

Ideas for a better life



 **SALJOL**  
immer weiter.



For a better life -  
we understand your everyday life,  
we recognize your needs!

You are the focus of our attention!

This is how our products are created,  
in Germany  
for you!

Thomas Appel  
Managing Director SALJOL GmbH



# Table of Contents

Ideas for a happy start to the day	6 - 7
Shower stool Spa	8 - 9
Ideas for a safe life at home	10 - 11
Identifying fall-risks at home	12 - 13
Indoor-rollator accessories	14
Indoor-rollator Page	15
Good ideas for more freedom and movement	16 - 17
Carbon rollator photos	18 - 19
Carbon rollator accessories	20
Carbon rollator	21
SALJOL motivator	22 - 23
Correct handling of a rollator	24 - 25
Ideas for walking aids	26 - 27
Magnetic walking-stick and crutch holder Held photos	28 - 29
Magnetic walking-stick and crutch holder Held	30 - 31
Ideas for better sitting, standing and resting	32 - 33
Standing, resting and television armchairs Club1	34 - 35
Standing, sleeping and television armchairs Club2 and Club2 Soft	36 - 37
Stand-up, relax and TV armchair Club3	38 - 39
Standing, resting and television armchairs accessories	40 - 41
SALJOL Club armchair test by the GGT	42 - 43
Ideas for better sitting in a wheelchair	44 - 45
Wheelchair upholstery Extra photos	46 - 47
A wheelchair becomes a wheelchair	48 - 49
Interview with Bengt Engström: Sitting in a wheelchair	50 - 51
Wheelchair upholstery accessories	52
Wheelchair upholstery Extra	53
Comfort-mattress Bequema	54



## Ideas for a happy start to the day

What could be more marvelous than a fresh shower to start the day?

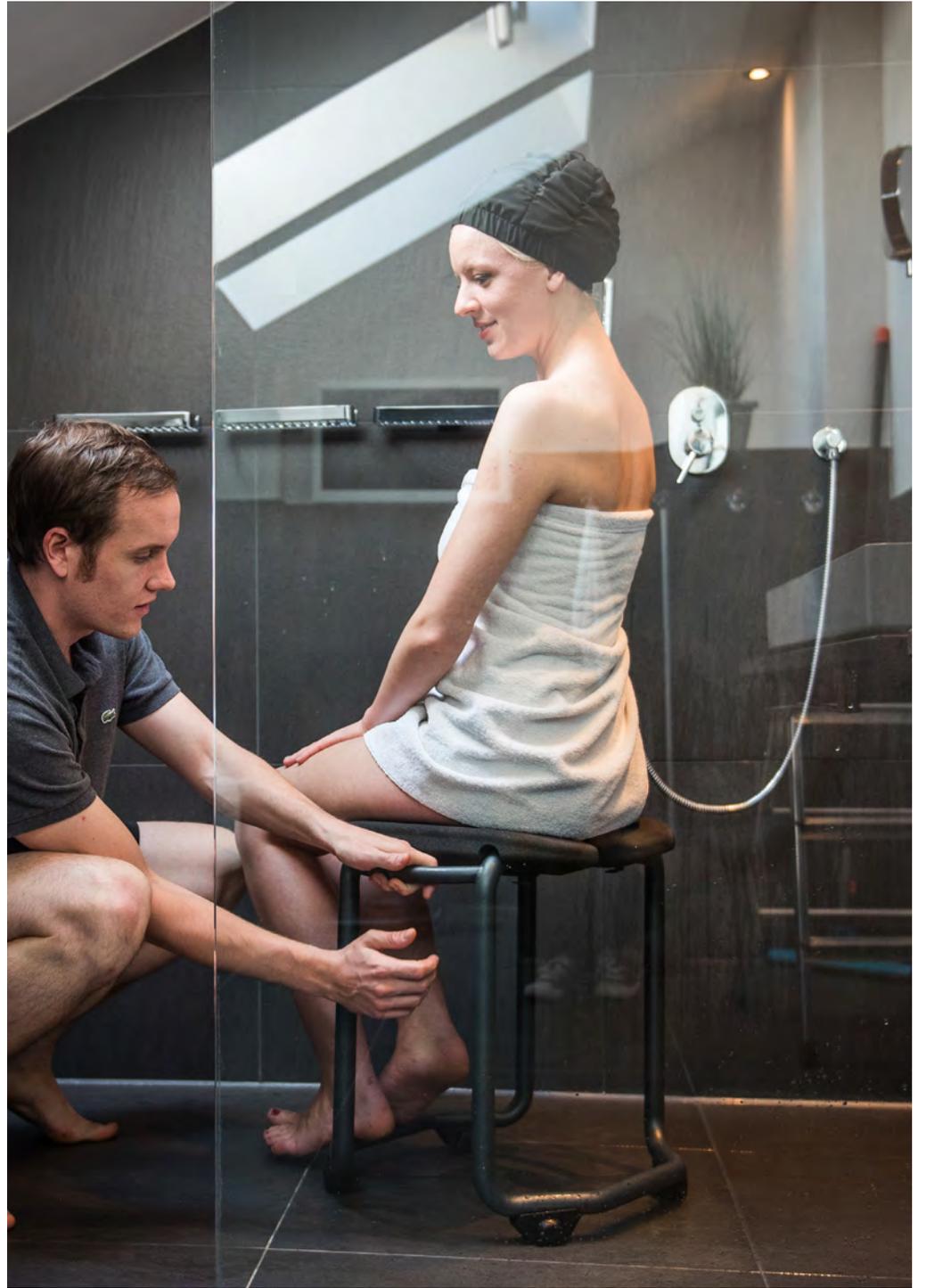
Comfortable and without stress, independently or with help. With the rotating SALJOL shower stool „Spa“ you can shower safely, comfortably and with dignity.

Discover the fun of showering again! \_\_\_\_\_



” Every day is a new chance,  
to do what you want.

*Friedrich Schiller (1759 – 1805)*



# Revolving shower stool Spa

The Spa shower stool is extremely stable and turns safely and only on the spot. You can sit down safely without slipping away and turn on the spot in the shower or be turned. Washing and personal hygiene fun again. Care-givers are able to help without getting wet themselves. The shower stool Spa is also ideal as a seat in front of the wash basin.



Revolving shower stool, powder-coated, anthracite



Revolving shower stool with backrest, powder-coated, anthracite



Size	Hygiene opening Stufe 1 / 2 / 3 (cm)	Total width max. from handle to handle (cm)	Seat height (cm)	Height with backrest (cm)	Wheelbase (cm)	Turning circle Ø - required space (cm)	Max. load capacity (kg)
S	5 / 8 / 11	50,2	46	76,8	30,1	47	150
M	6 / 9 / 12	51,2	50	80,8	31,1	48	150
L	7 / 10 / 13	52,2	54	84,8	32,1	49	150



## Ideas for a safe life at home

The SALJOL living-room rollator „Page“ is a mobile handrail. It helps to master everyday life at home safely. It provides good support at all times and allows you to move around safely anywhere and in the smallest of spaces.

Discover fun in everyday life.

---

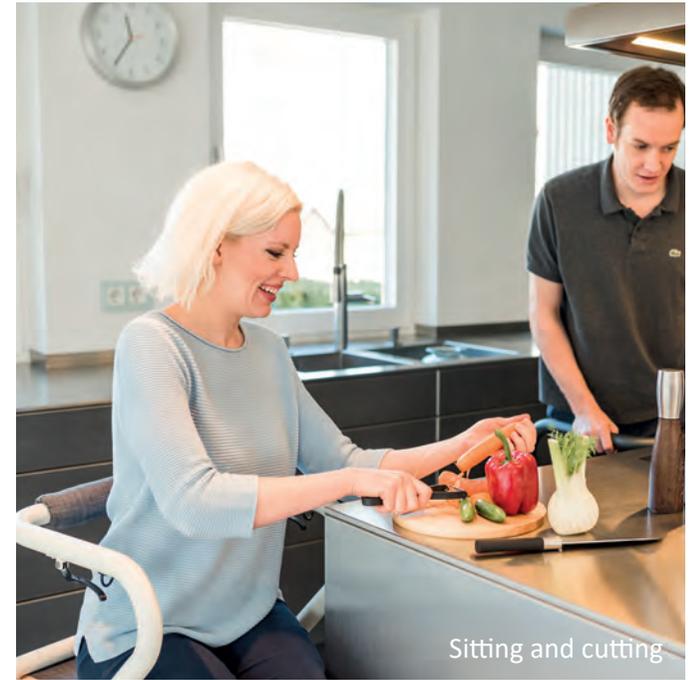


” Life is too exciting to be comfortable sitting around in.

