



INSTRUCTIONS..... 2

CONGRATULATIONS! You have chosen a high quality work chair.
The Finnish Salli® Saddle Chair is a premium saddle chair guaranteed for years of service.



BEDIENUNGHANDBUCH..... 7

GLÜCKWUNSCH! Sie haben sich für einen Arbeitsstuhl von bester Qualität entschieden.
Der finnische Salli® Sattelstuhl ist ein hochwertiger Sattelhocker mit langer Lebensdauer.



MODE D'EMPLOI..... 12

FÉLICITATIONS ! Vous avez choisi une chaise de travail de qualité. Le siège-selle Salli®,
de fabrication finlandaise, est un siège de haut de gamme et garanti à long terme.



INSTRUCCIONES..... 17

¡ENHORABUENA! Ha elegido una silla de trabajo de alta calidad. La Silla Tipo Montura Salli®,
de fabricación finlandesa, es una silla de primera calidad garantizada para años de servicio.



ISTRUZIONI..... 22

CONGRATULAZIONI!! Avete scelto una sedia operativa di alta qualità. La sedia finlandese Salli®
è una sedia a sella di prima qualità, garantita per un lungo periodo di servizio.





DISCLAIMER

The user shall determine the suitability of the Salli® Saddle Chair and its accessories for his or her intended use and shall assume all risk and liability in connection therewith; this will include all items manufactured or distributed by Salli Systems / Easydoing Oy ("Salli"). Salli cannot accept responsibility for injury and/or damage that occurs in connection with the testing, trial use or regular use of the product except as provided for in mandatory law. Great care should be taken when using the products and/or accessories related to product.

Before using the product the user is required to read the whole instruction manual and to follow the instructions.

Don't use the product...

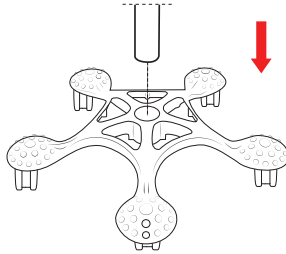
1. if you get any pelvic, extremity, back, or other kinds of pain from using the chair other than normal muscle soreness which comes from adaptation. You might also be using the chair in the wrong way.
2. if your sense of balance or muscle control is abnormal or impaired for any reason.
3. if you use medication or drugs that interfere with your sense of balance or muscle control.
4. if you do not or cannot adjust your worktop to a functional height that is compatible with the optimal height of the Salli Saddle chair. The definition of the optimal height of the table / work is described in the following instructions.
5. if you weigh over 120 kg. The recommended maximum weight of a Salli Strong user is 150 kg.

Due to the danger of falling down do not use yourself or allow children or anyone else to use a product unless the feet of the user reach the floor firmly when sitting down*. Playing with the chair is prohibited. For shorter users we recommend changing the gas spring to a shorter model to ensure the safe use of the product. Gas springs are available from Salli and authorized dealers.

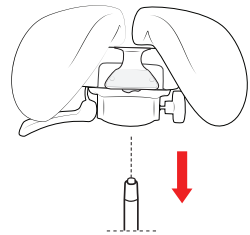
*Using Foot Support is an exception to this rule. Foot Support is recommended for temporary use e.g. when working with high workstations.

ASSEMBLING THE CHAIR

- 1 Place the base on the floor, with the castors against the floor. Slip the wider end of the gas spring into the hole in the base.



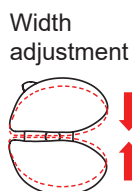
- 2 Insert the seat into the narrow end of the gas spring. Adjust the spring a few times to its extreme positions by lifting the height adjustment lever up*. This will guarantee the best working condition of the spring.



Attention! Let the chair warm up in room temperature for 24 hours before first use!

*A more detailed guide on using the height adjustment can be found on page 3.

