The invention refers to the construction, namely to the telescopic posts, which can be used in the capacity of support, for example, in the erection of building constructions.

The telescopic post includes coaxially placed a tubular body and a retractable tubular element, as well as mechanisms for step-by-step and stepless control of the post length. The mechanism for stepless control of the post length is made in the form of a screw-nut joint, where in the capacity of nut serves the tubular body. Onto the external surface of the retractable tubular element there are executed annular bulges, and onto the screw of the stepless control mechanism there are mounted folding catches with the possibility of interacting with the annular bulges of the retractable tubular element.

Claims: 1 Fig.: 1