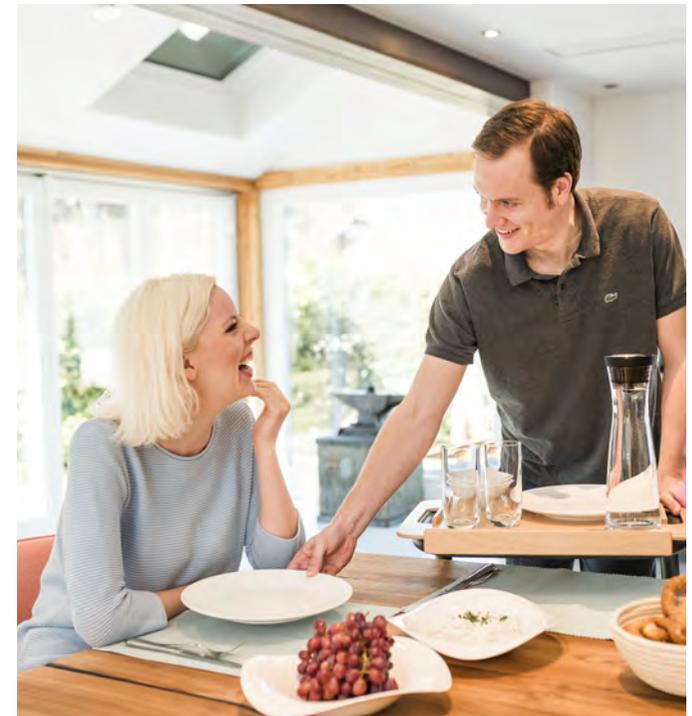
*Peter Bamm  
German ship's doctor, surgeon,  
Journalist and writer.*



Stand or sit directly against the worktop



Sitting and cutting





Fast transfer



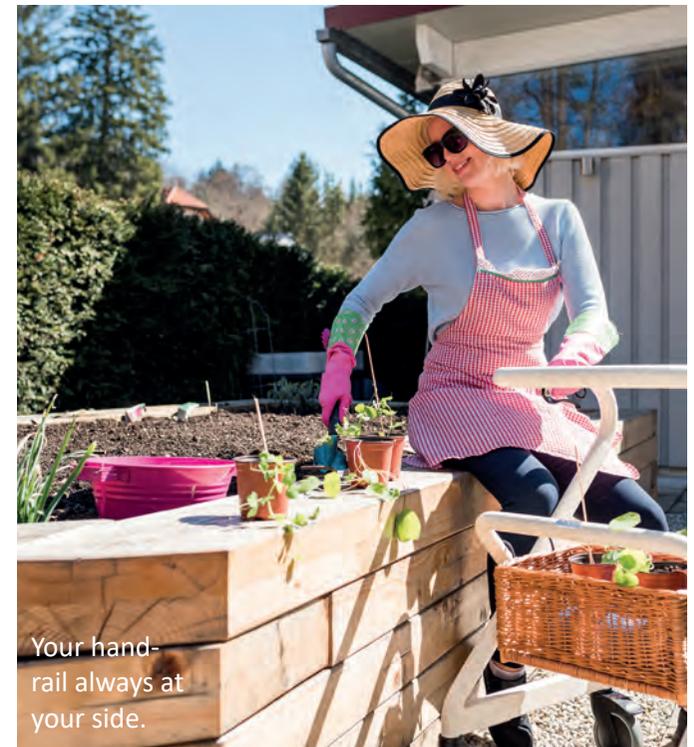
Transer without wheelchair



Serve and support



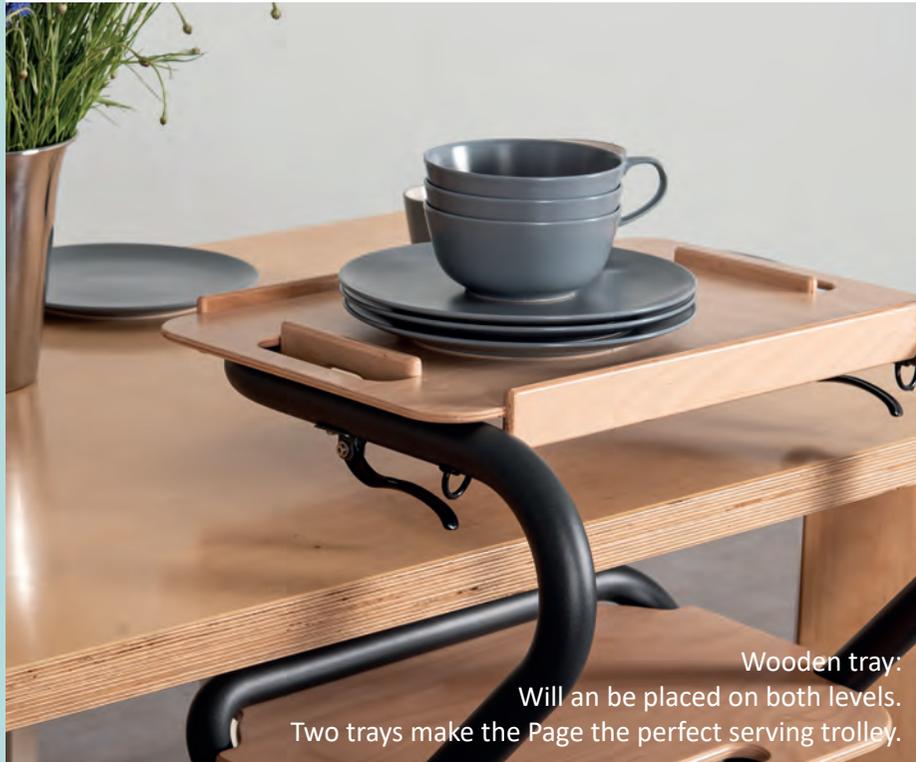
Finally able to garden again



Your hand-rail always at your side.

## Multi living room rollator with accessories

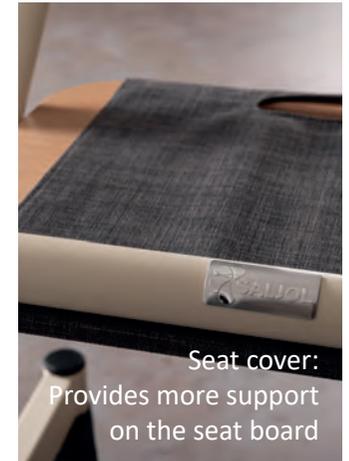
The SALJOL living room rollator Page is easily convertible. Every accessory can be placed or attached safely, intuitively and without tools.



Wooden tray:  
Will be placed on both levels.  
Two trays make the Page the perfect serving trolley.



