

SALLI
SIT HAPPY

INSTRUCTION MANUAL SALLI SADDLE CHAIR

SALLI SYSTEMS

The Original

Salli
System



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Congratulations!

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

SALLI
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It is important that your Salli Saddle Chair is used only after thorough review of these instructions, and that you follow these instructions carefully. The manufacturer is not responsible for damage or injury caused by improper use.

ASSEMBLING SALLI

- 1) Unpack the carton.
- 2) Place the chair base on floor, with the castors against the floor (Picture 1).
- 3) Put the wider end of the gas cylinder into the hole in the base (Picture 2) and the slimmer end into the barrel under the seat (Picture 3).



Please recycle Salli Saddle Chair's cardboard packing materials with other cardboard waste.

The chair is ready for sitting.

SITTING DOWN ON SALLI

Before you sit down, make sure that the chair is not too high for you. The chair should be lower than your pelvis height. If the chair is too high, lift up on the lever and at the same time press down hard on the seat. Once the seat lowers to the correct height, release the lever and stop pressing.



Stand beside the chair and lift one foot up over the back of the chair to the other side (Picture) and sit down. This is the safest method for sitting down and makes it easy to assume a good seated posture. If you are new to saddle sitting you may want to hold onto the chair with your hand while sitting down, but it is not necessary.

Warning! Do not sit down on Salli in the traditional way from the front of the seat. The chair might roll away from you and you could fall on the floor or onto the chair base. Be careful that you do not accidentally roll the chair away from you when you sit down.



SEAT TILT ADJUSTMENT

1) Hold onto the chair with your hand and release the tilt mechanism by lifting up on the lever (Picture). When you are at the best tilt angle, you should have no sensation of sliding forwards or backwards and you should feel no pressure points.

2) When the angle feels right, release the lever to lock the tilt mechanism.



CORRECT SITTING POSITION AND SEAT HEIGHT



In the optimal sitting position, you will experience greatest comfort when the angle between your thighs and torso is about 135-degrees and your heels are positioned almost directly under your hip joint. 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 “V” angle relative to each other. On average, when saddle-sitting one sits about 25-40cm (10” - 16”) higher than customary.

To find your optimal sitting position and seat height, do the following: Raise the seat too high, so 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 with the lever until your heels touch the floor. Your chair is now at the correct height (Picture).

MOVING AROUND WITH SALLI



You can easily move sideways by pushing with one foot and pulling with the other one (Picture). Hard floors and shoes with soft soles make moving around with Salli easy.

Notice! Be careful not to crash or lose control of the chair! The manufacturer is not responsible for damage caused by reckless or uncontrolled speed.

MULTIADJUSTER SEAT WIDTH

1) Stand behind the chair. Release the seat width adjustment mechanism by moving the lever from left to right (Picture). If the lever is tight, hit the handle lightly with your palm.



2) Move the two seat parts into the desired position by grasping both seat parts and sliding them together or apart.

3) Lock the mechanism by moving the lever from right to left. You may need to repeat the procedure few times at the beginning, to find your optimal adjustment.

SEAT WIDTH ADJUSTMENT PRINCIPLES

Optimal seat width adjustment varies with the user's individual anatomical characteristics. In general, men prefer more opening in their seats and women prefer the seat a bit narrower. We recommend opening the seat's middle gap as wide as comfort allows. The wider the gap, the less pressure to the sensitive pelvic organs and soft tissues.

MAINTENANCE, RECYCLING AND DISPOSAL

The 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, as a normal gas cylinder will corrode if exposed to moisture.

To properly dispose of a Salli at the end of its useful life:

- 1) Remove the leather from the seat and discard.
- 2) Remove plastic and foam parts, including:
padding, control lever handle(s) and the mechanism's plastic parts, plastic castor components (the metal stem of the castor can be removed e.g. in bench vice with a hammer and a chisel).
Dispose of plastic components in an appropriate way with other plastic garbage.
- 3) Recycle metal chair parts.

