



Allegheny Sauna Installation & Owner's Manual



IMPORTANT SAFETY INSTRUCTIONS

DANGER: Indicates a hazardous situation that, if not avoided, will result in death or serious injury.

WARNING: Indicates a hazardous situation that, if not avoided, could result in death or serious injury.

CAUTION: Indicates a hazardous situation that, if not avoided, could result in minor or moderate injury.

NOTICE: Indicates information considered important, but not hazard-related.



READ ALL INSTRUCTIONS BEFORE INSTALLATION AND USE TO AVOID INJURY OR DAMAGE TO SAUNA



FOLLOW SAFETY INFORMATION IN THIS DOCUMENT TO AVOID SERIOUS INJURY OR DEATH



REFER TO YOUR LOCAL BUILDING CODES FOR ANY SPECIFIC INSTALLATION REQUIREMENTS



ALL ELECTRICAL WORK NEEDS TO BE COMPLETED BY A LICENSED ELECTRICIAN. FAILURE TO DO SO COULD CAUSE INJURY OR DAMAGE TO THE HEATER.



KEEP THESE INSTRUCTIONS FOR FUTURE REFERENCE

WARNING

- This sauna is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the sauna by a person responsible for their safety.
- Consult your doctor about any health-related limitations related to sauna use. Ignoring advice from your medical provider could cause serious injury or death.
- Do not let people with pre-existing health conditions bathe in the sauna on their own. Using the sauna could cause these users to lose consciousness.
- Parents should consult your pediatrician before allowing children to use the sauna. Ignoring advice from your medical provider could cause serious injury or death.
- Do not smoke, use alcohol, or exercise in the sauna. These tasks could cause users to lose consciousness.
- Do not exceed 30 min. in the sauna at one time, as excessive exposure may be harmful to health. The sauna should not be used as an endurance test.
- Do not place any combustible material over the sauna heater (towels, bathing suits, wooden bucket or ladle)! This will cause the sauna to catch fire.
- Hyperthermia occurs when the internal temperature of the body reaches a level several degrees above the normal body temperature of 98,6 °F. The symptoms of hyperthermia include an increase in the internal temperature of the body, dizziness, lethargy, drowsiness, and fainting.
- Only use stones approved for sauna heater use. Inadequate stones may crack or explode leading to serious injury.
- Do not sleep in a sauna that the heater is operating. Sleeping in a heated sauna may lead to injury or death.

CAUTION

- Keep all occupants away from the heater and when it is hot. The stones and outer surface of the heater may burn your skin.
- Do not throw excessive amounts of water on the stones. The evaporating water is boiling hot and could cause burns.
- Do not throw water directly onto the elements. This could cause burns and damage to the heater.
- Be very careful when moving in the sauna, as the benches and floors may be slippery. This could cause the user to slip and fall.



- **Do not alter the sauna in any way, unless explicitly instructed in this manual. Altering the sauna could lead to structural damage, increasing the risk to bodily harm.**
- **When moving and lifting heavy pieces, use two or more people. Moving pieces without adequate manpower will lead to injury.**



Thank you for your purchase of your Allegheny sauna! Should you have any questions during assembly, please feel free to call us at **888-355-3050**, or email **sales@almostheaven.com**. Regular business hours are 9-5 EST, M-F.

Your Allegheny Sauna (called Kuikka in Finnish) was manufactured in Europe and, as a result, includes an instruction manual that is presented in several languages with all measurements in metric. To simplify things for the American market we have developed this manual, which is presented in a very simple format using pictures and minimal descriptions. It is recommended that you use this manual, which includes the European parts list and layout diagrams at the back of the manual.

Assembly of the Allegheny Sauna requires a higher level of skill than our other sauna models. The skill level of a contractor or high-level "handyman" is suggested.

A few notes:

- You should assemble your sauna on a firm and level surface. If you assemble on a concrete slab then you can place the floor stringers directly on the concrete. If you are assembling on a dirt or gravel surface, you will need to provide additional support below the stringers.
- It is very important to **KEEP THINGS SQUARE**. Be sure the stringers and logs are square and check regularly as you work your way up the sauna. It will make things much easier along the way!
- A few of the components are provided for European installations and are not applicable. If they are not shown in this manual then they are not to be used. We have noted these parts in the parts list at the back of this manual.
- Using the included "tapping" board so as not to damage the grooves, tap each log into place with a 3lb hand sledge. You can tell if the log is firmly into the grooves of the lower board by viewing the ends of the logs. A very slight gap is normal and not necessary to correct, but you want to get the log as firmly into place as you can before screwing it into the lower log.
- We suggest you purchase 3" torque deck screws for the assembly and not use the included screws. Screw EVERY log into the next at the notch where the logs interlock.
- You may choose to use a nail gun to nail the roof, ceiling and floor boards in place. Doing so will save much time. If using a nail-gun you will not use the included nails.
- Since the unit is built of wood you can make modifications during or after the process. For example, if you do not want the porch rails you can simply cut them off. Additionally, interior trim pieces can be used as desired.
- The unit includes roofing shingles but no drip edge. If you desire drip edge or a different color shingle then you will need to purchase them at your local home center. Roofing felt is not included and is not necessary.
- You can leave the Nordic Spruce lumber natural or stain/paint the exterior. It will weather to a yellowish tint in the short term and over time will bleach out somewhat, which is fine. If you prefer your own color then you can stain or paint the exterior to your preferred color. Never stain or paint the inside of the sauna room itself.
- There may be slight design variations from the pictures in the manual. These will be aesthetic only and in no way will affect the function or performance of the sauna.

