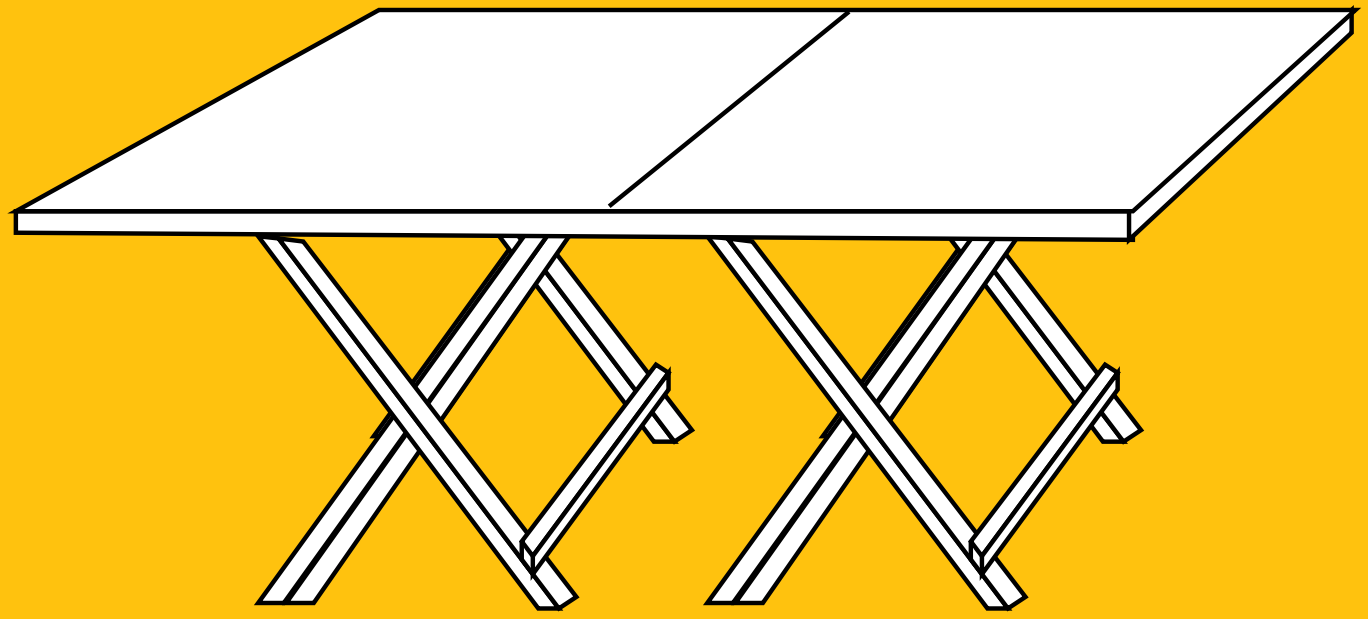
TABLES 4ALL



ITTF FOUNDATION

TRESTLE TABLE
INSTRUCTIONS


TABLES
4ALL

CONTENTS

Overview

This model suggests to use recovered pieces of wood, and materials are ideal for indoor use.

It has been tested in Cameroon, France and Ghana.

ADVANTAGES

- Affordable
- Easy to build
- Suitable for wheelchair users
- Ecological: recovered pieces of wood can be used
- Transportable

DISADVANTAGES

- Designed for indoor use only

PROFESSIONAL CARPENTER 3 DAYS (APPROXIMATELY 6 HOURS PER DAY)	2 NON-PROFESSIONAL CARPENTERS 3 DAYS	360 € in France 110 € in Cameroon 65 € in Ghana Labour included

What you need

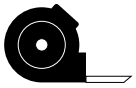
For a more visual instruction, check out our video here.

