

CHOOSING A SADDLE CHAIR P.6

ERGONOMICS IN  
HOME OFFICE P.17

PRODUCT  
CATALOGUE  
2022

DESIGN®  
FROM  
FINLAND

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## Salli Systems

- Market leader in **technical quality**.
- **30 years** of product development.
- We make chairs and furniture to last and **benefit you for years**.
- We do not compromise on materials but select the best and strongest available.
- We accept only premium level handcraft workmanship. That is why we, as the only saddle chair manufacturer in the world, have a **serial number on our seats**.



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## Salli concept

Salli has been developing its products since 1990. The company has developed from a mere producer of saddle chairs into the leading developer and pioneer of sitting health. Now we export to 58 countries and Salli® Saddle Chairs are used in hundreds of professions.

Salli concept consists now of:

- a) Chairs, tables and professional accessories
- b) Optimal use and adjustments of the furniture
- c) Activation of the vital circulation during working hours
- d) Principles of optimal clothing for sitting
- e) Increasing the body awareness and the understanding of the potential of sitting development, in terms of looks, health and productivity, through training

From now on we develop through impressive research and product development programs. We want strongly to help our clients and create new sitting health awareness and put it in the position that it deserves as the main physical factor that influences the everyday work.



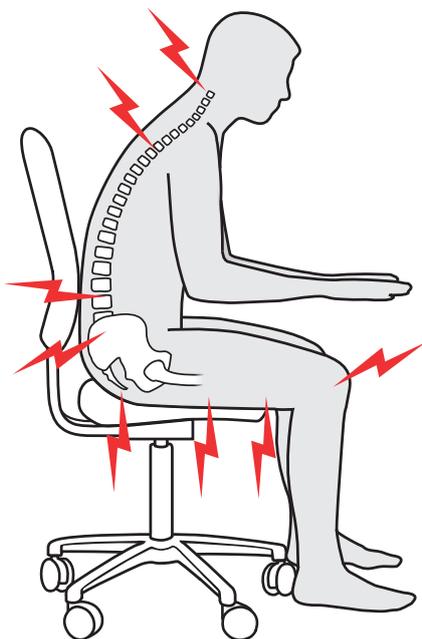
# Why Salli Concept works?

## 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.

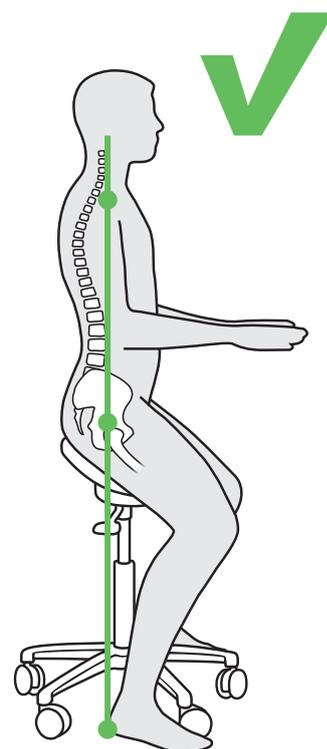


## Riding-like sitting

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.

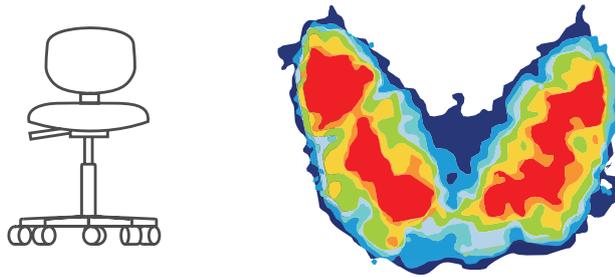
The posture is the most relaxed and natural, when the legs are apart and sloping down in a 45 degree angle, which makes the pelvis automatically tilt forward. When the pelvis is tilted forward the back is in its neutral position. It feels easy and natural to sit when one is balanced in the same way as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