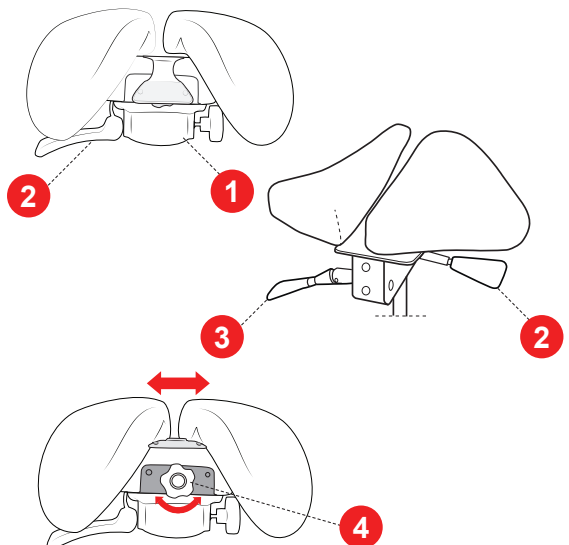
CHAIR ADJUSTMENTS



Fixed width	Twin Tilt Care Twin Light Tilt Slim Tilt	Swing Care Swing Light Swing Slim Swing
	MultiAdjuster Care MultiAdjuster Small MultiAdjuster	SwingFit Care SwingFit Small SwingFit
Width adjustment		

*Salli Twin is available also without inclination.

1. Swing mechanism
2. Height adjustment
3. Inclination adjustment
4. Width adjustment



Chair model is marked on a label on the bottom of the seat. All chairs have gas spring height adjustment.

HEIGHT ADJUSTMENT

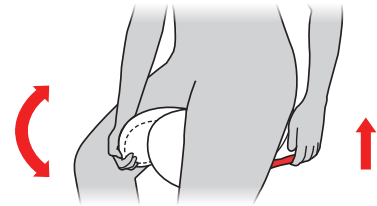
- 1 Seat up: Lighten your weight by reserving weight to your feet on the floor and lift the height adjustment lever up. When the seat height feels right, release the lever.
- 2 Seat down: The seat is pressed down by the weight of the user, when the height adjustment lever is lifted up.



INCLINATION ADJUSTMENT

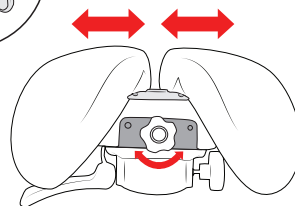
Salli Twin, Salli MultiAdjuster, Salli Small MultiAdjuster

- 1 Hold onto the chair with your hand and release the inclination mechanism by lifting up the inclination adjustment lever. When adjusting the angle, press or lift the seat by hand; at first the mechanism is a little stiff.
- 2 When the angle feels right, release the lever to lock the mechanism. In the best inclination position you do not feel like you're sliding forward or backward, and your back gets a natural curve.



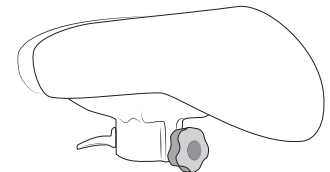
WIDTH ADJUSTMENT

- 1 Lift up the Salli handle in the front of the seat.
- 2 To make the seat wider, turn the knob to the left; to make it narrower, turn the knob to the right.
- 3 Lock the width by pressing the handle back down.



SWING ADJUSTMENT

- 1 Tighten or loosen the knob on the side of the swing mechanism to increase or decrease the swinging motion.



! Always use the knob for this adjustment! Moving the seat parts manually can damage the mechanism.

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.

*Also ESD artificial leather

GAS SPRING CLEANING AND LUBRICATING

The base and the gas spring can be cleaned by wiping with a disinfectant cloth. If the gas spring becomes slow or stiff, spray the narrow end of it with a universal lubricant.



— IMPORTANT! THE CONDITIONS OF USE AND MAINTENANCE OF THE CHAIR —

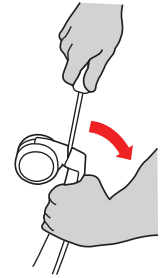
Salli Saddle Chair is designed for indoor use at normal room temperatures in a dry environment. For humid environments we recommend the rustproof Salli Stainless. Normal metal parts will corrode if exposed to moisture. We don't recommend genuine leather upholstery in a hospital environment or in comparable areas with clean room requirements. In these areas, we recommend artificial leather or polyurethane upholstery. **The chair must not be used in hyperbaric oxygen therapy chambers due to the risk of explosion.**



REPLACING THE CASTORS

- 1 Pull the castors off by hand from a chair that is turned sideways. If necessary, the castors can be cranked out with e.g. a flat-blade screwdriver which is placed between the base and the castor*.
- 2 Press the new castors into place.