MATERIAL

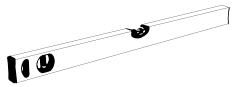
Description	Picture	Size	Quantity	Ref
Wooden strips		105x4x3cm	8	t3
Wooden strips		110x4x3cm	4	t4
Nuts		8mm	4	
Screws		50mm	100	s1
Hooks		20mm	8	
Bolts		8cm x Ø 8mm	4	
Steel chain		L :150cm Ø: 3mm	1	
Panels		150x150cm or 200x200cm	2	a1

TOOLS


Wrench


Tape measure


Drill/ Screwdriver


Bubble level


Jigsaw

or


Saw


Protractor


Hammer

SAFETY MEASURES

- Opt for portable tools and machines with reduced weight
- Wear suitable handling gloves
- Organise the flow of goods in the workshop so that unnecessary or avoidable handling is avoided
- Where necessary, wear ear protection
- Have a safety kit at hand at the cutting or assembly workshops
- Keep supply materials as close as possible to the work area
- On site, give preference to handling by several people when no mechanised assistance is possible

1 STANDARD TABLE

MATERIAL AND TOOLS TO PREPARE FOR STEP 1 TO 4

MATERIAL

Description	Picture	Size	Quantity	Ref
Wooden strips		144x4x3cm	8	t2
Wooden strips		137x4x3cm	4	t1
Panels		137x152x-3cm	2	a1
Screws		50mm	28	s1