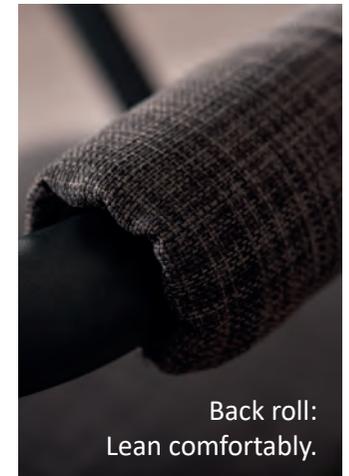
Upholstered seat:  
Sitting at the table, comfortable  
be pushed or tripled



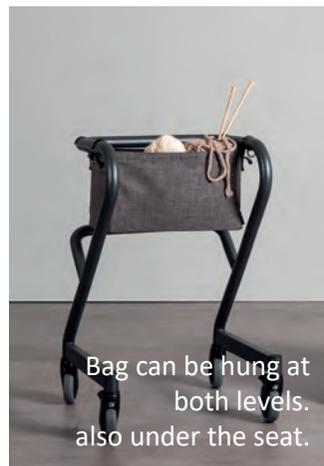
Seat cover:  
Provides more support  
on the seat board



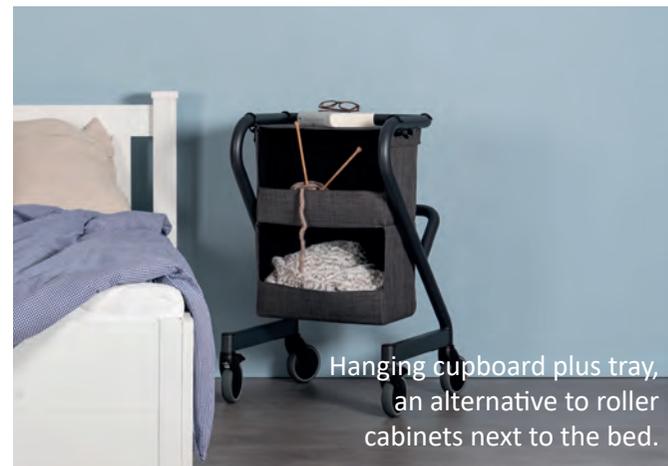
Wicker basket:  
Hand woven, space for 20 Kg  
belongings, attaches to the top and bottom.



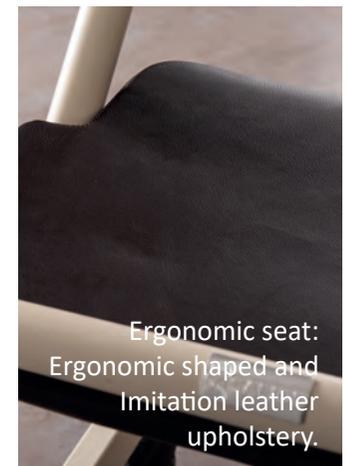
Back roll:  
Lean comfortably.



Bag can be hung at  
both levels.  
also under the seat.



Hanging cupboard plus tray,  
an alternative to roller  
cabinets next to the bed.



Ergonomic seat:  
Ergonomic shaped and  
Imitation leather  
upholstery.

## Living room rollator Page incl. wooden Beechwood seat

This rollator gives you security. It makes everyday life at home easier. You can sit on it and even push it with your feet through the apartment. It can be used in confined spaces and is multifunctional thanks to great and well-thought-out accessories. With tray and basket it becomes a serving trolley. No other rollator is narrower or more manoeuvrable. There is hardly a safer and more stable way to get around. Possibly saving expensive home renovations and changes because the page fits through narrowest doors and turns with you on the spot.



It goes over the table.



Instead of a toilet seat frame or handles on the wall.



Living room rollator, foot brake powder-coated, anthracite



Living room rollator, handbrake, powder-coated, ivory white



Size	Handle height	Seat height	Recommended body size	Maximum user weight	Largest width bottom (wheel)	Largest width top (handle)	Distance between handles	Total weight of frame *
S	80 cm	52 cm	135-165 cm	150 kg	56 cm	51 cm	43 cm	9,3 kg
M	86 cm	55 cm	150-180 cm	150 kg	56 cm	51 cm	43 cm	9,7 kg
L	92 cm	58 cm	170-200 cm	150 kg	56 cm	51 cm	43 cm	9,8 kg

The own weight and the pipe diameter increase stability and safety.



Beautiful ideas for more freedom and movement

Movement in the fresh air, on all outside surfaces. Chic and elegant, supported by the best technology and materials, it absorbs shocks to the wrist.

Probably the lightest carbon rollator with gears.

Safe on steep paths and well visible in the twilight.

The new upper class for more fun walking! \_\_\_\_\_



” We don't grow when things are simple.  
We grow when we face challenges.



Bag detachable with one hand



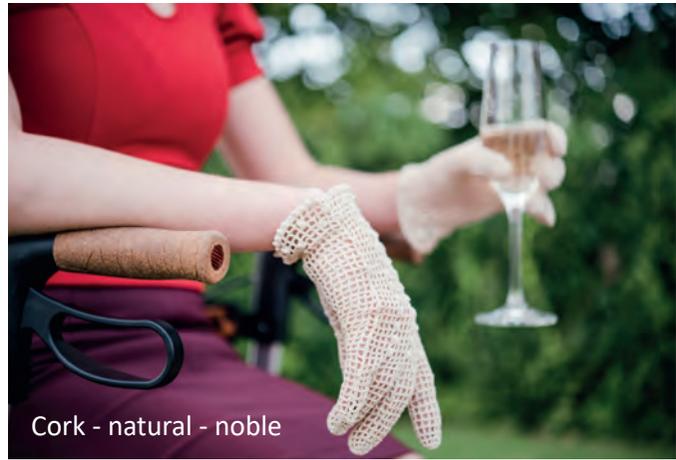
Rest!



Who is the most beautiful in the whole country?



Fun in Living - Joy of Life



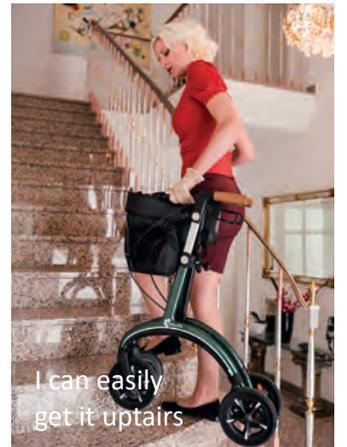
Cork - natural - noble



Provides protection

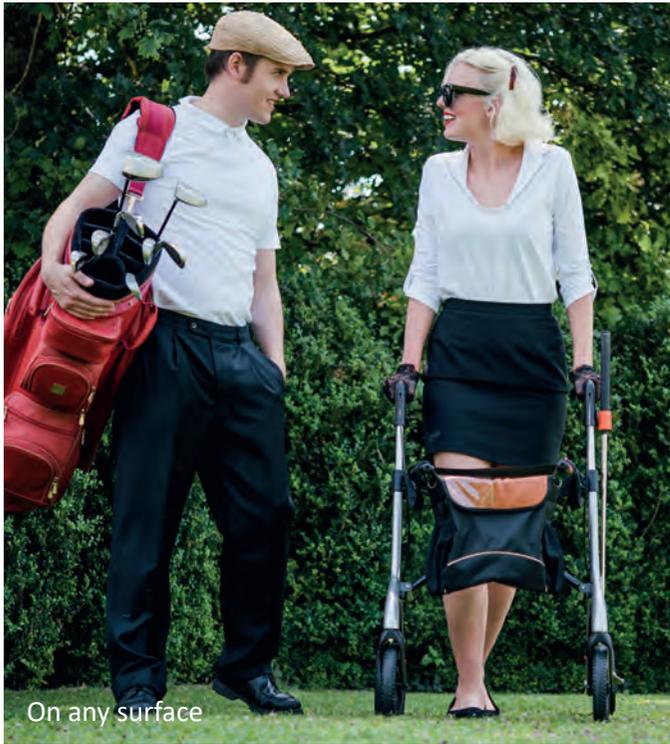


Steps are no longer a problem



I can easily get it upstairs

Status 09.2018, products similar to illustrations. Subject to technical modifications.



