

StrongArm Construction



The unit is two pieces - a trolley which can be used in any direction independently and a trough for the trolley to run in. Below are the materials and dimensions we used – these can vary a bit as long as the trolley fits inside the trough.

The Trolley

- Is made from 12mm marine ply.
- 36 cms long and 16cms wide - some cut-out along the side mainly for aesthetics
- posts are 25mm dowel - one at the front 15mm high; two at the back 9mm high; space between back ones is 80mm
- 4 castors underneath about 60mm high, wheel dia about 40mm.
- when fitting castors make sure they have clearance from each other and also turn within the side of the trolley so they dont hit the side of the trough when swivelling.

The Trough

- is made from pine:
- base from standard Bunnings 184x19mm (comes in 1.2m lengths) cut lengthwise to 163mm (just wider than trolley) and 80cm long
- sides from 89x19mm also comes in 1.2m lengths - height needs to be about 83mm (make trolley first and check top surface of trolley stands just above side walls to avoid catching arm).
- Attach a piece of 89x19 mm off-cut to end of trough set down a bit to act as a stop against the edge of a table
- We also use a block about 90x55 mm same width as trough to raise the end of the trough for some uphill resistance. Can also use coloured physio elastic attached to trolley and trough for resistance when either pushing or pulling.

Sand and finish with clear polyurethane spray lacquer.
All components purchased from Bunnings.

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