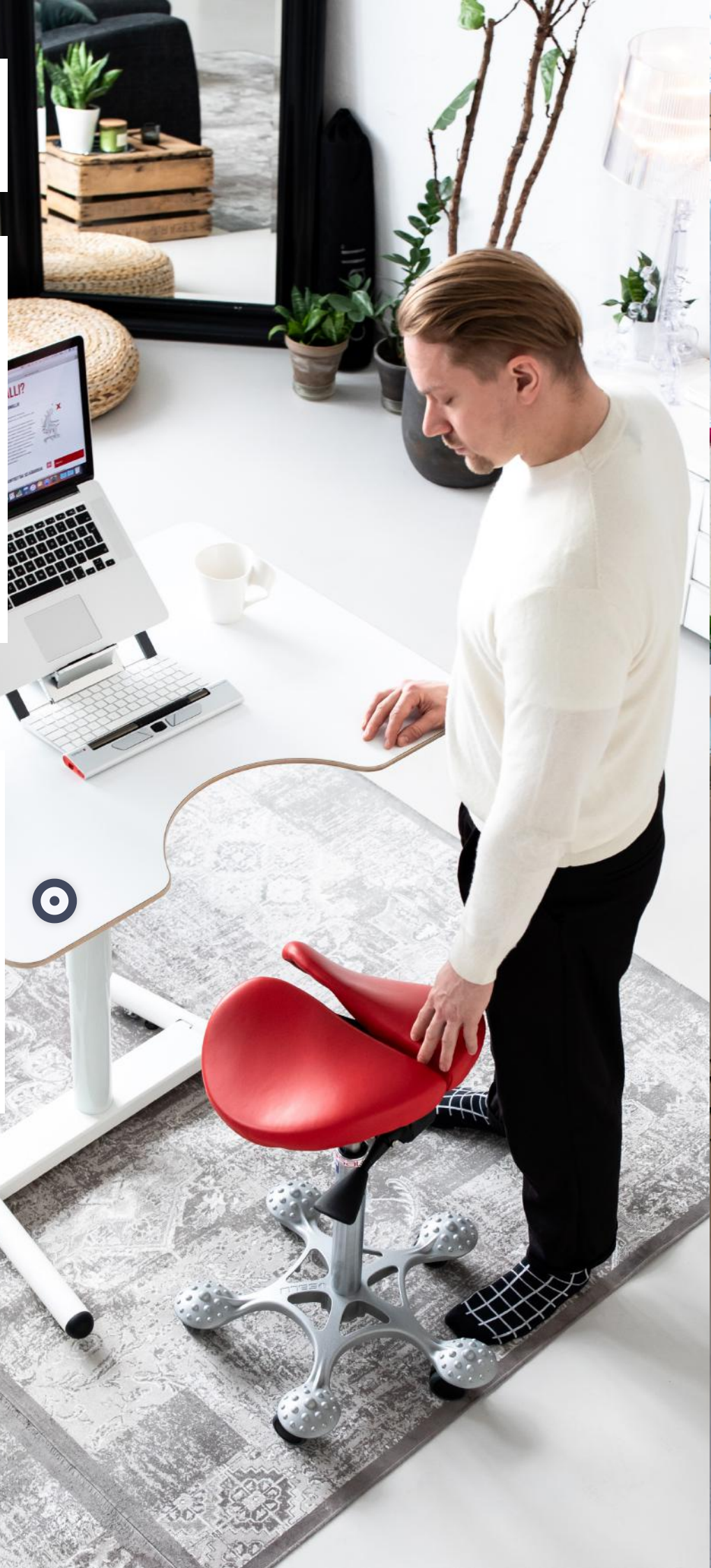


# Home office ergonomics

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.





# Home office ergonomics



**M**ake sure that there is enough light at your work station.

**K**eep 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.

**T**ake 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.

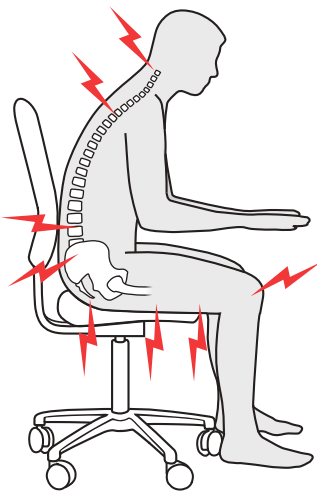
# Sitting health

**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.**

**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.**

## Conventional way of sitting

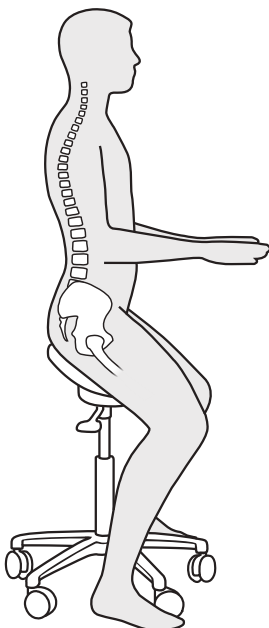


When we sit in the conventional way, with 90 degree angles in hip and knees, our balance and posture are poor. This affects many areas in the upper body and decreases circulation.