On any surface



Still have my hobby



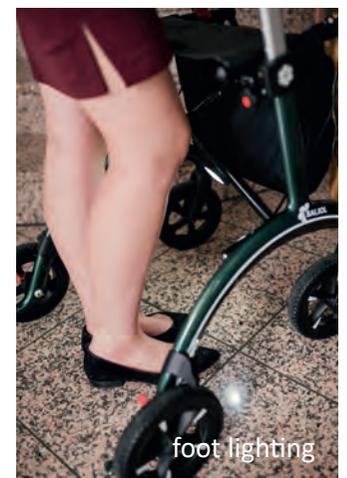
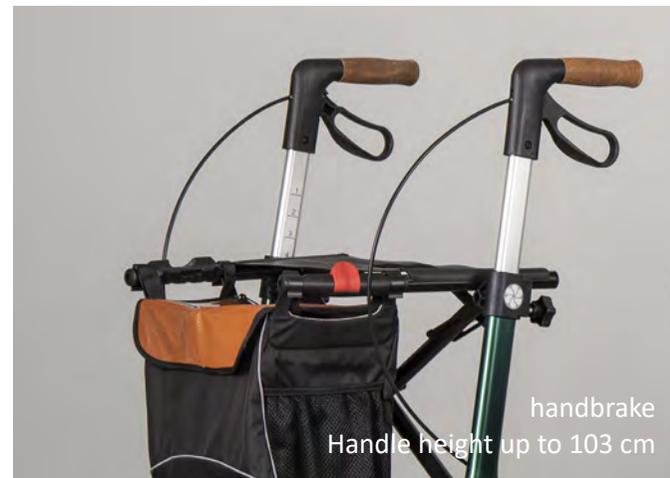
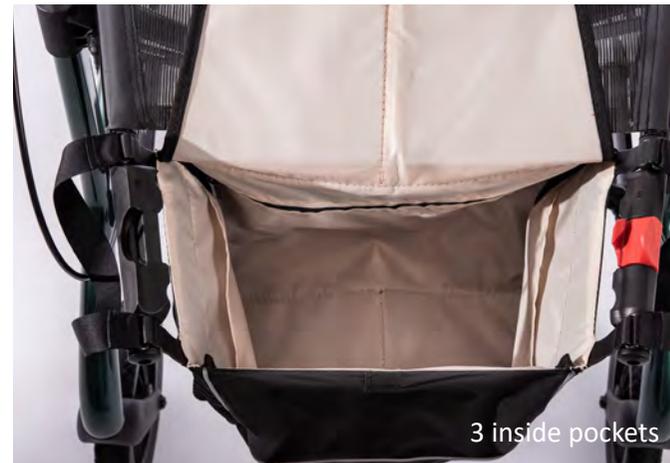
With tray - complete



A pocket for your water bottle

## Sophisticated and safe accessories

The SALJOL Carbon Rollator impresses with its elegant design, based on the 50s, as well as with useful accessories.



# Carbon Rollator

Design meets safety - small, light, intelligent. The first rollator with standard gear shifting for safe downhill rides and more stability on days when you feel insecure. Simply switch on or off with your foot, and you determine the rolling resistance.



Carbon Rollator,  
Midnight Blue, Star Silver, British  
Racing Green



Technical data	
Max. user weight	150 kg
Max. load of the bag	5 kg
Width: open	62 cm
Width: closed	22 cm
Seat width	46 cm
Seat height	62,5 cm
Total weight	5,8 kg
Weight without bag	5,0 kg

Peter and Edith from Germering near Munich were enthusiastic to test the carbon rollator - here's a little story about enjoying life.



„I often stumble due to a weakness and am quite insecure, especially on steep paths. Especially when going downhill, the brake of the rollator helps me especially, because I can reduce the walking speed and feel much safer. Like a gear shift I can easily switch it on and off with my foot. Great!“



„I am 1.90 m tall. I particularly like the fact that I can adjust the handles to the right height and thus always walk correctly and safely upright. The cork feels wonderful and I don't get sweaty hands any more.“

„The advantage is of course that the rollator is extremely light, so even I can carry it and didn't have to worry my husband. It is very handy and you can carry it without folding it. 5.8 kg is also easy for me to manage, weighs much less than a crate of sparkling water.“





„We go on many trips together, often with our grandchildren. The wheelchair is used for longer distances. My grandchildren often ride in the wheelchair. That’s how I got to know SALJOL, about the great armrest covers EXTRA.“



„Cobblestones? I simply have to concentrate, because any unevenness in the ground, such as cobblestones, naturally carries a certain risk. Because it just wobbles everything. BUT IT WORKS! A straight road is of course easier, but anyone can do that. Thanks to the soft wheels, they offer optimum grip and lateral support.“



„The SALJOL Rollator is easy to fold and can also be carried with one hand. Can even fit behind the back seat.“



„Edith and I go on a lot of trips. When we went to Starnberger See or to Tutzing Edith said: Peter look how beautiful the mountains are! Then I said: Beautiful! Super beautiful! I just don’t see them. I always had to sit with my wheelchair in the back. That was the motivation for me! I want to get out of the back! I simply practiced that with the therapists. And I haven’t been sitting in the back since.“



„I just always have to think: Am I safe? Where is the next place to hold it? Because if I can hold on, I have already won. Top, if you can rely on the stability of your rollator. That’s half the battle won.“

# The correct handling of a rollator

Our little rollator training course (Text: Deutsche Seniorenliga e.V.)



**The best rollator is no good if you can't handle it properly.**

However, this is neither due to the rollator nor to its user - in most cases a thorough instruction on how to use it has not happened. Now you might ask yourself what there is to consider when dealing with the rollator. The answer is: quite a lot! This starts with setting the correct height and does not stop at the operation of the brakes. In order to prevent accidents caused by the untrained and incorrect use of the rollator, appropriate training courses are an important measure to prevent falls.

**Adjusting the correct height:**

Let your arms hang loosely



down. The handles should be adjusted to approximately the same height as the wrists.

**The correct posture when walking:**

Walk in the rollator and not behind it! The smallest possible distance between the body and the rollator serves as a reference and prevents back pain.



**Braking while walking:**

To prevent the rollator from rolling away on an incline, you can slow down by pulling and holding the brake lever.



**Brake lock:**

If you want to sit down, you must first lock the brake. To do this, press the brake lever down with the ball of your thumb until it engages.

**Sitting on the rollator:**

Turn around between the handles of the rollator so that your back is against the seat. Support yourself with your hands on the handles of the rollator, bend your upper body forward and sit down slowly. If your rollator has a back strap, you will not only sit more comfortably, it will also prevent you from tilting backwards.



**Overcoming curbs and thresholds:**

Drive diagonally up to smaller obstacles and push the front wheels individually over the edge. If your rollator is equipped with a tipping aid, small pedal levers at the level of the rear wheels, please use these. If the curb is still too high, it is best to find a place where the edge of the sidewalk is lowered.



**Fold up and unfold:**

Premium rollators are folded lengthwise. To do this, simply pull an unlocking strap up on the seat, press the carrying handles together and fix the safety bar to it. Practical tests have shown that most seniors are generally unable to fold and stow the so-called transverse folders on their own.

**Joachim Tabath, Chief Commissioner of the Düsseldorf Police, Traffic Accident Prevention Division:**

Since 2010, I have been offering training courses for rollator users as a traffic safety consultant for senior citizens. After a theoretical introduction, we go on a trip together. The questions and problems arise automatically. This is how we came up with the idea of a rollator day last year - safety in buses and trains. Getting on and off and the correct behaviour during the journey are a real challenge for seniors. This needs to be practiced. Many facilities have adopted our concept of rollator training in the meantime. We are very pleased about this, because only on a broad level can we succeed in improving the safety of senior citizens in road traffic.

**SALJOL tip for accident prevention:**



Make sure that your rollator is always visible and has many reflectors. Especially at dusk, this contributes significantly to your visibility on the road. It is ideal if your rollator has reflectors on its wheels. Since these rotate, you are better visible in the dark.



