



### STANDARD TELESCOPIC PROPS

Adjustable, for temporary support of floors, beams & formwork, these props are fitted with 152mm x 152mm 6" x 6" (0.152m x 0.152m) end plates and fully conforming to BS4074:1982

SIZE	CLOSED	OPEN	WEIGHT
No. 0	1.041m (3'5")	1.829m (6'0")	11.28kg
No. 1	1.753m (5'9")	3.124m (10'3")	16.34kg
No. 2	1.981m (6'6")	3.352m (11'0")	17.48kg
No. 3	2.590m (8'6")	3.962m (13'0")	20.20kg
No. 4	3.200m (10'6")	4.876m (16'0")	23.84kg

### STIRRUP HEADS & U-HEADS

For seating of timbers and beams on top of telescopic props - available in the following sizes:



75mm (3")  
100mm (4")  
150mm (6")  
200mm (8")  
225mm (9")

### PUSH PULL & TILT-UP PROPS

Supplied with 2 collars, swivel head and base plates attached, available in the following sizes:

SIZE	CLOSED	OPEN	WEIGHT
No. 0	1.140m (3'9")	1.829m (6'0")	15.80kg
No. 1	1.850m (6'1")	3.124m (10'3")	23.00kg
No. 2	2.080m (6'10")	3.352m (11'0")	24.00kg
No. 3	2.690m (8'10")	3.962m (13'0")	27.00kg
No. 4	3.300m (10'10")	4.876m (16'0")	31.60kg



### TRENCH STRUTS



Our robust Steel trench struts are available in 4 sizes, giving you a size range from 0.320m (1'1") to 1.730m (5'8").

Adjustable steel trench struts eliminate manual adjustments associated with strutting trenches with timber.

SIZE	CLOSED	OPEN	WEIGHT
No. 0	0.320m (1'1")	0.470m (1'7")	4.00kg
No. 1	0.490m (1'8")	0.730m (2'5")	5.80kg
No. 2	0.690m (2'3")	1.090m (3'7")	7.70kg
No. 3	1.030m (3'5")	1.730m (5'8")	11.00kg

### LINTEL SUPPORTS

"The Patented Strongboy\* works in conjunction with an Adjustable Steel Prop to provide support to brickwork whilst an opening is refurbished/created."



"Due to the Strongboy's robust dynamics it can be fitted between courses on a double skin brick cavity wall from either side to provide a quick, easy and safe temporary support solution."

Maximum Loading: 340kg  
Maximum Working Height: 3.00m  
Maximum Spacing: 0.90m

\*Strongboy is a patented design

**NEWCASTLE DEPOT**  
**T: 0191 215 0222**  
**F: 0191 266 4859**

Unit 16  
Wesley Drive  
Benton Square Industrial Estate  
Newcastle Upon Tyne  
NE12 9UP

**CARLISLE DEPOT**  
**T: 01228 514 814**  
**F: 01228 599 815**

St. Ninian's Road  
Upperby  
Carlisle  
Cumbria  
CA2 4NE