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.

# 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 Classic, 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.

Take a look at the models here.

## 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.

Small-mallit on saatavilla näissä istuimissa: SwingFit, MultiAdjuster, myös Nature-mallit.

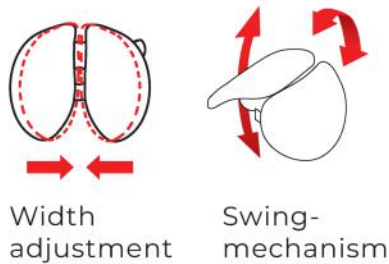




# Salli SwingFit

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

Best selling model



Swinging saddle chairs

## Salli Swing

Active seat with fixed gap.



Chairs on pages 8 and 9





# 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

## Salli Classic



# LEATHER COLORS



05145  
Coral



05011  
Ferrari



75014  
Plum



35126  
Wine



54033  
Mandarin



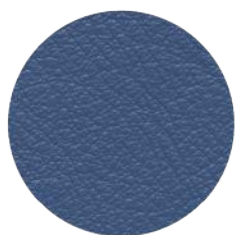
33001  
Cognac



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



# ARTIFICIAL LEATHER, FABRIC, WOOL

Antimicrobiel, breathable



**5711**  
**Coconut**



**5743**  
**Ash**



**4528**  
**Sea Green**



**2566**  
**Azurite**



**5754**  
**Black**



**902**  
**Highland Stretch Slate**



**837**  
**Highland Stretch Stone**

100% polyurethane surface

## Wool Fabric



**08**  
**Serendipity**



**07**  
**Fate**



**17**  
**Mix**



**27**  
**Seek**

95% virgin wool, 5% polyamide

## ESD-artificial leather



Black ESD artifical 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



**Hard Standard**  
• Ø 65 mm  
• For soft floors, wall-to-wall carpets



**Big Soft**  
• Ø 75 mm  
• For uneven floors and thick carpets



**Soft antistatic (ESD)**  
• Ø 65 mm



**Industrial**  
• Ø 75 mm  
• Solid rubber, for uneven floors and



**Soft friction**  
• Ø 65 mm  
• For hard floors



**Soft, lock when unloaded**  
• Ø 65 mm  
• Castors lock when the seat is



**Soft mechanically lockable**  
• Ø 65 mm  
• For tilted surfaces



**Inline**  
• Ø 75 mm  
• Solid rubber, for uneven floors and hairdressers



**Antimicrobial**  
• Ø 65 mm



**Paws**  
• For static work and for chairs with Foot Support

\*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.**

- 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.





# CHAIRS

## Salli Premium

Salli SwingFit with your own name. Black Salli Base and black Premium castors. Not available as Small model.



## Salli Strong

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



## Salli Nature



**Ecological model, made of leftover leather.**

The seat of Salli Nature consists of four pieces of leather, with fine stitching in between; slices are left over from the production of other chair models. The natural rough character of real leather stands out well in Nature chairs, as the occasional marks from horsefly bites to bigger scars tell about a life lived, making each chair unique. As much as 85–95 % of the base material is recycled aluminium. You can choose the seat of Salli Nature out of six options:

SwingFit, Small SwingFit, Swing, MultiAdjuster, Small MultiAdjuster, Twin

# TABLES

## Salli Office Table

Salli Office is suitable for home or office. The recess gives good support for the upper body.



- Electric height adjustment, 70–120 cm
- Memory location for 3 heights
- Desk top 160 x 90 x 2.5 cm, 3D-laminated MDF
- Round edge profile
- Dark grey or white frame
- Adjustable frame, width 120–200 cm
- Colours: white, light grey, 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 75 kg
- Warranty 2 years





# TABLES

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

Salli Work Desk is easily height-adjustable. Castors in front make it easy to move.



