

A b s t r a c t

In the case of a plate-like element (1) for supporting or bearing an object, with a core of generally rectangular shape and composed of a foamed plastic, wherein the core (2) is covered at least on both surfaces (3, 4) by a plastic film (6, 7) of impact-resistant material, it is provided that a connection (9) of the plastic films (6, 7), which cover the core (2) on both surfaces (3, 4), is formed in the region of a peripheral side edge (8) of the core (2) between a surface (3) of the core (2) and an adjoining, peripheral border (5) of the core (2), as a result of which a plate-like element (1) which receives a corresponding load can be reliably produced in simple method steps. Furthermore, a method for producing a plate-like element (1) of this type is provided.