H20 Alpina Formwork Girder

Proven solution for your daily construction tasks

Product Brochure



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The wooden formwork beam with a total cross section height of 20 cm is specifically optimised for use in floor slab formwork systems. In particular, when constructing thin floor slabs with short spans, a solid web girder is the optimal technical solution.

The H20 Alpina M model is characterized by high cost effectiveness and is successfully used for special applications - from simple beam structures to formwork in bridge and tunnel construction.

The girders are available in 11 lengths — from 1.45 to 5.90 m. Optionally, the girders are equipped with metal end caps, which reliably protect the ends of the web from damage.

Reliable preservation of shape and dimensions is achieved through the use of a 4 cm × 8 cm section and a high density web with a thickness of 25 mm.

Wide application possibilities are ensured by the presence of holes in the beam web, which allow for the installation fencing systems. of additional elements, including.

The lightweight design allows for manual installation by a single worker at a height of up to 4.50 m.



Technical data
Weight: 5.40 kg/m
Permissible shear force: 11.00 kN
Permissible bearing force: 22.00 kN
Permissible bending moment: 5.0 kNm
Bending stiffness: EI_y = 460 kNm²
I_y = 4.181 cm⁴

The H20 Alpina Formwork Girder is an economical solution designed for intensive daily use on construction sites.

In the H20 Alpina M model, steel end caps provide effective protection of the girder ends against mechanical damage and chipping. At the same time, the metal plates are deliberately fastened in the web zone, which does not carry the primary loads, thereby increasing the reliability of the connection.

The beam, with a total cross-section height of 20 cm, is designed specifically for use in floor slab formwork systems. It can serve as both a secondary beam and a primary load-bearing beam.

H20 Alpina Formwork Girder

Materials and compliance with standards

Formwork Girder

GOST R 71938-2025 | Type A
(H = 200 mm, minimum shelf width 80 mm)

Shelves: lumber of spruce species (GOST 26002-83), cross-section 40×80 mm. Splicing with a 15 mm mini-tenon (GOST 20850), strength ≥ 29 N/mm².

Walls: FSF plywood (GOST 3916.1), thickness 24 mm, splicing with a 20 mm serrated tenon.

Adhesive: ISOLAN KD-1370 (certified moisture-curing polyurethane for high-strength joints)

Paint: protection against moisture, UV radiation, biocorrosion and mechanical impacts.

Marking: insoluble paint (logo + product length)











Strength and durability

Load-bearing capacity: > 24 kN
Elastic modulus: > 506 kN/m²*

H20 Alpina 5.8 кг/м	**Weight** (production weight)
H20 Alpina 24 кН	**perm. bearing reaction**
H20 Alpina 5.5 кНм	**perm. bending moment**
H20 Alpina 506 кНм²	**Bending rigidity**

Package and logistics

Ends: red plastic tips (protection against chips and moisture).
Packaging: tie straps with protective pads.
Warranty: full preservation of geometry during transportation and storage.

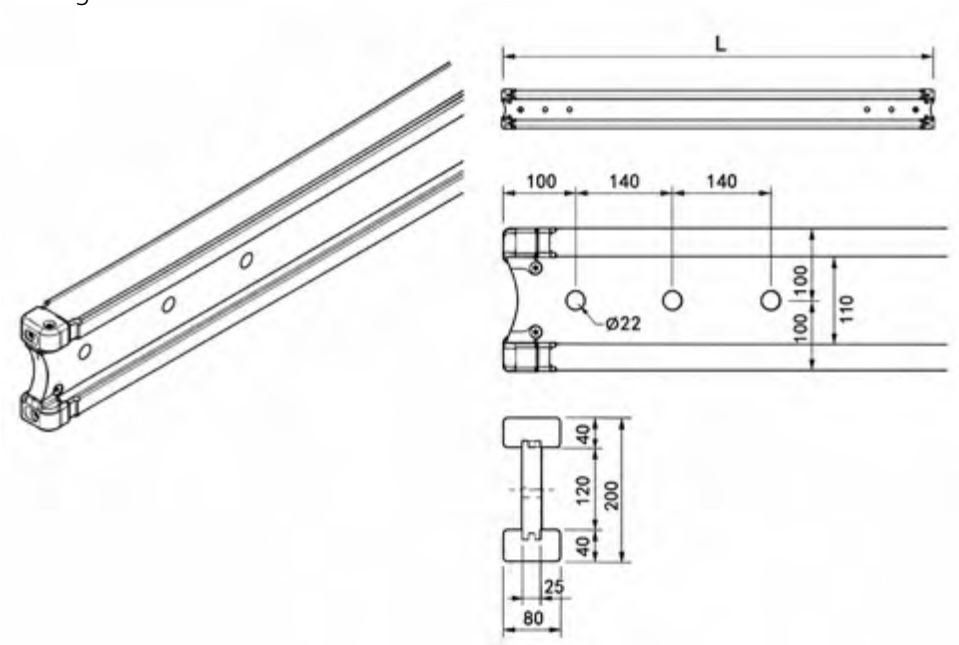
Key advantages:

Full compliance with GOST R 71938-2025
High load-bearing capacity with minimal weight
Certified materials and adhesive joints
Comprehensive protection at all stages of operation

Item no.	Weight kg	
		Girders H20 Alpina M with Steel Caps
074990	8.230	**Girder H20 Alpina M, L = 1.45 m**
074905	12.010	**Giredr H20 Alpina M, L = 2.15 m**
074910	13.630	**Girder H20 Alpina M, L = 2.45 m**
074890	14.710	**Girder H20 Alpina M, L = 2.65 m**
074920	16.060	**Girder H20 Alpina M, L = 2.90 m**
074930	18.220	**Girder H20 Alpina M, L = 3.30 m**
074940	19.840	**Giredr H20 Alpina M, L = 3.60 m**
074950	21.460	**Girder H20 Alpina M, L = 3.90 m**
074960	24.700	**Girder H20 Alpina M, L = 4.50 m**
074970	26.860	**Girder H20 Alpina M, L = 4.90 m**
074980	32.260	**Girder H20 Alpina M, L = 5.90 m**

Universal formwork girder made of wood.

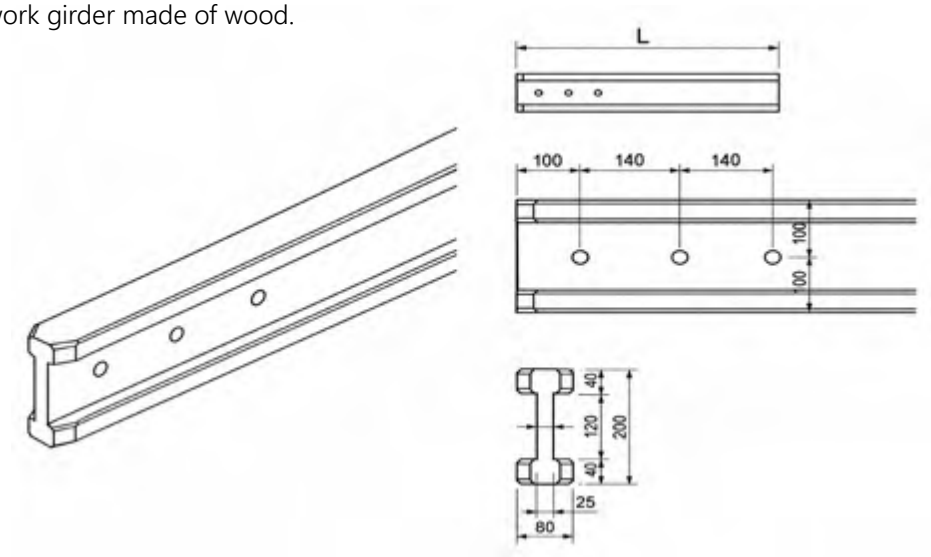
Note
The girder fulfils all requirements of DIN EN 13377 Class P20 (Declaration of Conformity).



Item no.	Weight kg	
		Girders H20 Alpina P
073650	7.830	**Girder H20 Alpina P, L = 1.45 m**
073651	11.610	**Girder H20 Alpina P, L = 2.15 m**
073652	13.230	**Girder H20 Alpina P, L = 2.45 m**
073653	14.310	**Girder H20 Alpina P, L = 2.65 m**
073654	15.660	**Girder H20 Alpina P, L = 2.90 m**
073655	17.820	**Girder H20 Alpina P, L = 3.30 m**
073656	19.440	**Girder H20 Alpina P, L = 3.60 m**
073657	21.060	**Girder H20 Alpina P, L = 3.90 m**
073658	24.300	**Girder H20 Alpina P, L = 4.50 m**
073659	26.460	**Girder H20 Alpina P, L = 4.90 m**
073660	31.860	**Girder H20 Alpina P, L = 5.90 m**

Universal formwork girder made of wood.

Note
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HOLZ

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Safety Systems



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Services