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

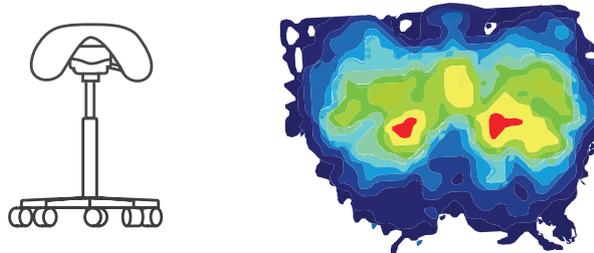


# Sitting pressure in the pelvic area

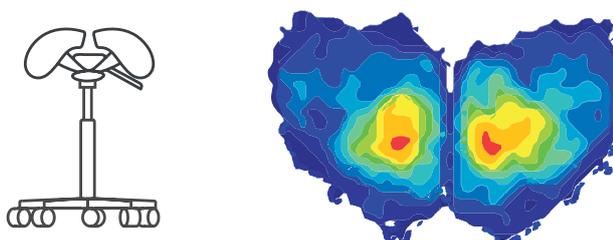
The pressure caused by sitting on conventional chairs disturbs the pelvis, tailbone, pelvic floor and genital area. It is believed to increase intestinal and internal pelvic health problems and erectile dysfunctions. On a conventional chair men tend to lean backwards in order to avoid the pressure in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



# 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.

## Chairs with Sway mechanism

The sway mechanism of Salli SwayFit 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: SwayFit, Sway, Light Sway Slim Sway.

## 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: TripleFit, Chin, Slim Tilt, Light 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. Chairs: Small SwayFit, Small TripleFit





# Salli SwayFit

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



# Salli Sway

Active seat with fixed gap.



# Salli TripleFit

Versatile adjustments for the demanding user. Because of the tilt mechanism Salli TripleFit 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.



# Salli Chin



# Salli Light & 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
- Warranty 2 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



# Upholstery

## Genuine leather

Clean with products made for genuine leather furniture



Black



Red



Blue



Wine



Beige



## Artificial leather

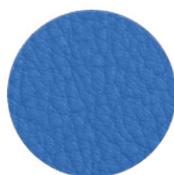
Wipe away stains with a soft and dry cloth



Black



Red



Blue



Orange

## Fabric covers for Salli Slim and Light models



Black



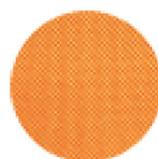
Red



Blue



Green



Orange

# Bases

## Standard Aluminium

- Ø 520 mm
- Metallic or black
- For Salli Sway, Salli SwayFit, Salli TripleFit and Salli Chin



## Large aluminium

- Ø 620 mm
- Metallic or black
- For chairs with accessories



## Mini plastic

- Ø 480 mm
- Black
- For Salli Slim



## Plastic

- Ø 540 mm
- Black
- For Salli Light



## Extra large base

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



## Gas springs

### User heights (cm)

Metallic and black. For three height groups: short (people below 160 cm), medium (160-180 cm) and long (180 cm and above).

## Castors

### Soft standard



- Ø 65 mm
- For hard floors



### Manually lockable

- Ø 65 mm

# 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

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.



## Salli Tools

Useful tool set for detaching the gas spring from the base and the seat, without damaging the parts.

# Accessories & other products



## Salli Expert

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 backrest enables you to stretch every now and then.

## Salli Ultra

Movable 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.

## Stretching Support

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.

# Dentistry

**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.**



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.

# Salli Work Desk

For home, school or small office

- Small and easy-to-move desk (2 castors)
- Desk top 930 x 700 x 18 mm plywood
- Colours: white
- Recess gives support to upper body
- Round edge profile
- Dark grey or black frame
- Manual height adjustment, 80–121 cm
- Maximum load 25 kg



## Accessories for tables

### Nipsu



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.

# 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.

**For health and productivity**



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