TOOLS

Jigsaw

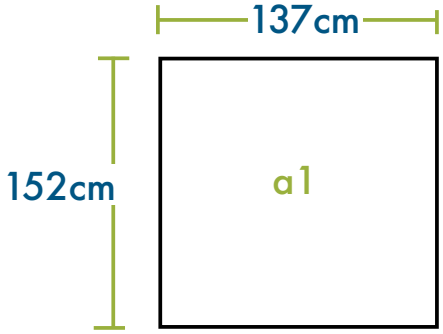
or

Saw

Drill/ Screwdriver

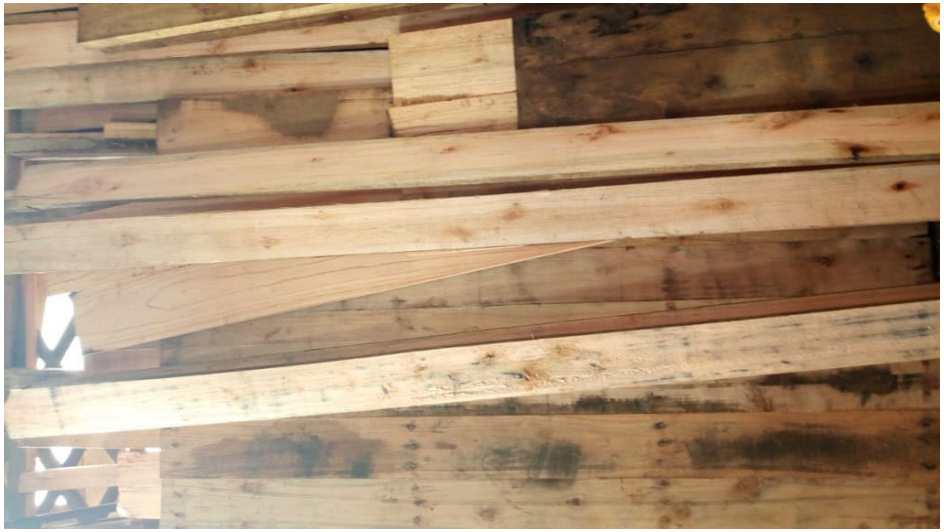
Tape measure

Step 1



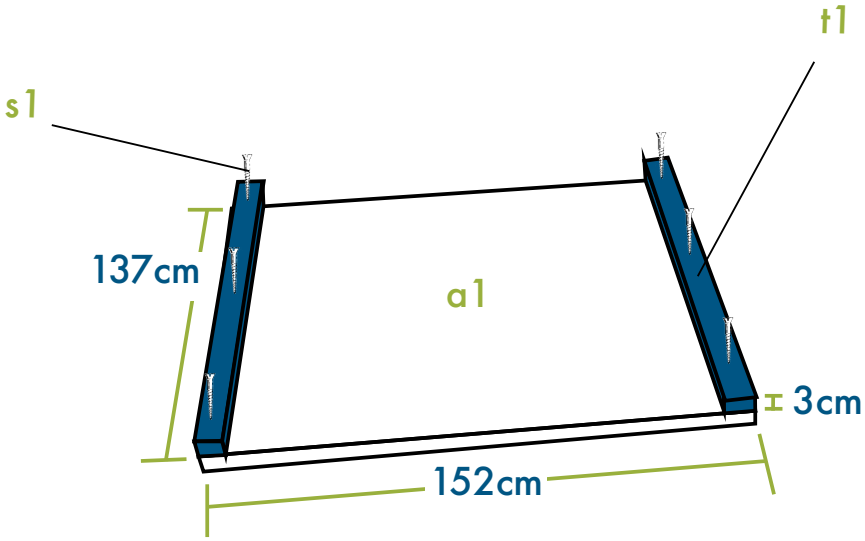
Cut 2 panels a1 with the measurements 137 x 152 cm.

Step 2



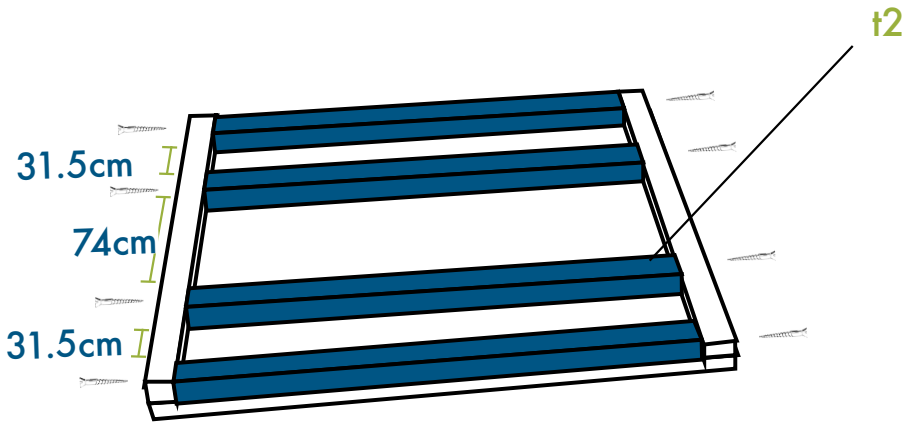
Crosscut 4 x t1 and 8 x t2 pieces.

Step 3



Fix 2 x t1 with screws s1 onto a1.

Step 4



Fix 4 x t2 with screws onto t1.

Repeat step 3 and 4 for the second wooden board.

MATERIAL AND TOOLS TO PREPARE FOR STEP 5 TO 8

MATERIAL

Description	Picture	Size	Quantity	Ref
Wooden strips*		105x4x3cm	8	t3
Wooden strips		110x4x3cm	4	t4
Nuts		8mm	4	
Screws		50mm	16	s1
Steel hooks		20mm	8	
Bolts		8cm x Ø 8mm	4	
Steel chain		L :150cm Ø: 3mm	1	

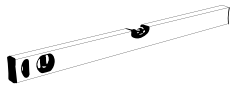
*In case your panels from step 1 to 4 are thicker than 3 cm, adapt the size of the wooden strips accordingly.

