

EXERCISE 2 - U BOLT ASSEMBLY

Set-up: Using the grid sheet, place the flat plate at B13, the U-bolt at B7, place the two nuts at E9 approximately 1 inch (2.5 cm) apart, and the two washers at E12 approximately 1 inch (2.5 cm) apart.

Beginning with the hands in the "hands" position on the grid. Obtain the U-bolt and flat plate simultaneously and return to the "hands" position to assemble the two (in one motion). Then, obtain the 1st washer and position to U bolt. Do this for the 2nd washer. Follow this by obtaining the 1st nut. Position this to the U-bolt and turn down (5) times. Position the 2nd nut and turn down (5) times. Then stand up, walk to a table (5) paces, place the assembly on the table and return to your seat. This ends the cycle.

Write the description, code, frequency, and MOD units using the form below. Determine the total MODS needed to this activity.

El	Element Description	Code or Reference	Freq.	MODs
1	RH Get plate; simultaneously LH Get U-bolt			
2	RH Put plate onto U-bolt			
3	RH Get washer & Put onto U-bolt (do twice)			
4	RH Get nut & Put onto U-bolt (do twice)			
5	RH Turn down nut 1 st time (do twice)			
6	RH Turn down nut (4) additional times (do			
7	Stand up & Sit down (later)			
8	Walk 5 paces to table			
9	RH Put U-bolt assembly on table			
10	Walk 5 paces to chair			
Remarks or Special Conditions:		Total MOD Units		
		Total Minutes		
		Pieces per _____		