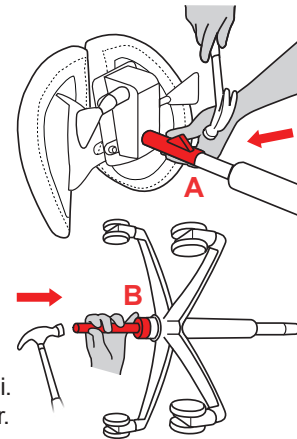
*If a castor plug remains caught in the base, grip the plug with pliers and pull. You may need to tap the pliers with a hammer until the plug comes loose. If your castors get stiff after a few years, replace them all. Please note that you should select castors that are suitable for the floor material.



DISASSEMBLING THE CHAIR

- 1 Raise the seat to its highest position. Turn the chair sideways*.
- 2 Place tool A (see picture) at the junction of the gas spring and the seat, so that the wedge-shaped end points towards the base.
- 3 Hold tool A in position and hit the wedge with tool B (see picture) or a hammer until the seat comes off.
- 4 Position tool B at the bottom of the gas spring. If needed, place the gas spring upside down between your knees.
- 5 Hold tool B in position and hit its end with a hammer, until the gas spring comes off.

*Disassembling is easier with an assistant. In this case the assistant holds the chair upside down. Use special tools for disassembling Salli. You can borrow the tools from your Salli dealer.



DISPOSING OF THE CHAIR

At first, disassemble the chair according to the instructions. Cut off the upholstery of the seat and remove the padding and plastic parts. Remove the plastic parts of the castors e.g. in a vise with a hammer and a chisel.

Salli Saddle Chair consists of metal, plastic and (depending on the upholstery) leather, artificial leather, ESD artificial leather or ESD fabric. Dispose of the materials according to valid waste legislation.



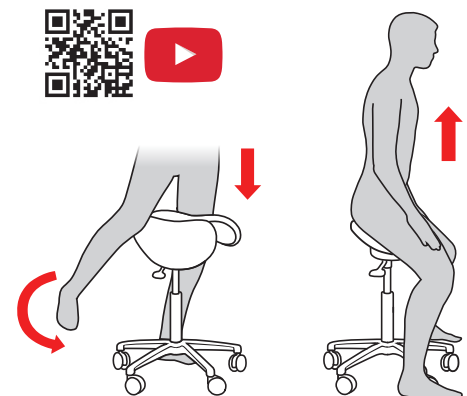
GOOD TO KNOW! SALLI AND ERGONOMICS

Your sitting-related ailments have taken years or even decades to develop. The new ergonomics will start the positive change in your body immediately, but the deeper and wider impacts take time. For example, correcting your posture will take years. However, you will notice the first positive effects already after two weeks.

SITTING ON AND GETTING OFF SALLI

Before you sit down, adjust the chair as low as possible by using your body weight. Stand beside the chair and lift one foot up over the back of the chair to the other side and sit down. You may want to hold onto the chair with your hand while sitting down. This way the chair will not roll away from you. **Do not** sit down on the chair the traditional way, i.e. from in front of the chair with your buttocks foremost. The chair might slide away and you might fall. You will also end up in the wrong sitting position on the front edge of the chair. Make sure that you don't accidentally move the chair away when you lift your foot over it. Salli Saddle Chairs are higher than traditional chairs.

To get up, move your feet slightly forward and stand up by putting your weight on your feet. This way the chair remains behind you.



SITTING POSITION AND SEAT HEIGHT

In the optimal sitting position the angle in your knees and between your thighs and upper body is about 135 degrees and your heels are positioned almost directly under your hip joints. In this position your pelvis will tilt forward so that your lower back forms a natural curve, and your upper back will straighten. Legs should be relaxed, not hanging in the air, and feet should rest on the floor. Thighs should be relaxed against the chair, forming a 90 degree angle relative to each other.