TOOLS

Wrench

Tape measure

Drill/ Screwdriver



Bubble level

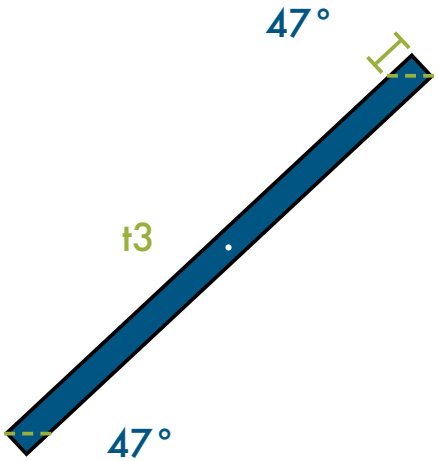
Jigsaw

or

Saw

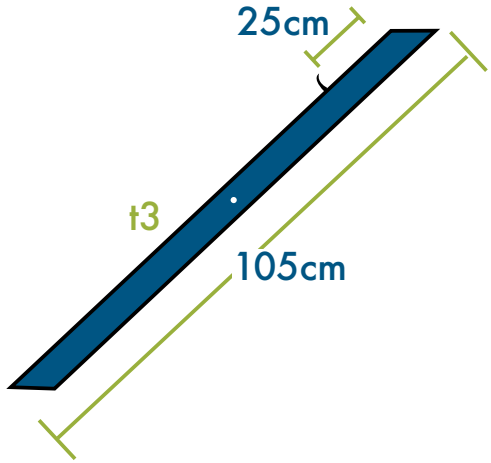
Protractor

Step 5



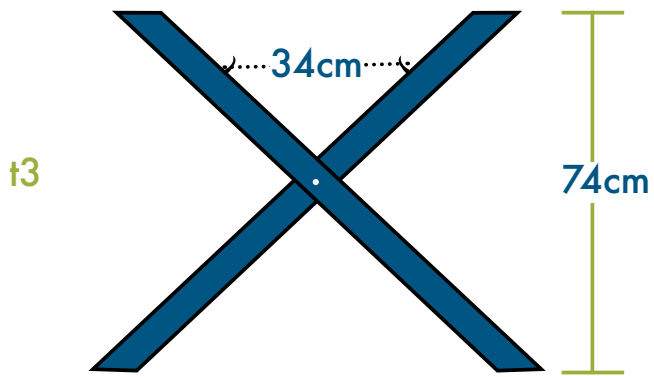
Take 8 pieces of t3. Measure 47 degrees for each piece of wood and then cut it. Mark in the centre and drill with 8 mm drill bit.

Step 6



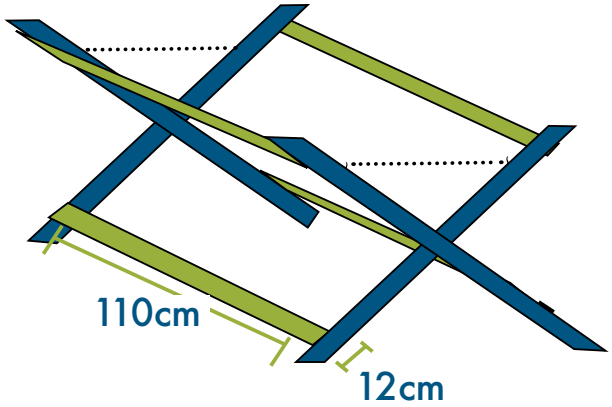
Measure 25 cm and fix the steel hook. Repeat this step for the 8 pieces.

