



Family Owned Since 1971



**The Greatest Invention
Since the Internet
Give Us a Call**

1.800.426.3929

Cedarbrook Showroom

Phone:	800.426.3929 or 425.481.3333
Fax:	425.487.1695

Our Business Hours

M-F	8-5 PST
Sat	10-3 PST
Sun	Closed

Cedarbrook Sauna + Steam – Family owned and operated since 1971

We build cedar saunas, kits, sauna doors, accessories for commercial saunas & residential sauna rooms — AND we have the expertise to fit you with the right sauna heaters, steam room doors and steam room equipment.

If you are ever in the Seattle area, we have a showroom just northeast of the city where you'll find sauna and steam rooms plus accessories on display.

Our friendly staff is ready to answer your questions on what we do best: building and designing sauna rooms and doors, selecting the sauna heater that best fits your needs and answering any other questions regarding sauna and steam rooms.

If you have any questions regarding saunas and steam rooms, we're your resource!

Sweating the details since 1971

**Brekke Lysaker
Management**

Cedarbrook Sauna + Steam
1.800.426.3929

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Polar Wilderness Wood burning Heater Installation & Operation Instructions

WARNING

Prolonged exposure to elevated temperatures is capable of inducing hyperthermia. Hyperthermia occurs when the internal temperature of the body reaches several degrees above the normal body temperature of 98.6°F. The symptoms of hyperthermia include an increase in the normal temperature of the body, dizziness, lethargy, drowsiness, and fainting. The effects of the hyperthermia include failure to perceive heat, failure to recognize the need to exit the room, unawareness of impending hazard, fetal damage in pregnant women, physical inability to exit the room and unconsciousness.

WARNING

The use of alcohol, drugs, or medication is capable of greatly increasing the risk of fatal hyperthermia.

WARNING

Do not take a sauna if using alcohol, drugs or medications.

Pregnant women or persons with poor health should consult their physician before using any sauna.

Caution Fire Hazard: Do not use the sauna room for drying clothes, bathing suits, etc. Do not hang towels above heater or place any object, other than the rocks supplied, on the heater.

Inspect sauna regularly for required maintenance to heater and benches. Replace wood surfaces which show any signs of deterioration.

The heater gets extremely hot during operation and should not be touched or burns may result.

Minors should be adequately supervised whenever near a hot or warming sauna.

WARNING

For safety purposes, the sauna door must open out and not lock.

Never use a wood stain, seal or preservative on the inside of your sauna room.

Our woodburning sauna stoves are registered by the Rescue Department of the Ministry of Interior of Finland, and they meet the Finnish fire safety requirements.

Clearance Distances

Woodburning sauna stoves are regarded as fireplaces having scorching surfaces. In our

stoves, the surface temperature will not exceed 350°C, and the following safety distances should be observed when using them.

1. Minimum distance between the vertical surfaces of the stove and any unprotected wooden structural elements must be 500mm (19 3/4").
2. However, the safety distance mentioned in item 1 can be decreased to a minimum of 250mm (10") provided a single light protection is used. This kind of single light protection can be constructed either by using a minimum 7mm (1/4") thick incombustible cement plate reinforced with fiber, or by fastening a 1mm thick metal plate densely enough to the wall. A minimum 30mm (1 1/4") vent hole must be left between the protective plate and the wooden surface to be protected. This can be done, for example, by using pipe bushings as intermediate supports.
3. The safety distance mentioned on item 1 can be further decreased to minimum 125mm (5") provided a double protection is used. The double protection can be constructed using two plates described in item 2, in addition to which an at least 30mm (1 1/4") vent hole must be left between the wall and the plates.
4. If the wall has been bedded in, a 50mm (2") vent hole between the wall and the vertical surfaces of the stove is enough.
5. A 55mm (2 1/4") embedding with open sides at a minimum 30mm (1 1/4") distance away from the protected surface is equivalent for a single light protection. Likewise, a 110mm (4 1/4") embedding not touching the protected surface would be equivalent for a double light protection.

Protecting the Ceiling

Provided the distance between the stove top and the ceiling is minimum 1200mm, no special protection is needed for the ceiling. If the distance is less than 1200mm (47 1/4"), you can choose one of the protection methods mentioned in items 1-3. The ceiling protection must extend above the vertical surfaces of the stove.

Fireplace Base

The fireplace must be installed on a rigid base. This base must be strong enough to bear the weight of the fireplace and to prevent any excessive rise of temperature of the structural elements connected to it. When installing the stove on a wooden floor, it is advisable to use a minimum 50mm (2") thick concrete slab or a minimum 7mm (1/4") thick fiber-reinforced cement plate covered by a metal plate.

Protecting the Floor in Front of the Stove

The safety distances listed in items 1-5 cannot be applied to a combustible floor area in front of the stove. This area should be protected using a metal plate connected to the floor and closely fitting the stove. The floor protection in front of the stove must extend at least to 100mm (4") beyond both sides of the oven mouth and to 400mm (15 3/4") in front of it.

Installing the Stove

As in all our stoves, there is an escape hole for the smoke flue on top of the stove as well as behind it. You can close the unnecessary hole using the closing trap supplied. Included with the delivery, you will also receive a 200mm (7³/₄") connecting pipe for connecting the stove to the smoke flue through the back hole. When connecting the stove to the smoke flue through the hole on top of the stove, we recommend you use our connecting pipes which are available as accessories. When doing this, do not forget to close the smoke hole behind the stove using the closing trap supplied.

Do not install the connecting pipe too deep into the smoke flue, because this would block the draught. The gap between the smoke flue and the connecting pipe must be filled using mineral wool.

When installing the stove, make sure the stove stands firmly on its base and the proper safety distances mentioned in these instructions have been observed.

Preheating

In the factory, the interior parts of the stove have been coated with protective agents to prevent corrosion during storage. Before starting to use the stove and placing rocks on the stove, you should preheat the stove in order to remove these protective agents. It is enough to burn 1-2 ovenfulls of wood for preheating. During preheating, sufficient ventilation should be arranged in the washroom to dissipate the smoke gases produced by the protective agents.

Stove Rocks

Before placing the rocks onto the stove, carefully wash them with clean water. Do not use any detergents.

Place the rocks on top of each other so that they are level with the edge of the rock well. Be careful not to place the rocks too close to each other to allow air circulation between the rocks. Place the largest rocks at the bottom of the rock well.

Heating up the Stove

Only wood can be used for heating up the stove. Before heating, the stove grate should always be cleaned and the ash pan emptied.

Avoid heating the stove so that the passage in the rock well remains red heated for a long time, because this would overload the firebox and shorten the lifetime of the stove.

After your saunabath, you can leave a small fire in the stove to dry up the water fixtures.

Stove Maintenance

The stove must be swept through the soot hatches at least once a year in order to maintain optimal draught. At the same time, it is also useful to check the condition of the stove rocks and to replace the decayed ones with new ones.

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