Recommended tools are as follows:

- | | |
|--|---|
| ☐ Claw hammer | ☐ Square |
| ☐ 3lb Hand-held sledge hammer | ☐ 25' tape measure |
| ☐ Hand or circular saw | ☐ Phillips head screw driver |
| ☐ Jig saw | ☐ Rubber mallet |
| ☐ Cordless drill | ☐ 6' Stepladder |
| ☐ Level | ☐ 8' Stepladder |

Optional helpful tools

- ☐ Table saw
- ☐ Finish nail gun
- ☐ 5 lb. box of 3" torque drive deck screws



ALLEGHENY ASSEMBLY INSTRUCTIONS

CAUTION

- Ensure sauna foundation is sturdy and level. If the foundation is not, the sauna could tilt, shift or fall leading to injury.



Step 1

Sort out the various sauna pieces and find the brown-colored foundation pieces (stringers) and lay them out as shown. There are 6 of the longer stringers (AR2) and 5 of the shorter ones (AR1). 5 of the longer stringers are used for the sauna and 1 of the longer stringers and the 5 shorter ones are used for the porch. If you build the sauna without the porch, you will only use the 5 longer stringers.



Step 2

Find the "half-logs" (001) and place them on the front and rear of the sauna room. The half-logs have grooves only on the top of the board. Place them so that they hang over the front and rear stringers by $\frac{3}{4}$ " as this will allow the eventual floor boards to anchor to the stringers. Then place 2 of the full logs (002) on the left and right hand of the sauna room and push them firmly into place so that the notches on the two logs nest together. Note: use the tapping board to insure a snug fit.

Now you must ensure that the logs are "square" before securing them. Take a tape measure and adjust the logs so that the two diagonal measurements are identical, which means the unit is square. Then position the stringers so that they are evenly spaced (they do not need to be perfectly spaced, but just close).



Step 3

Secure the front and rear "half-logs" to the stringers with 3" screws as shown. 4 screws spaced evenly in the front and rear is sufficient. Next place a screw in each notch where the logs connect. In each row as you work your way up the sauna there will be 4 screws, one in each corner. Note: Drive the screws on an angle so that the screw used in the row above will not hit the screw head below.

Also screw here on each corner and every row as you work your way up the sauna walls.





Step 4

If you plan to install the front porch, now is a good time to begin assembling it while building the sauna. This will allow you to attach the porch stringers to the sauna stringers with easy access. Position the stringers as shown and square them up to the sauna room. From the sauna side, attach the front sauna room stringer to the 5 porch stringers with 3" screws. Then screw the front long stringer of the porch to the short stringers so all are secure. Lay 2 short half-logs (010) in place as shown so they overhang the front stringer by $\frac{3}{4}$ ". Lay 2 porch side logs (012) over the side stringers of the porch so that they overhang by $\frac{3}{4}$ ". Once notch to lower half-log is secure screw in place.

Note: The European diagram shows the left side of the porch front rail being longer than the right side. However, for the American version the front rail lengths are the same as in the picture on the front of this manual.



Step 5

On the front wall of the sauna, begin framing the door by placing 1 log (007) on the left side and 1 log (008) on the right side. Screw these at the corners with 3" screws.



Image A



Image B



Image C

Step 6

Work your way up the sauna using logs (Image A) on the two sides and rear wall, and logs (Image B) and (Image C) on the front wall, screwing the corner of each log into the one below it. NOTE: After you install 4 rows slide the door into place but do not anchor it at this time. Once the rows are to the top of the door you will use logs (002) for two rows above the door as shown. Now is also a good time to install the door hardware. When the walls of the sauna are complete you can provide stability to the door frame by screwing the interior door trim to the wall with a couple of screws on each side.

Step 7

For the final side wall row, you will place log (016) on both the right and left walls of the sauna. This log will overhang on the front and rear of the sauna as shown.





Step 8

Place wall sections (W1-1) and (W2-1) on the front and rear walls to begin the slope of the roof. You will need to partially disassemble these as shown in the picture so you can later install the roof sections.



Step 9

Place roof trusses (PR1) as shown and screw into the sloped front and rear portion of (W1-1) and (W2-2).