Step 7

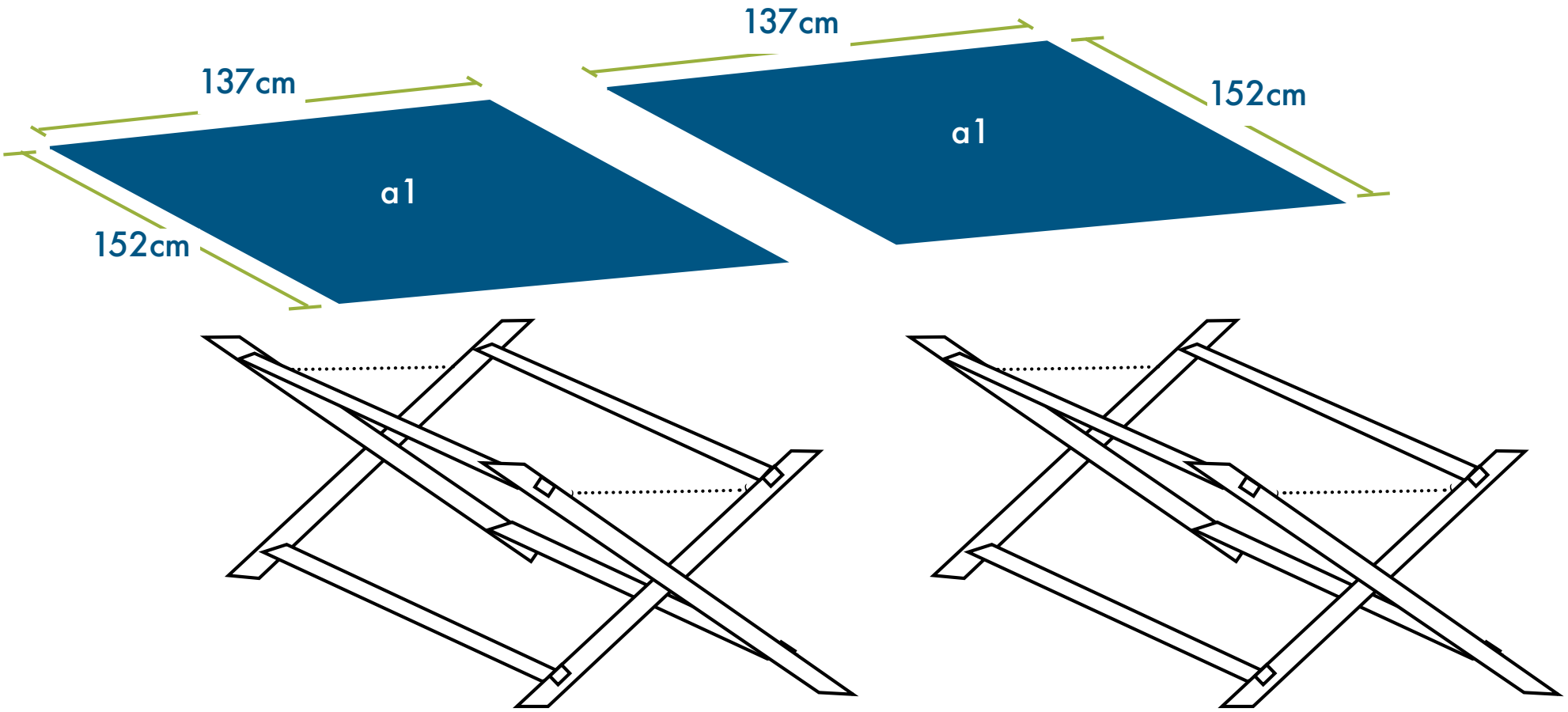


Take 2 pieces of t3 then, fix them with bolts and nuts.
Repeat this step three more times.

Step 8



Take 8 pieces t4. Fix 4 pieces of t4 with screws onto t3.
Assemble the parts as depicted here.
Repeat this step one more time.


137cm
137cm
152cm
a1
a1
152cm

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2 BIGGER TABLE

TABLES 4ALL

Sizing up the table top

This involves adding extra pieces to obtain a table top with the dimensions of a standard table.

Additional material you will need: strong glue, nails, hammer & sandpaper.

For a better balance, the extensions will be added on each side of the board ⟶ for this, you need to cut 6 pieces. You will also need 6 more pieces to fix the extensions.

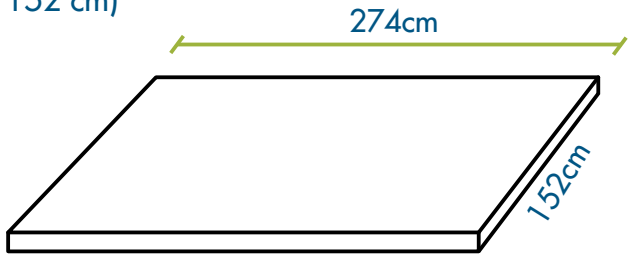
Calculation of extensions:

Standard table length / standard table width
Length local plywood / width local plywood

extension measurement

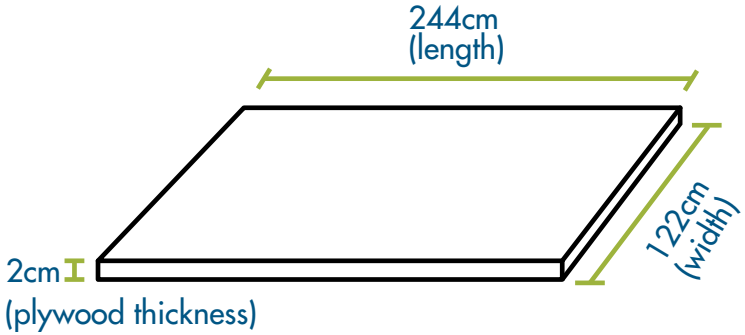
Divide the measurement by 2 to obtain the size of the extension parts on each side of the board.