# TABLES

## Salli Small Desk

Height adjustment with a gas spring, smaller table top





# TABLES

## Salli E-desk

**NEW! Handy electrical table now for an introductory offer price.**

- 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
- Recess gives support to upper body



## Salli AutoSmart

**An innovative software is guiding 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



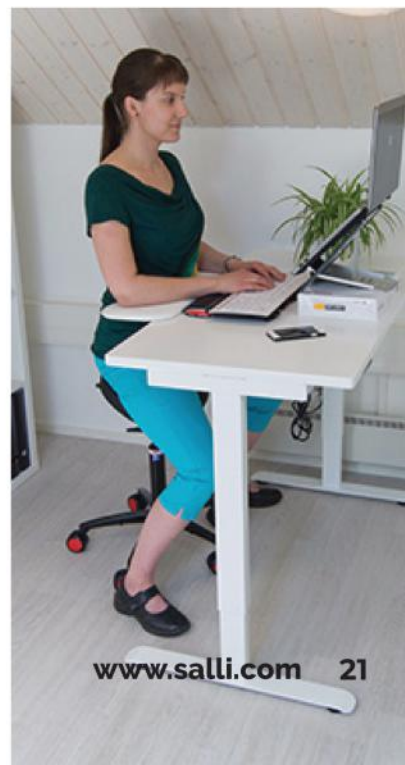
Support for elbows, wrists and mouse hand, suitable to be used with Salli desks (right or left hand). Black polyurethane.

## ErgoElbo



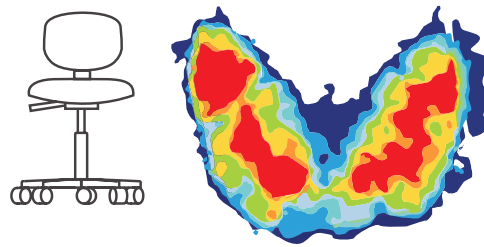
Can be attached to any table to reduce tension in the shoulders, neck and the upper back.

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

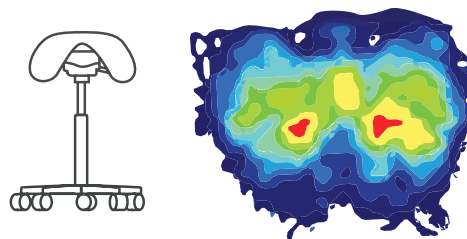


# SITTING PRESSURE EFFECTS THE PELVIC AREA

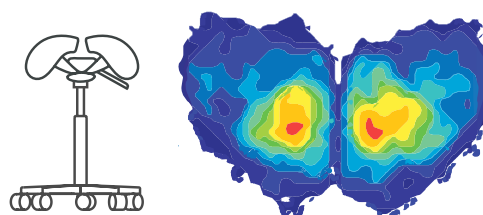
The pressure caused by sitting on conventional chairs disturbs the pelvis, tailbone, pelvic floor and genital area. It is believed to increase intestinal and internal pelvic health problems and erectile dysfunctions. On a conventional chair men tend to lean backwards in order to avoid the pressure in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

# 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.



## 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.



## 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.



# ACCESSORIES & OTHER PRODUCTS



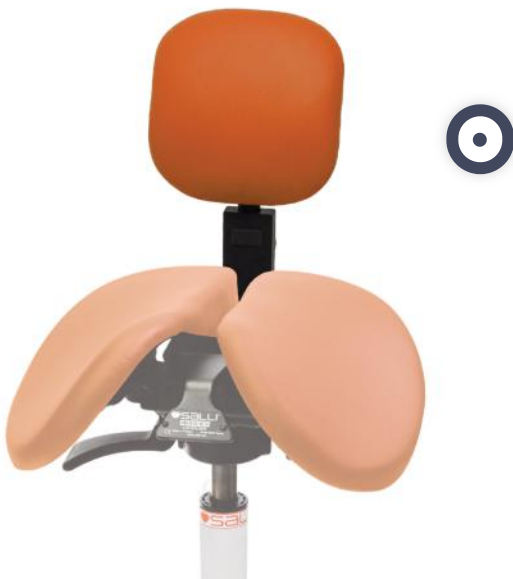
## Ergorest

Movable Ergorest armrest is available with Stretching Support. It is ideal for dentists and in ultrasound rooms, or to be used as a rehabilitation aid after shoulder injuries.



## Foot Support

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



## Stretching Support

Mahdollistaa selän venyttelyn satulatuolilla. Oikeaoppisessa istuma-asennossa selkä ei kosketa venyttelytukea.



# 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!





# 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

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



## Cleaning products

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

### 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 & ESD 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.

#### 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](http://www.salli.com)