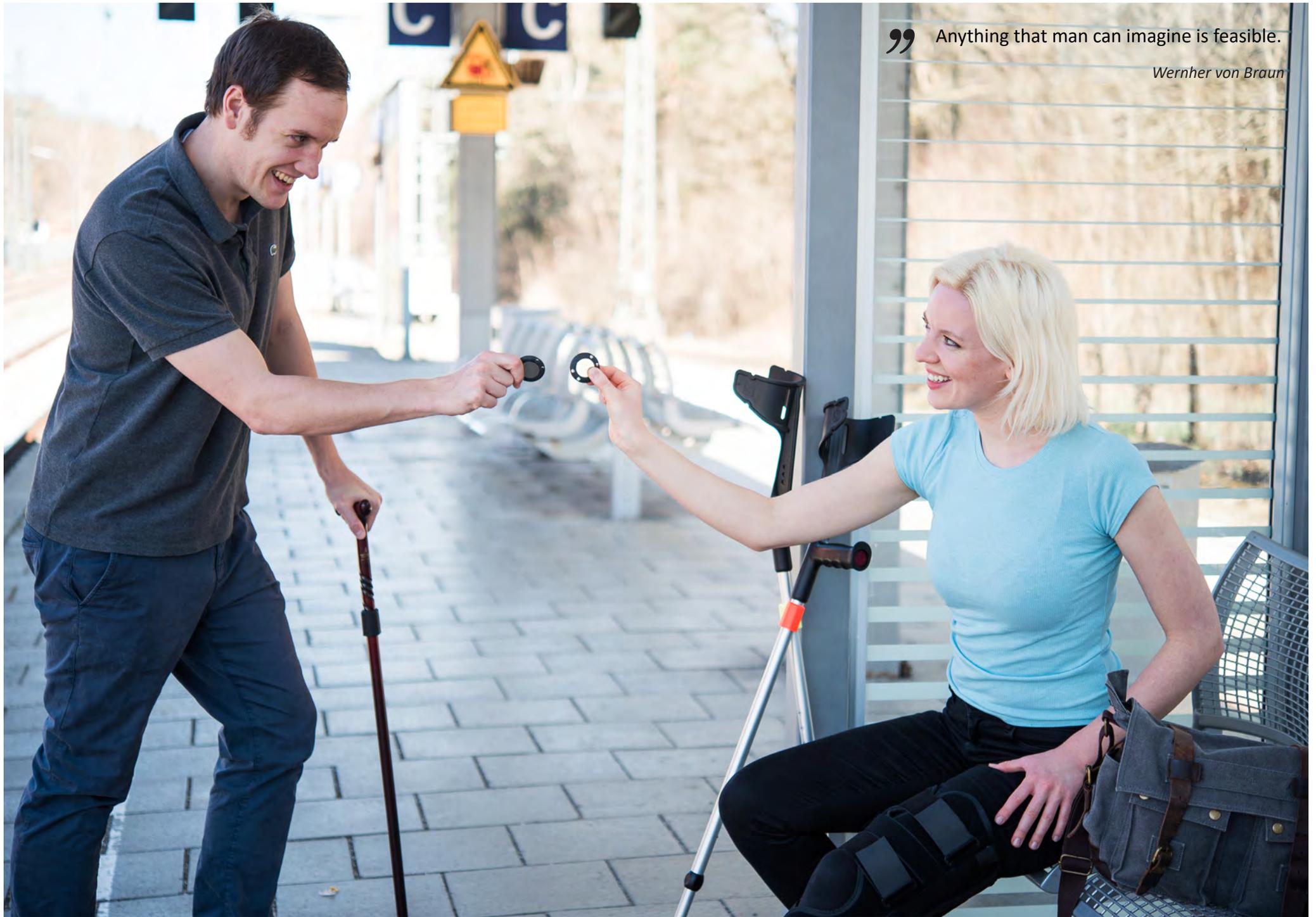


Ideas on how to defy gravity or why you don't have to bend down to retrieve your walking stick ever again.

The innovative walking stick holder „Held“ magically and magnetically holds every walking stick and crutch on everything that contains iron.

With the „Held- Taler“, a magnetic disc, you can even attach your stick to your trousers or Handbag!

Fun in life- amazingly simple! \_\_\_\_\_

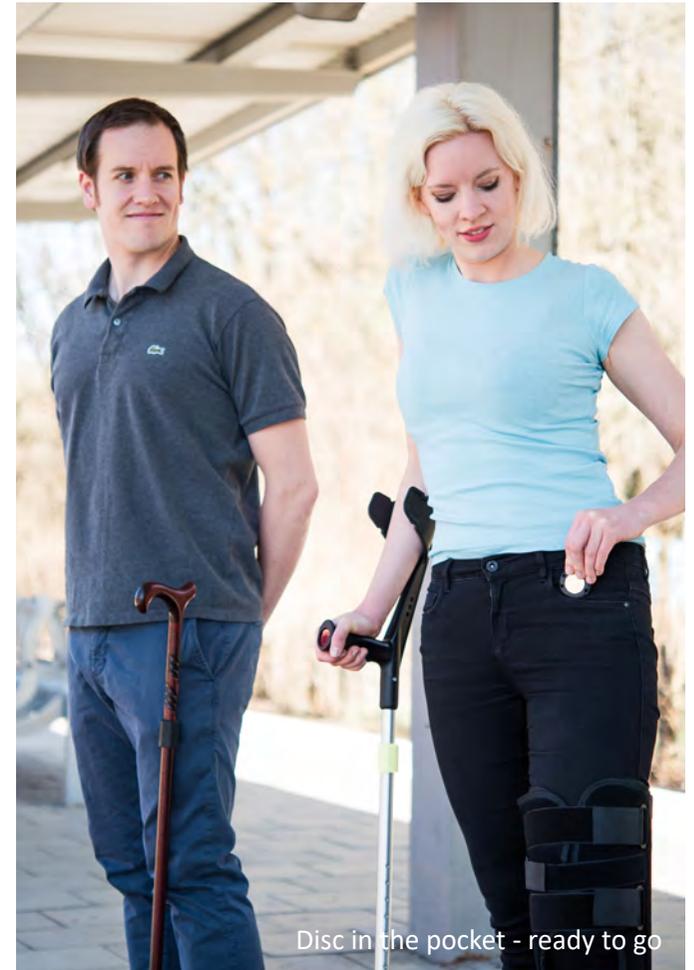


” Anything that man can imagine is feasible.

*Wernher von Braun*



Whether trousers or metal posts -  
Held holds walking sticks or crutches.



Disc in the pocket - ready to go

Finally something useful. Simple and practical. I finally save myself the trouble of picking up my walking stick. Simply clip the magnet to the cane and the counterpart into your trouser pocket. The stick adheres to the trousers and I have my hands free e.g. when paying at the cashier. Great.

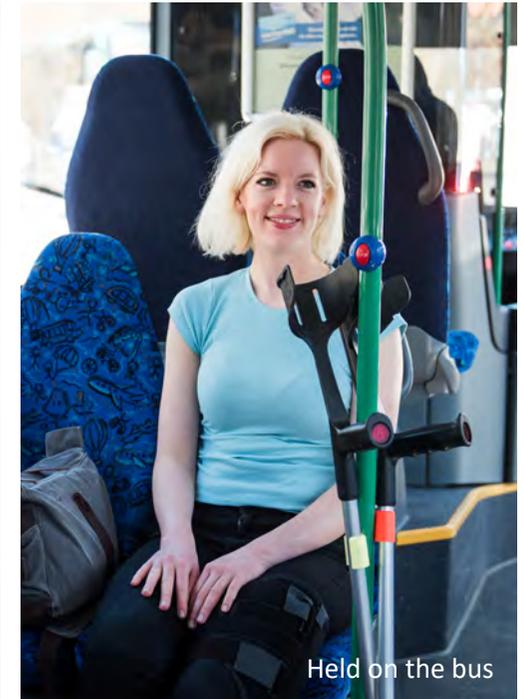
*Amazon customer  
July 2018*



Held at the ticket machine - Hands free!