Plywood - Normal Size
(274 cm x 152 cm)

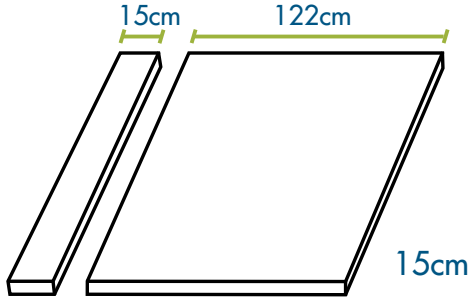


Note: local size dimensions used in this example are the plywood sizes commonly available in Ghana.

Plywood - Local Size
(244 cm x 122 cm)

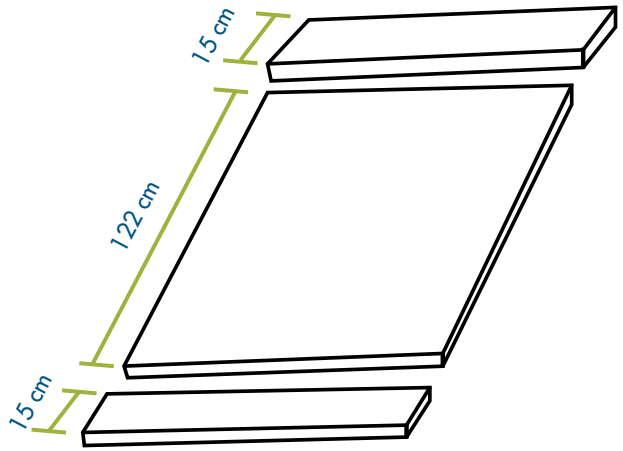


Working on the width
(One side)

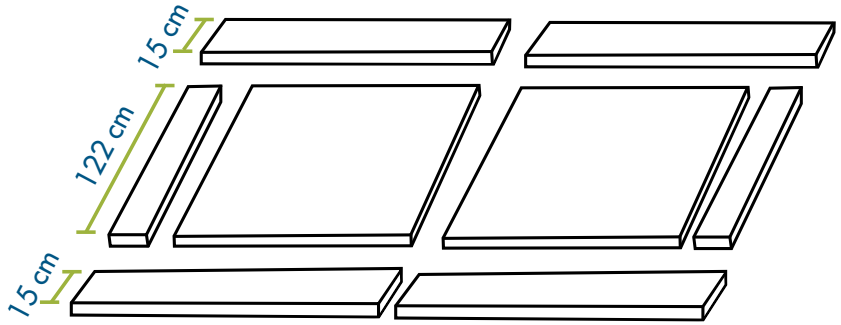


15cm + 122cm = 137cm

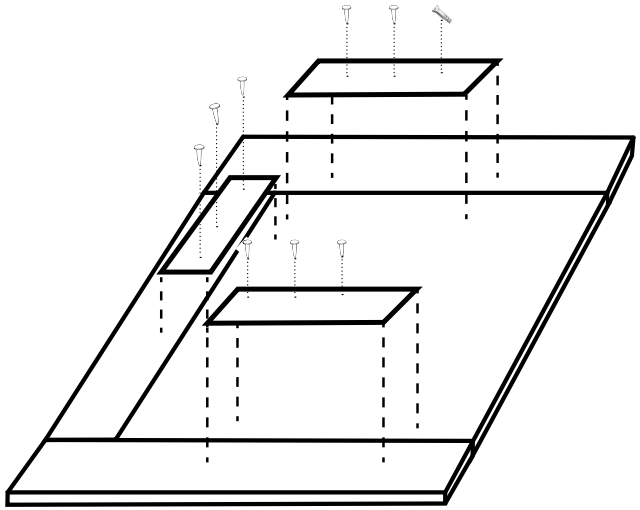
Working on the length
(One side)