We recommend that you explore the chair's tilt and width adjustments several times in different combinations to find your optimal adjustments.

WORK SURFACE HEIGHT



Picture 1

When you are seated at your correct seat height, your optimal work surface height will be approximately at the height of your elbows. (Picture 1). Work surface heights for saddle sitting are higher than conventional work surface heights. If your work surface cannot adjust to the proper height, you can raise it with our height adjustment tubes or by placing something under the table top or legs. A work surface positioned too high (Picture 2) or too low (Picture 3) can cause back, shoulder and neck problems. Ideally, your elbows should be relaxed and resting on table padding, with your arms at the sides of your body.



Picture 2



Picture 3

TIPS FOR ADJUSTING TABLE HEIGHT

Adjust the table a bit higher for active writing hand tasks, and higher yet for passive visual tasks (e.g. internet, reading). Adjust the table a bit lower for forceful hand-tasks (e.g. stapling, hole-punching, pushing-pulling).

ACCESSORIES: FOOTRING

- 1) Put the wider end of gas cylinder into the hole in the base.
- 2) Thread the foot ring around the gas cylinder so that the chrome ring faces upwards (Picture 1).
- 3) Place the seat on the top of the gas cylinder.
- 4) Secure the footring at the correct height by turning the set screw clockwise. Release the set screw by turning it counter-clockwise.



Picture 1



Picture 2

- 5) Use the footring when you sit at heights beyond the reach of your feet on the floor (Picture 2).

WORKING IN HIGH SEAT POSITIONS

The footring is not recommended for prolonged use. Foot supports placed on the floor will provide more stable and better positioned support for your feet.



ACCESSORIES: SEAT COVER (for one parted seat)

- 1) Stand behind the chair and place your foot lightly on the base so that the chair won't slide away from you.
- 2) Position the seat cover so that the front (where the elastic bands are close to each other) points forwards (Picture 1).



Picture 1



Picture 2



Picture 3

- 3) Stretch the cover onto the seat from back to the front (Picture 2) until the elastic bands slide under the seat (Picture 3).
- 4) Pull the edges of the cover under the chair (Picture 4).

The seat cover fits securely if it is put on properly (Picture 5).



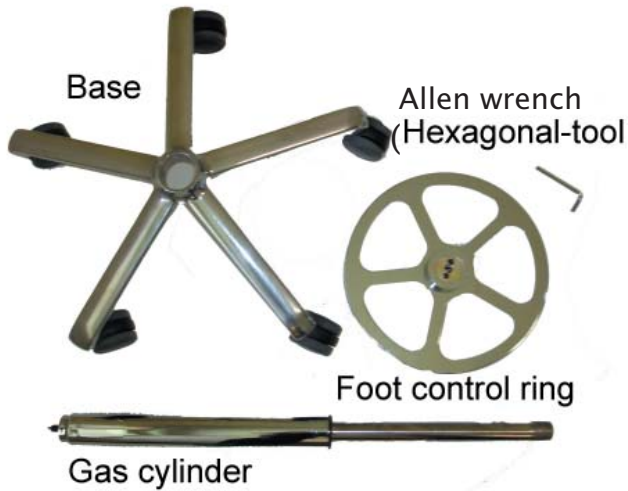
Picture 4



Picture 5

ACCESSORIES: SEAT HEIGHT CONTROL BY FOOT

Parts of foot control for seat height



Remove the black protection plug from the gas cylinder's release button.

Put the wider end of gas cylinder into the hole in the base (Picture 1).

Turn the base with gas cylinder onto its side (Picture 2).

Attach the foot control ring to the end of the gas cylinder (Picture 3).



Picture 1



Picture 2



Picture 3

Tighten the foot control ring's nuts with the Allen wrench (Picture 4). Tilt the assembly back up to the upright position (Picture 5). Place the seat on to the slimmer end of the gas cylinder. The saddle chair with seat height control by foot is now ready for sitting (Picture 6).