Held at the bus stop



Held on the bus



Held on your crutch, magnetic disc in your pocket



Held on the wheelchair



Held at the wardrobe



Held at the traffic light



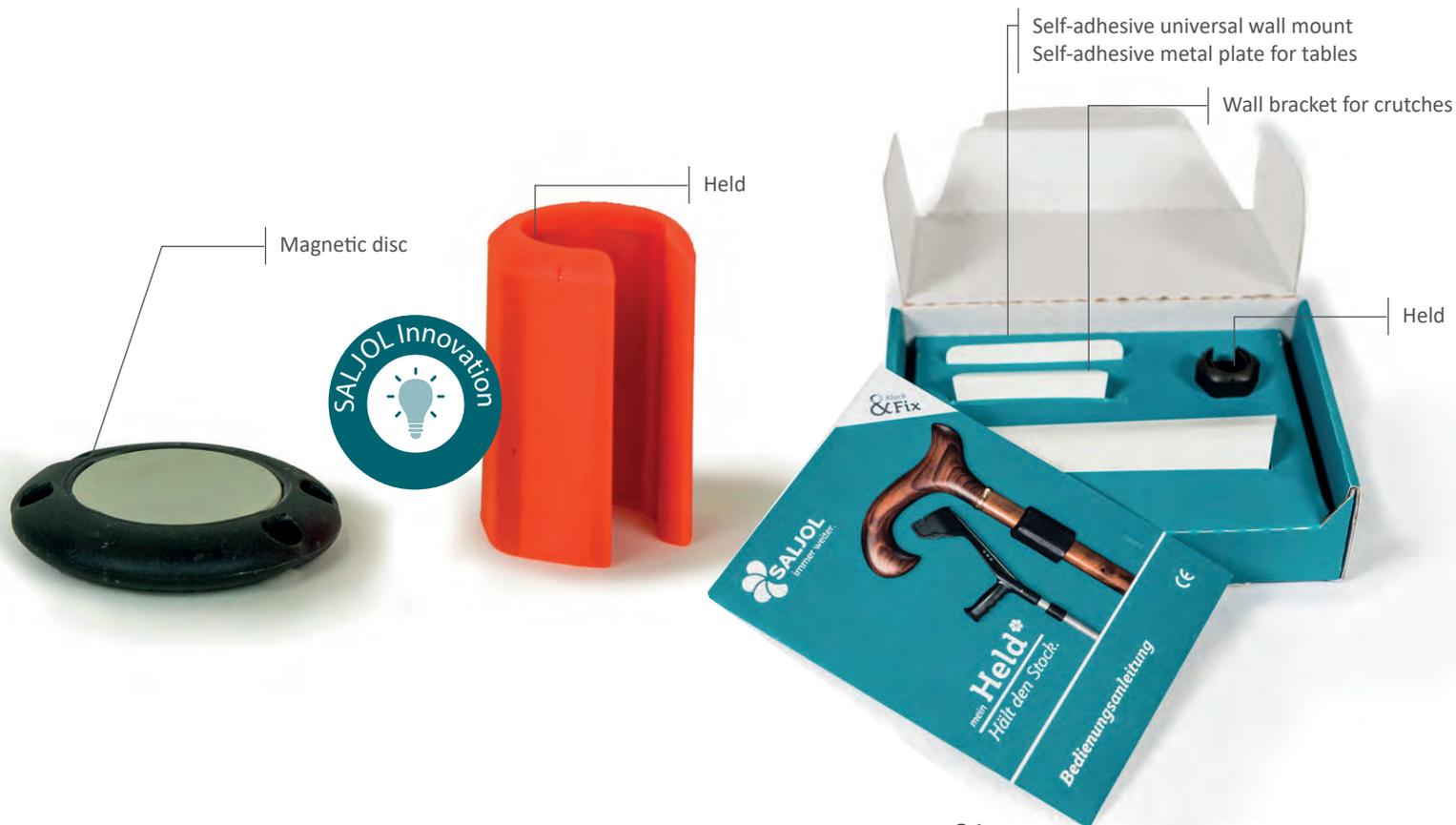
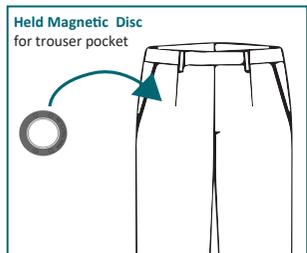
Held with magnetic disc in the jacket pocket



Held at the bench

# Magnetic stick holder Held for walking sticks and crutches

A magical magnetic clip holds your walking aid virtually everywhere where ferrous metal is present. If this is not the case it is possible to purchase self-adhesive metal plates for your favourite spot. Ideal in a duet with Held Taler for being out and about. Or the Held set for your home. Tip: Also works on wheelchairs and rollators!





Ideas for better sitting, standing up and resting in any position. Soft or firm, according to your taste. The individual sitting feeling- ergonomically adaptable.

Stand up, sit down, watch TV, read, sleep and relax- the choice is yours.

Enjoy life- by sitting comfortably! \_\_\_\_\_



” Nothing gets us going better than a break.

*Elizabeth Barrett Browning*



Duet with Tabula

# Stand-up, resting and TV armchairs Club1 and Club1C

Club1 is the stand-up chair that combines comfortable sitting, ergonomic competence, safety and intuitive operation in a very simple way.



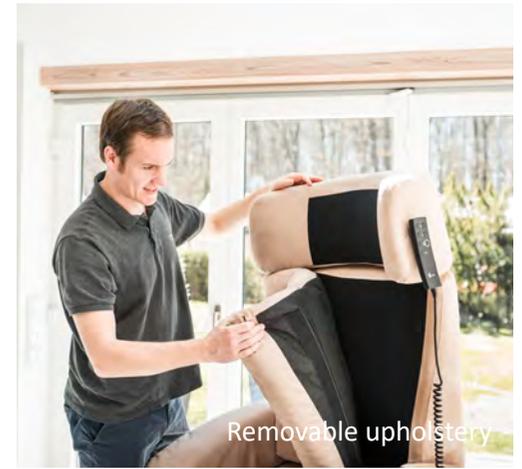
Stand-up, resting and TV armchairs Club1



Slant	Seat width (cm)	Seat height (cm)	Seat depth (cm)	Body size (cm)	Chair height (cm)	Chair width (cm)	Armchair length in rest position (cm)	Maximum load (Kg)	Area (cm)
133°	55	48	56/61	160-180	112	75	170	150	180x75



Reading



Removable upholstery



Getting up safely



remote control at the right position



# Stand-up, sleeping and TV armchairs Club2 and Club2 Soft

Sleep in an armchair - horizontally and comfortably, like in a real bed, safely get up/sit down and individually control all sitting and lying positions.



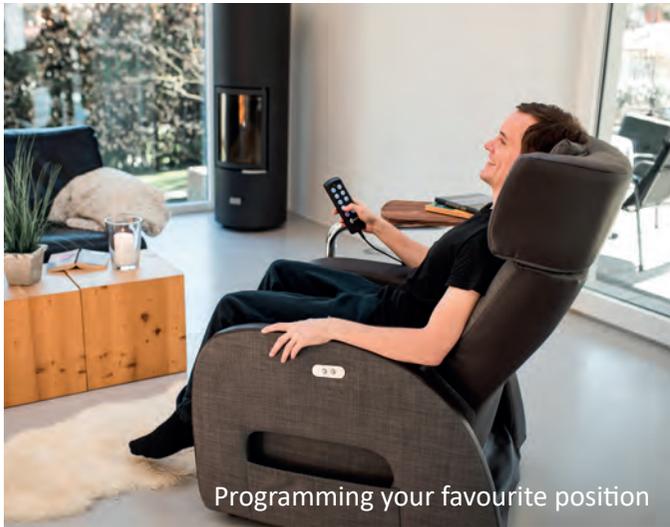
Stand-up, sleeping and TV armchairs Club2 and Club2 Soft



slant	seat width (cm)	seat height (cm)	seat depth (cm)	body size (cm)	chair height (cm)	chair width (cm)	Armchair length in rest position (cm)	maximum load (Kg)	area (cm)
back	55	46	51/56	150-190	121	76	194	150	200x75



Total Relax: zero gravity position



Programming your favourite position



Getting up safely



enjoy reading

# Stand-up, relaxing and TV armchair Club3

Astronauts use this technique on long journeys. The relaxing armchair Club3 helps to distribute pressure, to sit for long periods and to stand up.