Step 10

Reassemble (W1-1) and (W2-1) as shown and insert top roof truss (PR2) into the notch on front and back of sauna



Step 11

Install first roof boards (RB2-1) on the left and right sides of roof starting at the front. Align the edge of the roof board so that it is flush with the end of the trusses. Nail the roof boards in place into the trusses using included nails or with a nail gun.





Step 12

Continue installing the remainder of the roof boards. Be sure to tap into place with a rubber mallet to be sure the tongue-and-groove joints are tight. NOTE: The last roof board must align flush with the rear end of the trusses, so you may need to snap a chalk line and rip the last board to insure a good fit.



Step 13

Install roof edge support board (RE2-1) on the underside of eave on left and right side of roof. Screw from the roof side using 1-1/2" screws provide with kit or similar.



Step 14

Install edge pieces (EaE5-1) to the left and right side of the roof, nailing or screwing into roof edge support installed in step 14.



Step 15

Install fascia boards (FaB7-1) to both sides of front and back of sauna. Nail or screw into the ends of the roof trusses. Place the angled end of the fascia board at the peak of the roof, and allow the lower end to overlap the roof edge piece as shown.





Step 16

Install 4 ceiling support boards (LT1) on the walls and peak of the sauna room as shown. Be sure that the angled edge faces down and follows the pitch of the roof. The angled edge of the support board must align with the underside of the roof truss. This allows the later ceiling boards to be firmly attached at both ends.



Step 17

Begin installing the ceiling boards (CB1-1) by nailing them to the roof trusses and ceiling support boards installed in step 16. Start by putting the first board tight to the wall with the "groove" side against the wall. This process will go much easier if you use a nail gun and 1-1/2" finish nails. NOTE: As you get to the other side you may need to rip the last board to make it fit.



Step 18

You can use the ceiling trim strips (CeS1-1) to trim the ceiling edges to cover any gaps. This is an optional step, and you can use some or all of the trim to cover the gaps where the ceiling meets the wall. If you have no noticeable gaps, it is not necessary to use the trim strips. Also, when installing the trim strips, it is much easier if you use a finish nailer.



Step 19

Install the floor boards (FB5-1) in the sauna room. Nail these to the floor stringers using the included finish nails or, preferably, with a finish nailer. There will be a slight gap on the ends of the boards which will later be covered by trim.





Step 20

Install the floor trim (FIB2-1) around the perimeter of the floor, nailing to the wall and floor to cover gaps and create a clean look. If the floor boards are already tight to the walls it is not necessary to use the floor trim.



Step 21

Install the upper (SP2) and lower (SP1) bench supports to the walls of the sauna using 3" screws. Place the top of the rear bench supports 780mm above the floor and butt the end against the rear wall. Be sure that the support is level. The rear edge of the lower bench support will align with the front edge of the top bench support. Install the lower bench supports 330mm above the floor and be sure they are level.



Step 22

Install the upper bench and lower bench on the bench supports. Secure the bench from below to both the side walls and rear wall of the sauna using 3" screws. Next, position the back rest at the desired height (typically 10" +/- above upper bench) and screw into place with included screws.



Step 23

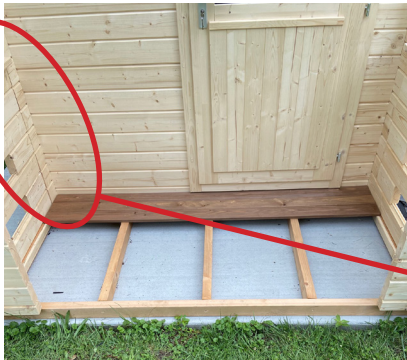
If you are building the sauna with the porch, then continue the rows of the porch, using the half-log (014) as the final piece.





Step 24

Place the covering boards (CoB5) and (CoB2) over the top of the rail and nail into place.



Step 25

Nail the porch deck boards in place as shown. Once the porch is completed you can use boards (SP1) and (SP2) to cover the wall joints between the sauna and the porch rails. This can be nailed in place.

wall joints



The finished sauna after shingles have been applied.

Your sauna is now ready for roofing. The sauna includes shingles but does not include drip edge. Purchase the appropriate colored drip edge at your local home center as well as shingles if you desire a different color than the included black shingles. NOTE: If using a wood-burning stove you should first install the stove and chimney before roofing the sauna.

HEATER INSTALLATION

⚠ DANGER

• If using electric heater, turn off power to heater at breaker before beginning installation or performing maintenance on the heater. Failure to turn off the power will lead to electrocution and even death.

⚠ CAUTION

• Improper installation of heater or heater mounting bracket could cause the heater to fall leading to burns and other injuries.

• Before placing or adjusting stones, ensure heater is back to room temperature. Failure to do so may cause burns.

Follow the heater installation instructions included with heater for your appropriate electric or wood-burning unit.