Picture 4



Picture 5



Picture 6

USING THE SEAT HEIGHT CONTROL BY FOOT

Sit down on Salli and place one foot on the ring. Keep the other foot on the floor to keep your balance. Press the ring with your heel, and at the same time shift your body weight to your foot and raise your body up off the seat. The gas cylinder and the seat will raise with you. To lower the seat, just press the ring and your body weight will lower the chair.



LEATHER SEAT CARE AND CLEANING

- The leather will stay clean longer if you wipe it every now and then with a moist cloth.
- Remove stains immediately. Wipe lightly with a cloth or paper towel moistened with a mild soap and water solution.
- Cleanse your seat with conditioners made for leather furniture or riding equipment.
- Remember that some leather conditioners will darken light-color leathers.

POLYURETHANE SEAT CARE AND CLEANING

The Salli Basic seat is made of polyurethane and its gas cylinder is coated with paint to protect the body against corrosion. The chair (seat and body) can be cleaned by wiping with disinfectant. Do not use a pressure washer.

GAS CYLINDER CARE AND LUBRICATION

If the gas cylinder becomes slow or stiff during use, spray a light coating of lubricant onto the thinner portion of the gas cylinder.

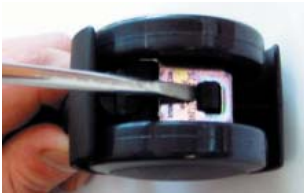
CASTOR REPLACEMENT

- 1) Turn the chair sideways.
- 2) If you have strong hands, you can remove the castors by pulling. Otherwise you may need a lever, for example, a chisel or a screwdriver which you place between the castor and the chair base.
- 3) Repeat this for each castors you want to remove.
- 4) Push the new castors into place.



- If a castor stem remains caught in the base, **grip the stem with pliers and pull. You may need to tap the pliers with a hammer until the stem comes loose.**
- If your castors get stiff, replace them all for easier-rolling new ones.

CASTOR CLEANING FOR HAIRDRESSER'S CASTORS



- 1) Take off the locking device with the proper tool (Picture on left).
- 2) Remove the sides of the castors to clean inside (Picture 2).
- 3) Mount the wheels again and click on the locking device. You can use a hammer to click on the locking device.



Picture 2

DISASSEMBLING SALLI

DISASSEMBLING WITH SPECIAL TOOLS

We recommend using special tools for disassembling Salli. You can borrow the tools from your Salli dealer. It is easiest to disassemble Salli with the help of another person.

REMOVING THE GAS CYLINDER FROM THE SEAT

- 1) Set the gas cylinder in its longest position.
- 2) Turn the chair upside-down.
- 3) Place the semicircular tube of the disassembling tool at the junction of the gas cylinder and the seat, so that the wedge-shaped cantilever points upward.
- 4) Lift the chair a little off the floor. This is easier if another person holds the chair up off the floor for you.
- 5) Hold the tool handle in position and hit the cantilever with a hammer until the seat separates from the gas cylinder.



REMOVING THE GAS CYLINDER FROM THE BASE

- 1) Stand up and bend your knees a little. Place the gas cylinder between your legs. Use your knees to support the base.
- 2) Position the disassembly bar tool at the bottom of the gas cylinder.
- 3) Hold the the tool in position and hit the free end with a hammer a few times, until the cylinder separates from the base.



DISASSEMBLING WITH A HAMMER

It is possible to disassemble Salli with nothing more than a hammer, but it requires some skillful hammering and may damage the paint under the seat.



REMOVING THE GAS CYLINDER FROM THE SEAT

- 1) Ask someone to hold the chair up off the floor for you, seat downwards.
- 2) Hammer the corner of the square-shaped tube to separate the seat from the cylinder. Make sure the seat falls onto a soft surface.

REMOVING THE GAS CYLINDER FROM THE BASE

- 1) Cover the base with protective material (e.g., with hard plastic or wood) and lift the chair off the floor.
- 2) Hit the protective material/ base with the hammer, near as possible to the gas cylinder, alternating sides until the base separates from the gas cylinder.