Standing, relaxing and TV armchair Club3  
1.899,00 €



slant	seat width (cm)	seat height (cm)	seat depth (cm)	body size (cm)	chair height (cm)	chair width (cm)	Armchair length in rest position (cm)	maximum load (Kg)	area (cm)
108°	53	50	54	150-190	119	74	151	150	151x75

# Standing, resting and TV armchair Accessories

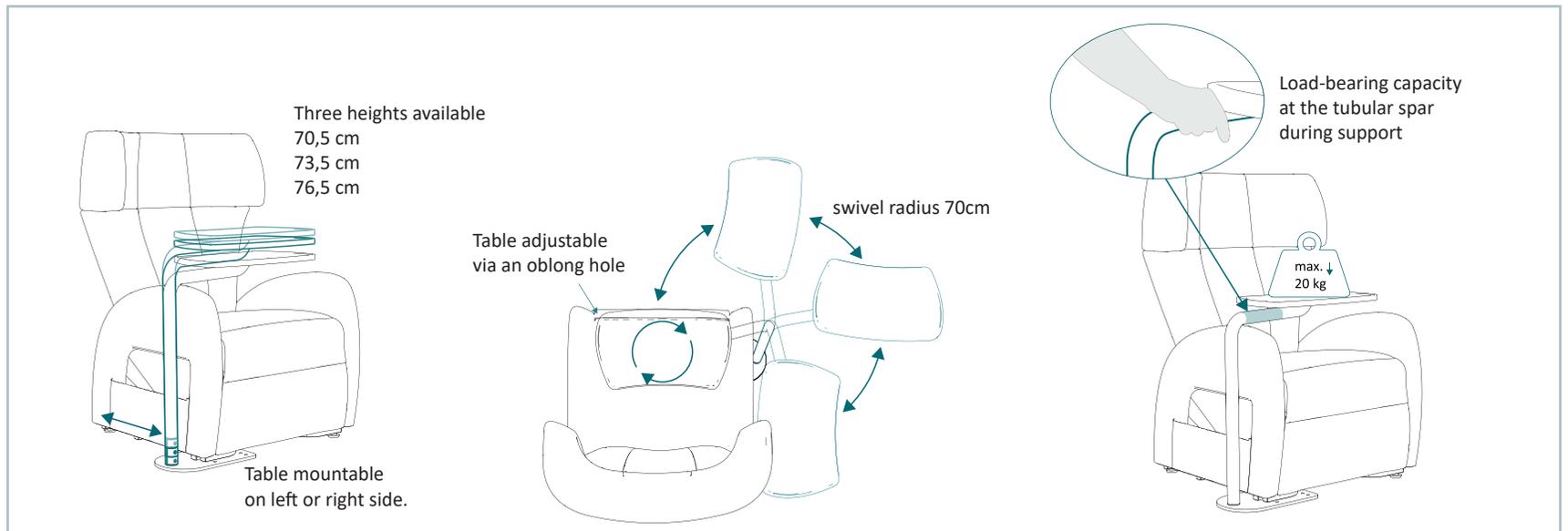
... special wishes come true here! Pillow, protective cover set, Loin cushion, incontinence pad and swivel table Tabula.

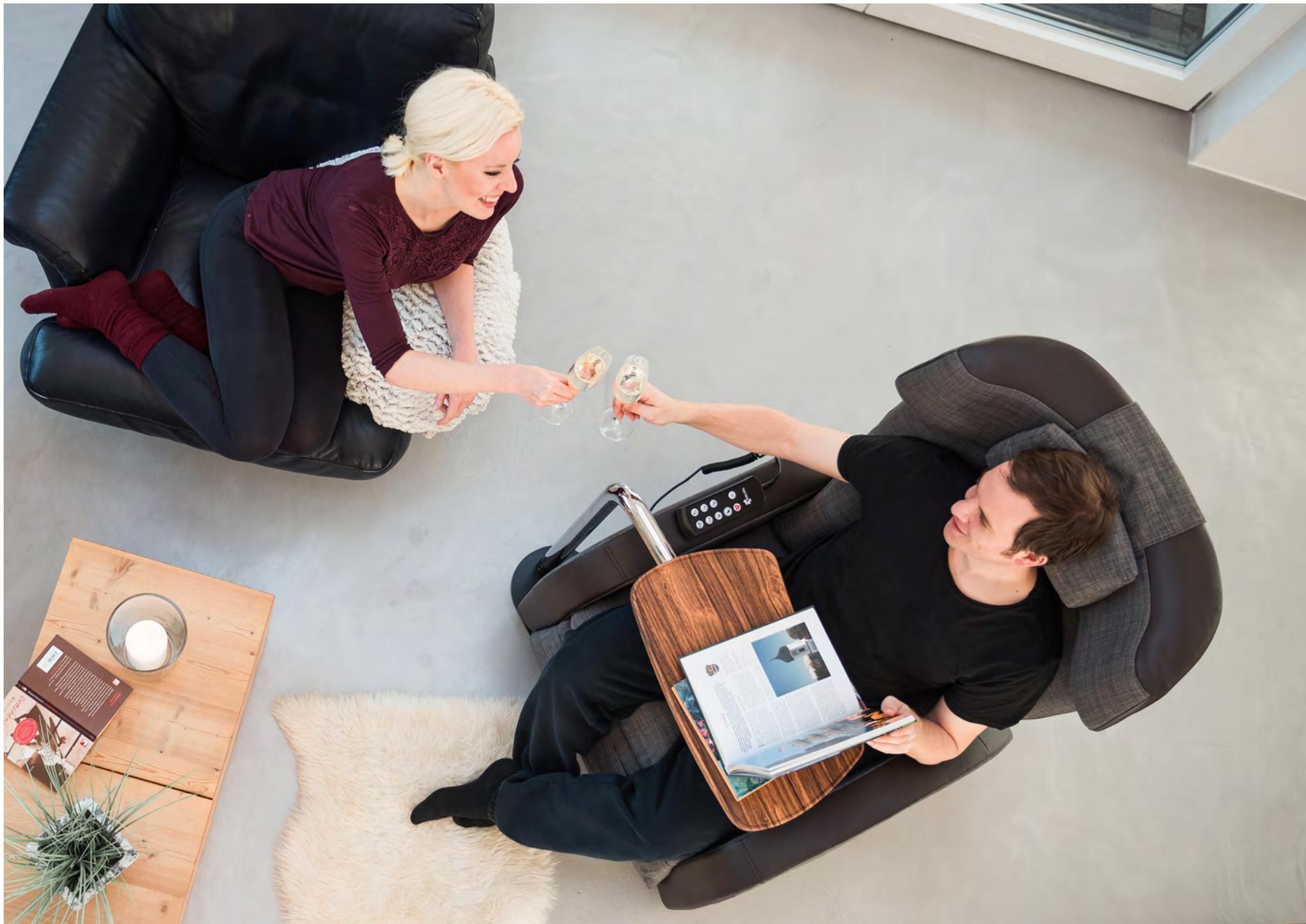


Pillow, slipcover set, cushion, incontinence pad



Swivel table Tabula





# Sit down.

The SALJOL Club armchairs in the user test of the German Society for Gerontechnology



**SALJOL's modern stand-up and reclining chairs received one „Very Good“ and two „Good“ at the beginning of this year in a user test conducted by GGT (Deutsche Gesellschaft für Gerontechnik).** The tests are carried out exclusively by senior citizens, so the evaluation using a questionnaire developed by the GGT is based on the practical experience of the actual users.

**Broad group of testers**  
The armchair was tested by 13 seniors aged 51 to 87.

**Club 1 - „Very good“ with mark 1,4.** The best overall rating was awarded to Club 1, whose functions, operability and workmans-

hip were rated „very good“ by the majority. The seat positions (seat height, depth, width) as well as the upholstery and the remote control were almost unanimously rated as „very good“.

### **The proof of the pudding is in the eating.**

During the test, each tester tried out the different sitting, lying and standing positions - 11 out of 12 testers were able to find their optimal position. In addition, the test persons stated that the adjustability of the armchair through its electric motor, the intuitively understandable remote control with its few buttons and the stand-up function were particularly

important to them.

### **No more bending over.**

The innovative „Klack & Fix“ holder, with which the remote control is held on the armchair, also met with great approval. Many testers found the quick adjustability of the armchair by its electric motor simply „super“.

### **Club2 and Club 2 Soft: Grade 1.6 - „Good“.**

The functions and workmanship of this stand-up and reclining chair were also rated „very good“ by the majority.

### **Everything is possible.**

The test persons found the separate control of foot and back section, the

adjustability of the headrest as well as the stand-up function and the seat depth adjustment to be very important. The Club2 also highlighted the possibility of moving the armchair on its four castors.

### **The right chair for everyone. A sitting sensation.**

In the practical test were the Club2 and the especially soft padded Club2 soft. Here it turned out that this particular option was important for some testers who found the other variant too hard or too soft.