BOTH SIDES

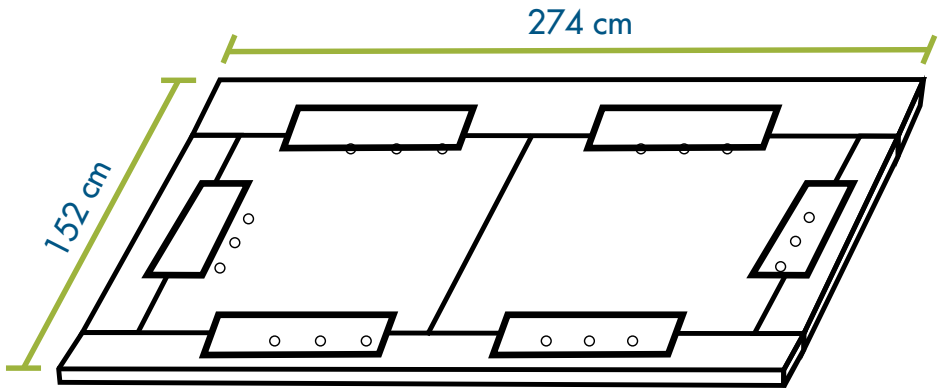


ASSEMBLING ONE SIDE



To fix the extensions:
Place the support pieces underneath the plywood board and secure with strong glue and nails.
Then sand down the upper side of the board with sandpaper to obtain a smooth playing surface.

ASSEMBLING OF TWO HALVES WITH EXTENSION



Now that the board is ready, proceed with building the trestle as described from page 10 onwards.

Note: The chain won't be necessary since we will use wedges to position the trestles below the board.

As you can see in the picture above, we will now fix the wedges below the board. They must be placed 74 cm apart to secure the position of the trestles, 8 wedges will be necessary. You can use the pieces of leftover plywood from cutting the extensions.

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3

SMALLER TABLE

TABLES 4ALL

Creating a smaller table

With this option, the board will be smaller than a standard table.

This solution can be chosen if the table is used for the initiation/ discovery of table tennis, lack of space, etc.

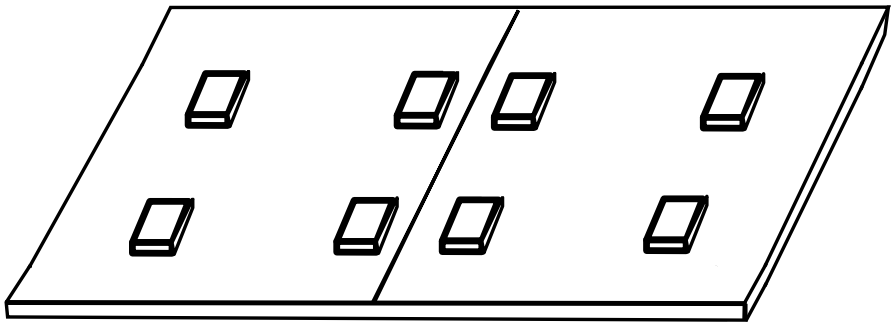
Simply cut the plywood board 2 equal halfes.

To maintain the trestles, fix the wedges below the board as described below.

