TRESTLE TABLE
INSTRUCTIONS
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

<table>
<thead>
<tr>
<th>PROFESSIONAL CARPENTER</th>
<th>2 NON-PROFESSIONAL CARPENTERS</th>
<th>360 € in France</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 DAYS (APPROXIMATELY 6 HOURS PER DAY)</td>
<td>3 DAYS</td>
<td>110 € in Cameroon</td>
</tr>
<tr>
<td></td>
<td></td>
<td>65 € in Ghana</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Labour included</td>
</tr>
</tbody>
</table>
# What you need

## MATERIAL

<table>
<thead>
<tr>
<th>Description</th>
<th>Picture</th>
<th>Size</th>
<th>Quantity</th>
<th>Ref</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wooden strips</td>
<td><img src="image" alt="Wooden strips" /></td>
<td>105x4x3cm</td>
<td>8</td>
<td>t3</td>
</tr>
<tr>
<td>Wooden strips</td>
<td><img src="image" alt="Wooden strips" /></td>
<td>110x4x3cm</td>
<td>4</td>
<td>t4</td>
</tr>
<tr>
<td>Nuts</td>
<td><img src="image" alt="Nuts" /></td>
<td>8mm</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>Screws</td>
<td><img src="image" alt="Screws" /></td>
<td>50mm</td>
<td>100</td>
<td>s1</td>
</tr>
<tr>
<td>Hooks</td>
<td><img src="image" alt="Hooks" /></td>
<td>20mm</td>
<td>8</td>
<td></td>
</tr>
<tr>
<td>Bolts</td>
<td><img src="image" alt="Bolts" /></td>
<td>8cm x Ø 8mm</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>Steel chain</td>
<td><img src="image" alt="Steel chain" /></td>
<td>L :150cm, Ø : 3mm</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Panels</td>
<td><img src="image" alt="Panels" /></td>
<td>150x150cm or 200x200cm</td>
<td>2</td>
<td>a1</td>
</tr>
</tbody>
</table>

## TOOLS

- Wrench
- Tape measure
- Drill/Screwdriver
- Bubble level
- Jigsaw
- Saw
- Protractor
- Hammer

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

<table>
<thead>
<tr>
<th>Description</th>
<th>Picture</th>
<th>Size</th>
<th>Quantity</th>
<th>Ref</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wooden strips</td>
<td></td>
<td>144x4x3cm</td>
<td>8</td>
<td>t2</td>
</tr>
<tr>
<td>Wooden strips</td>
<td></td>
<td>137x4x3cm</td>
<td>4</td>
<td>t1</td>
</tr>
<tr>
<td>Panels</td>
<td></td>
<td>137x152x-3cm</td>
<td>2</td>
<td>a1</td>
</tr>
<tr>
<td>Screws</td>
<td></td>
<td>50mm</td>
<td>28</td>
<td>s1</td>
</tr>
</tbody>
</table>

**TOOLS**

- Jigsaw
- Saw
- Drill/Screwdriver
- Tape measure

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

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**

<table>
<thead>
<tr>
<th>Description</th>
<th>Picture</th>
<th>Size</th>
<th>Quantity</th>
<th>Ref</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wooden strips*</td>
<td></td>
<td>105x4x3cm</td>
<td>8</td>
<td>t3</td>
</tr>
<tr>
<td>Wooden strips</td>
<td></td>
<td>110x4x3cm</td>
<td>4</td>
<td>t4</td>
</tr>
<tr>
<td>Nuts</td>
<td><img src="image" alt="Nuts" /></td>
<td>8mm</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>Screws</td>
<td><img src="image" alt="Screws" /></td>
<td>50mm</td>
<td>16</td>
<td>s1</td>
</tr>
<tr>
<td>Steel hooks</td>
<td><img src="image" alt="Steel hooks" /></td>
<td>20mm</td>
<td>8</td>
<td></td>
</tr>
<tr>
<td>Bolts</td>
<td><img src="image" alt="Bolts" /></td>
<td>8cm x Ø 8mm</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>Steel chain</td>
<td><img src="image" alt="Steel chain" /></td>
<td>L:150cm Ø: 3mm</td>
<td>1</td>
<td></td>
</tr>
</tbody>
</table>

*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
- Saw
- Protractor

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**Description**

- **Wooden strips**
  - Size: 105x4x3cm
  - Quantity: 8
  - Reference: t3
- **Wooden strips**
  - Size: 110x4x3cm
  - Quantity: 4
  - Reference: t4
- **Nuts**
  - Size: 8mm
  - Quantity: 4
- **Screws**
  - Size: 50mm
  - Quantity: 16
  - Reference: s1
- **Steel hooks**
  - Size: 20mm
  - Quantity: 8
- **Bolts**
  - Size: 8cm x Ø 8mm
  - Quantity: 4
- **Steel chain**
  - Length: 150cm
  - Diameter: 3mm
  - Quantity: 1
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.

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.
2
BIGGER TABLE

- ITTF FOUNDATION
- TABLES 4 ALL
**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)

**Plywood - Local Size**
(244 cm x 122 cm)

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

Working on the width (One side)

15cm + 122cm = 137cm
Working on the length
(One side)

BOTH SIDES
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.

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.
3 SMALLER TABLE
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 halves.

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

To maintain the trestles, fix the wedges below the board as described below.
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.
YOUR TABLE IS READY, ENJOY!

ITTF FOUNDATION

TABLES 4 ALL
For more information, please get in touch with us via: info@foundation.itf.com.