### **For big and small.**

Both versions were rated „very good“ by the majority for their seat height, seat depth and seat width properties. For a tester this armchair was so comfortable that he remarked in the free text: „This is lying in the business class“. The remote control was predominantly very popular.

### **Grade 1.7 - „Good“ for Club 3.**

The Relax SALJOL armchair, „Club3“, was also recommended by its testers. For example, the majority of testers gave it very good ratings for its functions.

Its high-quality workmanship, hip, variable adjustment options and sitting comfort were particularly praised.

### **Powerful engine.**

Its product features - in particular the separate control and adjustability of the foot and back section - as well as the general adjustability by electric motor were rated as very important.

In the case of this armchair, the test persons also attached particular importance to the stand-up function and the washability of the seat covers.

### **Ergonomic sitting.**

The characteristics seat height, seat depth and seat width, the upholstery as well as the height of the

backrests were almost exclusively rated as „very good“. The same applies to the remote control, which particularly liked the illumination of the buttons and the „Klack & Fix“ mount.

Heart balance or Zero Gravity for total relaxation

The optimum position for sitting, lying down and standing up was easily set by the test persons, and the majority were also enthusiastic about the heart-balance position. As a positive note, it was noted that an armchair „would not have been expected to have such functionality“.







Ideas for better sitting in a wheelchair.

Wheelchairs are a blessing for more mobility. Wheelchairs covered with the SALJOL EXTRA wheelchair upholstery become as comfortable as an armchair.

Nobody has to sit in a standard wheelchair. Upholstered and warm, supplemented by a useful pocket at the back, you feel much more comfortable. Without corners and edges, guaranteed new and chic.

Pimp your wheelchair for more fun in life! \_\_\_\_\_

”

Happiness is basically nothing other than the courageous will to live, in which one accepts the conditions of this life.

*Maurice Barrés*







# A wheelchair becomes an armchair with the comfort-upholstery Extra



Status 09.2018, products similar to illustrations. Subject to technical modifications.



# Ergonomics. Sitting in a wheelchair.

An interview with Bengt Engström

Bengt Engström from Sweden, the expert when it comes to sitting well in a wheelchair, happily gave SALJOL an interview after discovering Extra and being thrilled by it.  
[www.engstromconcept.com](http://www.engstromconcept.com)



**Mr Engström, you are one of the most experienced experts in ergonomic sitting in a wheelchair. What led you to focus on this topic?**

When I discovered that many wheelchair users around the world were sitting badly, I simply had to find out why. I discovered large gaps in the knowledge of those responsible. That's why I decided to

teach in order to enable wheelchair users to be more comfortable.

**How long have you been working with concepts for sitting?**

My work began in 1986 with wheelchairs for Etac. In 1990, my wife Anita and I founded our company to focus on education and writing books about ergonomics - seat and wheel-

chair adjustment.

**Do you have general recommendations for wheelchair users?**

If you do not feel comfortable with your wheelchair, e.g. because you sit badly or because you have problems with mobility, then you should ask for a better adjustment - or another wheelchair that better meets your needs.

Remember, there is nothing wrong with you! If you do not feel comfortable in your wheelchair or something is not working properly, the only reason is that something is wrong with the wheelchair or it has been adjusted incorrectly.

**How did you get to know the Extra seating system from SALJOL?**

I saw it on a wheelchair in

the showroom of a medical supply store in Germany and had to try it out right away because it looked good and also seemed to be very comfortable.

**You rate Extra quite positively. What are your main reasons?**

I like it when people who spend many hours in a wheelchair to be comfortable. Because that is the key factor when it comes

to sitting for long periods of time. I also like the fact that Extra fits many different wheelchairs, so many wheelchair users can benefit from this solution.

**During your last training sessions in Japan, you showed and demonstrated Extra. How did the Japanese react? Do you see any differences to Europeans?**

The people in Tokyo who saw and tested Extra



were very surprised that it is so comfortable and looks good. One said his Extra wheelchair was like „business class“! A big difference between Japanese and people in Europe is the body size. Most elderly wheelchair users in Japan use wheelchairs with a seat width of 35-40 cm. Japanese wheelchairs are small compared to European ones.

**As you know, there are also some accessories and additions for Extra, for example the seat and back heating and the stabilisation plate. What do you think?**

For slim wheelchair users who sit inactive for many hours, the heater can be a good choice, even indoors. And for outdoors, it is a great solution for staying warm in the cold. Because

sitting becomes even more unpleasant when you're cold. Sensitive wheelchair users can now be outside more often thanks to this special way of staying warm.

The plate stabilises the seat. This is a big advantage for the body as it is easier to maintain an upright sitting position. The only thing to keep in mind is the increased

pressure over time and the associated risk. On the other hand, it is easier to move the torso on a stable seat, so that the seat pressure against the buttocks often changes.

**You've just started the next phase of your career - and are now focusing on e-books and online seminars. How can our readers discover your knowledge?**

The easiest way to do this

is via our homepage: [www.engstromconcept.com](http://www.engstromconcept.com)

After 28 years of teaching, I look forward to working even harder now to explain the importance of this topic. Over the years I have met thousands of people from many countries at my seminars. But that is not enough. Anita and I are now focusing on the Internet because we hope to reach even more

people worldwide!

**Thank you for the interview, Mr Engström.**

Thank you, I wish you much success with your great seating solution - for many users!

(The interview with Mr. Engström was conducted by Thomas Appel)

## Wheelchair Upholstery Accessories

Small things - big effect!



# Wheelchair Upholstery and comfort cover Extra

Makes a standard wheelchair your comfortable and personal wheelchair. Extra is the comfort cover for your wheelchair, which combines good sitting with ergonomic know-how and a sense of aesthetics and functionality in a very simple way.



Seat and back cushions fit exactly, do not slip, comfortable as one armchair, is also suitable for E-Rollis, according to seat depth in two foam thicknesses for the backcushion

Armrest padding: At last it becomes soft and padded on the arms, fits perfectly and is secured against slipping, supports good sitting and soft storage.

The side wings cover the wheels, the transfer becomes easier, protect against draft and cold.

Seat cushion polsters pressure points and covers sharp edges and screws

Leg support covers, for all spots where you touch the wheelchair.

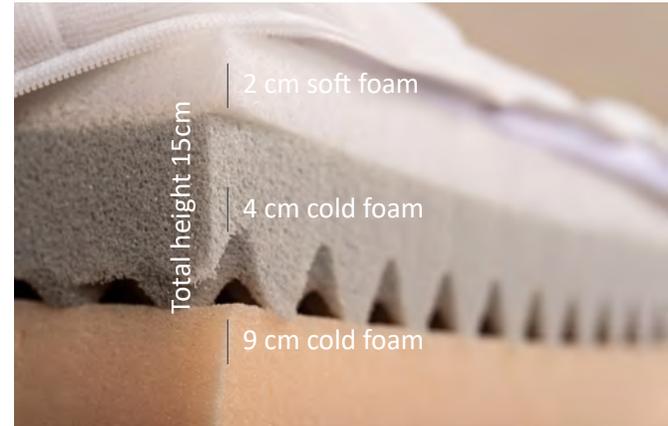


apple green/navy blue medium grey/dark brown

light brown/dark brown

## Comfort mattress Bequema

Rest well. The Saljol cold foam mattress stands for high comfort and quality from Germany. It combines the advantages of three selected foams for healthy sleep. You will sleep relaxed on it right from the start. No time needed to adjust to new mattress.



The cold foam also adapts immediately when the lying position is changed and gives way where higher weight is applied. The best conditions for a restful sleep.

### Recommended for

- Normal sleeper, without special sleeping problems
- or with
- backaches
- neck pain
- Headache due to tension

### Cover

The mattress is equipped with a removable, with a skin-friendly terrycloth cover, which is washable at 60°C.

Bequema, comfort mattress  
200x90x15 cm

\* Other sizes on request.



SALJOL GmbH | Hubertusstraße 8  
82256 Fürstenfeldbruck | Germany  
[www.saljol.de](http://www.saljol.de) | [hallo@saljol.de](mailto:hallo@saljol.de)  
Tel. 08141 317 740 | Fax. 08141 317 74 11