On the average, on a saddle chair one sits about 25–40 cm (10"–16") higher than on a conventional chair. To find your optimal sitting position and seat height, do the following: Raise the seat so high that your feet hang in the air. Relax and let your thighs and pelvis stretch for 1–2 minutes. Let gravity do the stretching for you. Then slowly lower the chair by lifting up the height adjustment lever until your heels touch the floor.

In the right position the buttocks and the back edge of the chair are level with each other. Sitting too far in the front diminishes both comfortability and sitting health. In the right position the sitting bones settle to where the padding is the thickest. Most of the weight of the person sitting is on the sitting bones.

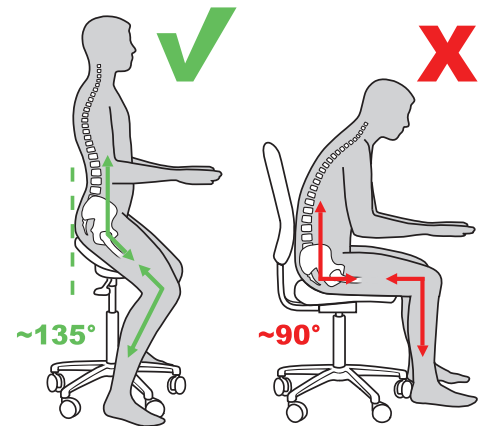
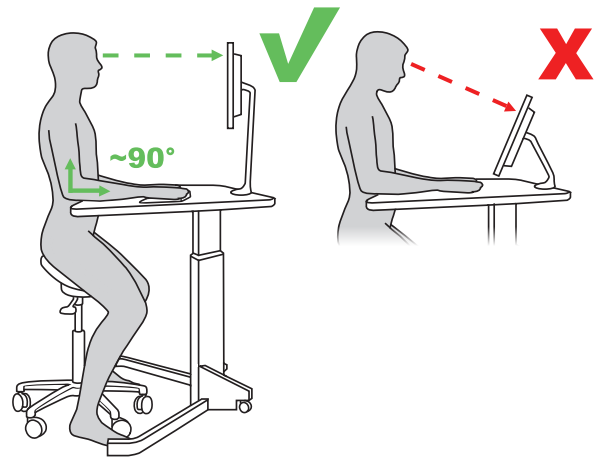


TABLE AND MONITOR HEIGHT

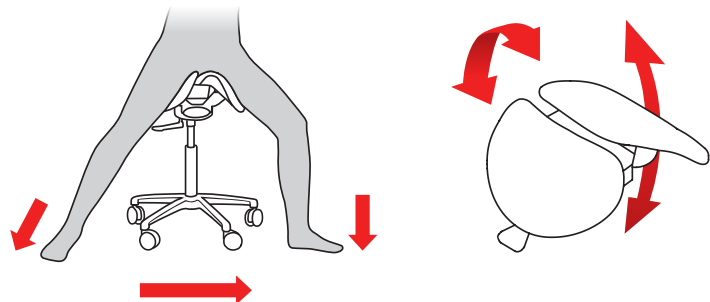
Adjust the table so that your elbows are in a 90 degree angle. The elbows rest relaxed on the pads on the table, next to your body. Adjust the table a bit higher for passive visual tasks (e.g. internet, reading) and a bit lower (3–4 cm) for active writing. We recommend an electronically adjustable table that can be brought up to the standing height as well. Learn more about Salli's electronically adjustable tables at our website.

Pay also attention to the height of the monitors so that you don't accidentally lower your head forward. The head weighs several kilos and easily makes the neck muscles tense, disturbing the circulation into the head. The brain doesn't get enough oxygen, you get tired and get headaches.



MOVING AROUND WITH SALLI

You can easily move sideways by pushing with one foot and pulling with the other. Make use of the swing mechanism of Salli Swing and Salli SwingFit, roll on the chair to fetch things, walk while talking on the phone, exercise for a couple of minutes, work standing at times. Remember to take breaks!



Attention! Be careful not to place your toes under the castors when you're using the chair.

