

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 fixed constructions.

The telescopic post includes coaxially placed a tubular body and a poppet sleeve, 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, wherein in the capacity of nut serves the tubular body. Onto the external surface of the poppet sleeve 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 poppet sleeve.