

EXERCISE 3 - U BOLT ASSEMBLY/COLLECT PARTS

Set-up: Place U bolt on edge of table. Pick up your grid sheet, walk (5) paces from your chair and place it on the floor with the hands nearest you. Place the two nuts side by side (touching) at H-6. Place the plate at H-12 and the two washers at K-11 and K-12. Return to your seat.

To begin, stand and walk (5) paces to grid sheet. Pick up both nuts simultaneously in your left hand. Next, with your right hand, pick up each washer and then the plate. Return to your seat. With your left hand pick up the U bolt. Assemble the plate to the U bolt. Then, position the two washers. Finally, take the 1st nut from your left hand and position it to the U bolt, turning down five times. Do the same with the 2nd nut. Aside the assembly to anywhere on the desk.

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
Remarks or Special Conditions:		Total MOD Units		
		Total Minutes		
		Pieces per _____		