IMPORTANT! ADAPTING MAY TAKE TIME

The sitting position on Salli Saddle Chair differs from that on a conventional chair, and in the beginning your muscles and tissues can get sore. The sitting bones carry the weight of the upper body, which might cause that area to feel sore. Accustom your body to the new position in peace and increase daily sitting time little by little.

PRODUCT WARRANTIES

Salli Systems / Easydoing Oy ("Salli") gives a **10-year warranty** for the saddle chairs and a 2-year warranty for tables and accessories.

The warranty from the date of purchase of the Salli product ("Product"), for any structural defect in the Product or a fault in its materials or assembly, which arise during regular and normal indoor use of the Product ("Defect").

Any claim for Defect under this warranty must be made in writing to Salli immediately and in no case later than within seven (7) days from the date the distributor/end user became or should have become aware of the Defect. Any claims not made within said time-period will be null and void. The date of the purchase must be verified by the serial number of the Product and the receipt of the end user or book keeping of the distributor or Salli. The warranty time (2–10 years) is determined by the date of purchase.

The warranty given by Salli does **not** cover damage or faults caused by: 1) any leather damaging liquids, 2) chair falling on the floor or dropping (see photos below), 3) abrasion against hard, rough or sharp objects that leaves marks, 4) piercing or impressions made by sharp objects, 5) normal wear and tear, 6) pets, 7) any amendment or alteration made to the Product whatsoever by or at the request of distributor or end user, 8) any parts or objects other than those approved by Salli in writing prior to assembly used in the Product or in any way attached to the Product.

Pictures of upholstery material breakage of fallen chairs. The upholstery material may not be tearing immediately after the blow, but later when the chair is being used. However, the fall or impact has caused the damage and therefore the warranty does not cover it.



Distributor/end user shall send, at their cost, the defective Product to Salli's factory in Rautalampi, Finland or to Salli's warehouse or other place mutually agreed upon between the parties. Upon arrival of the defective Product, Salli shall inspect the Product without any delay.

Distributor/end user may also make a written description about the defected part and take a photo about it and send this material directly to Salli by mail or e-mail. Salli may also pay for the transportation of the defected part/product once it has verified that the defect is covered by the warranty. The repaired or replaced Product will be returned to the distributor or the end user by Salli. Should the Product not be defective or the Defect not be covered by this warranty, the distributor/end user shall reimburse to Salli reasonable costs for the inspection of the Product and possible shipments.

Should it be unreasonably expensive or impractical to send the defective Product to Salli factory or to clear the warranty coverage by written or picture materials, the Defect must be verified by an impartial expert who is agreed on by Salli and distributor/end user for his warranty to be valid.

When the warranty coverage is clear according to the fore said measures, Salli may also send the replacement parts to the distributor/end user. The warranty of Salli does not cover the work or costs of assembly of the spare parts, or disassembly of the old parts, on behalf of the end user or distributor but will provide them with adequate written or oral instructions.

The leather quality in the upholstery of the Product may change according to the quality level. In A1 quality only few of the leather's natural structure marks are clearly visible, because the leather has been made smooth and even during the manufacturing process. As a result, the leather is tough, durable and easy to clean. A2 quality is a combination between naturality and comfort and durability. The natural surface marks are partly visible and the leather is still resistant to wear and tear.

Salli's limited warranty is in lieu of all other warranties whether written, oral, express or implied. The distributor's/end user's sole claim is for repair or replacement, at Salli's sole discretion, of any defective Product covered by the warranty.

Salli shall not be responsible for any indirect, consequential, incidental or punitive damages or lost profits or loss of goodwill. Salli does not make and hereby disclaims any other warranty, statutory or otherwise, express or implied with respect to the Product including, without limitation, any warranty of fitness for a particular purpose or merchantability. However, this Product Warranty does not and is not intended to limit the rights that consumers may have under mandatory law. Distributor shall be responsible for, and Salli shall have no obligation to honour, any warranties that Distributor or any of its sub distributors or any other third party, as the case may be, provides to its customers and/or end-users with respect to the Product that are in addition to, or inconsistent with, the warranties provided by Salli in this Agreement.

A GENUINE SALLI® SADDLE CHAIR

All genuine Salli Saddle Chairs have an identification plate with a serial number. The plate is attached to the seat.