SALLI ELBOW TABLES

The small elbow table is designed only for arm support, and should not be used to support body weight or heavy loads. When using the large elbow table, remember to avoid applying weight to the table edge, as this could cause it to drop.

WEIGHTS OF SALLI SADDLE CHAIRS

- Classic 12 kg (26.4 lbs).
- Twin 12 kg (26.4 lbs).
- MultiAdjuster 13.5 kg (29.7 lbs).
- Basic 10.6 kg (23.32 lbs).

WEIGHT TOLERANCE

The recommended maximum weight for a Salli user is 120 kg (264 lbs).

PROOF OF IDENTIFICATION FOR AN “ORIGINAL” SALLI

All original Salli Saddle Chairs have an identification label on the underside of the seat. This label indicates the place and date of manufacture, the upholsterer's personal identification code, and includes some instructions for the use of the chair.



WARRANTY

Salli Systems / Easydoing Ltd warrants the Salli Saddle Chair seat for ten (10) years, castors, tilt mechanisms, lift, base, back support with elbow supports for five (5) years, tables and accessories for two (2) years against defects in materials or workmanship which arise during the course of regular indoor use, and for normal wear of the genuine leather components. This warranty does not cover damage or defects caused by:

- leather-damaging liquids
- falling or abrasion
- piercing by sharp objects
- abnormal wear and tear
- animals or any other inappropriate use
- corrosion in humid environments

The purchaser's exclusive remedy for any claim, cause of action or the like, arising out of use of the product, whether based in contract, in tort or otherwise, shall be limited to the return of the purchase price or replacement of any non-conforming components, at the discretion of Salli Systems / Easydoing Ltd.

In no event shall the manufacturer be liable to the purchaser for loss of profits, special, indirect, incidental, consequential or exemplary damages, whether or not based on the manufacturer's negligence or breach of warranty or strict liability in tort or any other theory or type of cause of action.

In the event the purchaser claims that the product or any component is defective in any way, the purchaser must immediately notify the manufacturer, in writing, not later than ninety (90) days after discovery of the defect. In the event such timely written notice is not given, the purchaser shall have no claim against the manufacturer and the manufacturer shall have no further obligations to the purchaser under the terms of this warranty. Subsequent to giving written notice of the defect, the purchaser shall, at their own risk and expense return any defective materials to the manufacturer's U. S. representative. If the manufacturer determines that the materials were defective at the time of delivery to the purchaser, the manufacturer shall, at its sole and exclusive option, replace any defective materials or refund the purchase price.

This manufacturer's limited warranty is in lieu of all other warranties whether written or oral, express or implied. All other express warranties and all other implied warranties and all duties, obligations and liabilities, whether in contract or tort, whether based upon negligence or strict liability, arising out of or resulting from sale or use of the product, are hereby expressly excluded and disclaimed. In particular, the implied warranties of fitness for a particular purpose are expressly excluded.

The purchaser's sole claim shall be for repair or replacement, at sole option of Salli Systems / Easydoing Ltd, of any defective product covered by the warranty. Salli Systems / Easydoing Ltd shall not be responsible for any other consequential or incidental damages e.g., falling down or running against something with Salli or problems with health. In case of warranty case claims, before replacement can be made or faults repaired, the faulty piece must be returned to the dealer or factory in Finland or, if it should prove too expensive or the repair impractical for the manufacturer, the defect must be verified by an impartial expert. Salli Systems / Easydoing Ltd does not make and hereby disclaims any other warranty, statutory or otherwise, express or implied with respect to Salli including, without limitation, any warranty of fitness for a particular purpose or merchantability.

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DEALER:
DDS.com
2047 Desford Drive
Beverly Hills, CA 90210
www.DDS.com

MANUFACTURER: Salli Systems
Sahalantie 41, 77700 Rautalampi, Finland
info@salli.com www.salli.com

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