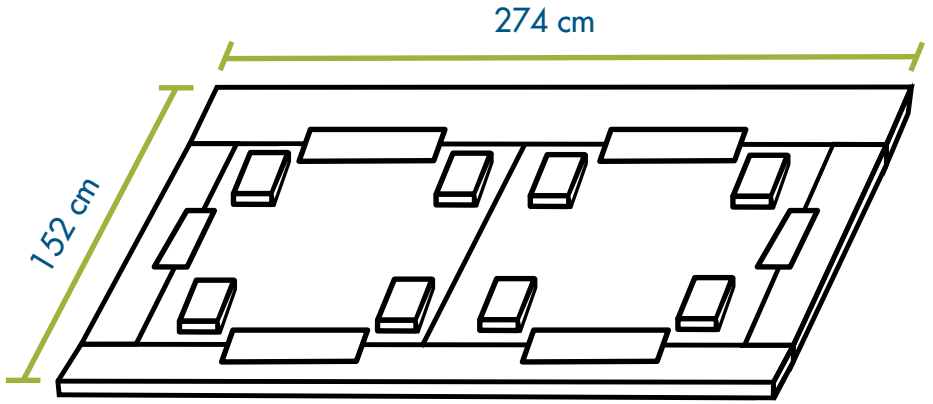
WEDGES

Construction of a smaller table (fixing the trestles with wedges)

Fix the wedges 74 cm apart with hammer and nails below the boards as shown in the picture.

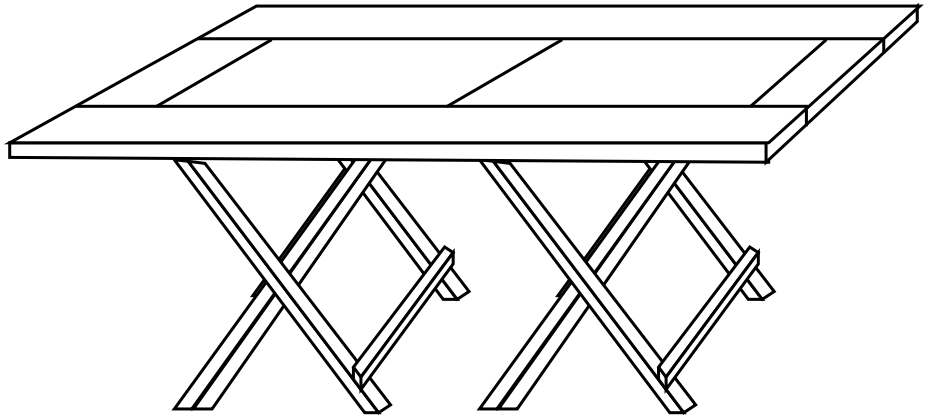


ASSEMBLING BOTH SIDES WITH WEDGES

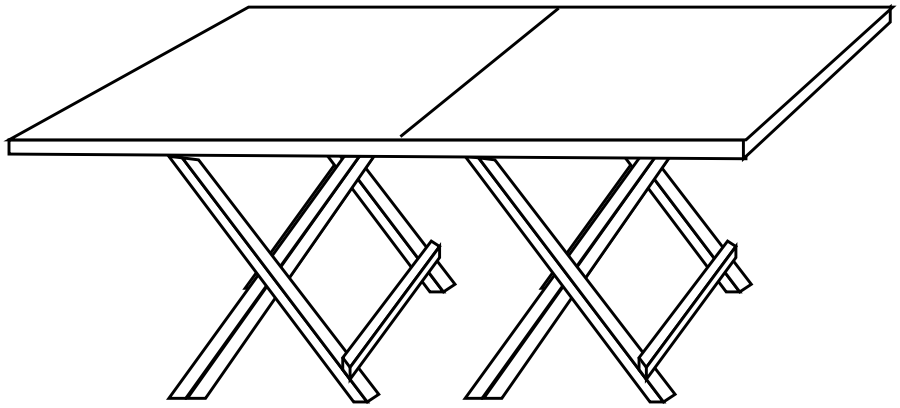


Place the boards on the trestles to assemble the table.

PUT THE TRESTLES IN PLACE EITHER WITH EXTENSION OR WEDGES



Proceed to construct the trestles as explained from page 10 onwards.
We will not need the chains, as we used wedges to secure the trestles below the board.
Then place the boards on the trestles.



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YOUR TABLE IS READY, ENJOY!

TABLES 4ALL

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TABLES 4ALL

For more information, please get in touch with us via: info@foundation.ittf.com.