

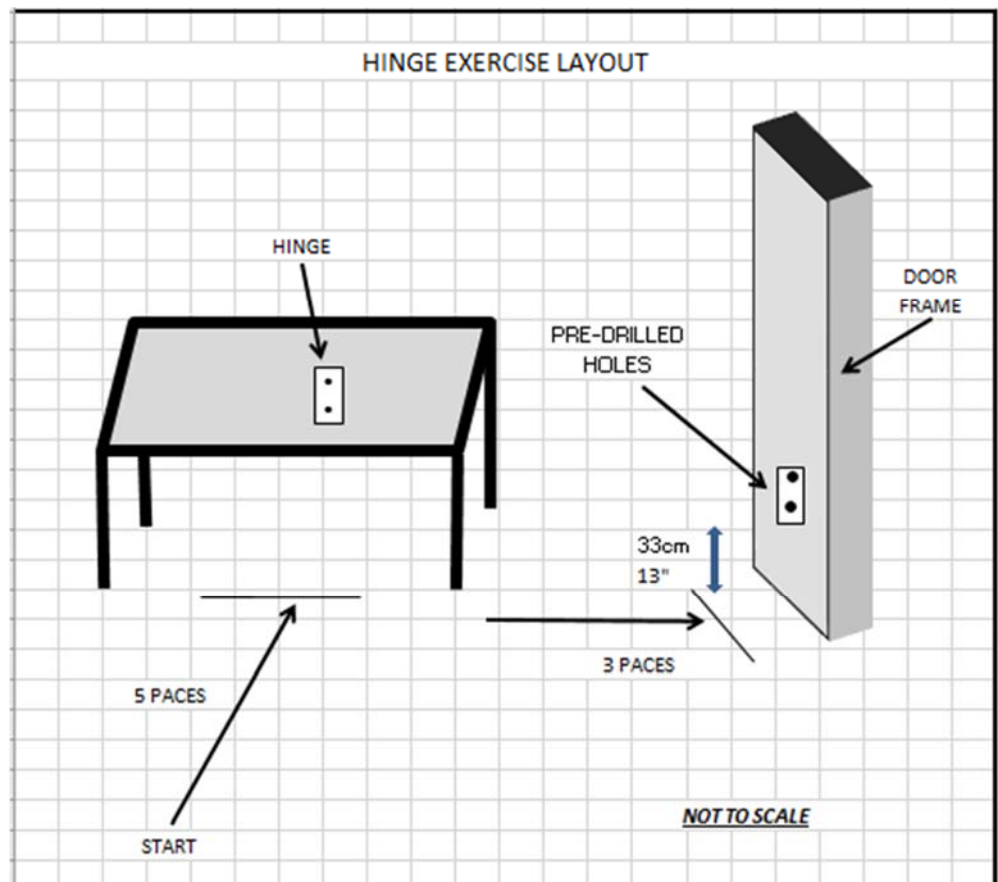
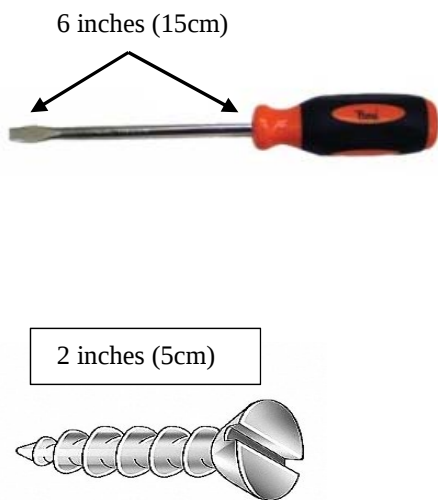
HINGE EXERCISE

SUBMIT button may not function properly if form is open in a browser. Open in Acobat or similar PDF program.

Your task is to secure one bottom hinge. You will perform this task once per hour.

Start by walking 5 paces to workbench. Pick up a flat (no raised surfaces) hinge that is lying flat on the workbench. Walk 3 paces to the doorframe. The doorframe has been prepared for the hinge by chiseling out a countersunk area and two holes have been pre-drilled to receive the hinge. Place the hinge into the countersunk area at the bottom of the doorframe. The pre-drilled holes must be aligned with the holes in the hinge. While holding the hinge in place, get the 1st 5cm (2") straight slot wood screw (see picture below) from your waist pouch, which contains many of these screws. Put the screw into the top hinge hole and turn down three turns to start. Get the second 5cm (2") straight slot wood screw from your waist pouch. Put the 2nd screw into the bottom hinge hole and turn down three turns to start. The hinge is now held in place. Get and remove a screwdriver (see picture below) from a belt loop, place the screwdriver into the top slotted screw and turn the screw down 10 times. During the last two turns with the screwdriver, you will encounter resistance. Reposition the screwdriver from the top to the bottom slotted screw and turn the screw down 10 times. During the last two turns with the screwdriver, you will encounter resistance. Stand up and return the screwdriver to the belt loop.

For this exercise, activity starts when you take the first step toward the workbench and ends when you are in position to start to walk back to the workbench.



HINGE INSTALLATION EXERCISE

	DESCRIPTION OF ACTION	MODAPTS CODE	COUNT	FREQ.	TOTAL
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
Total Task MODs=					
Time(In seconds or minutes)=					

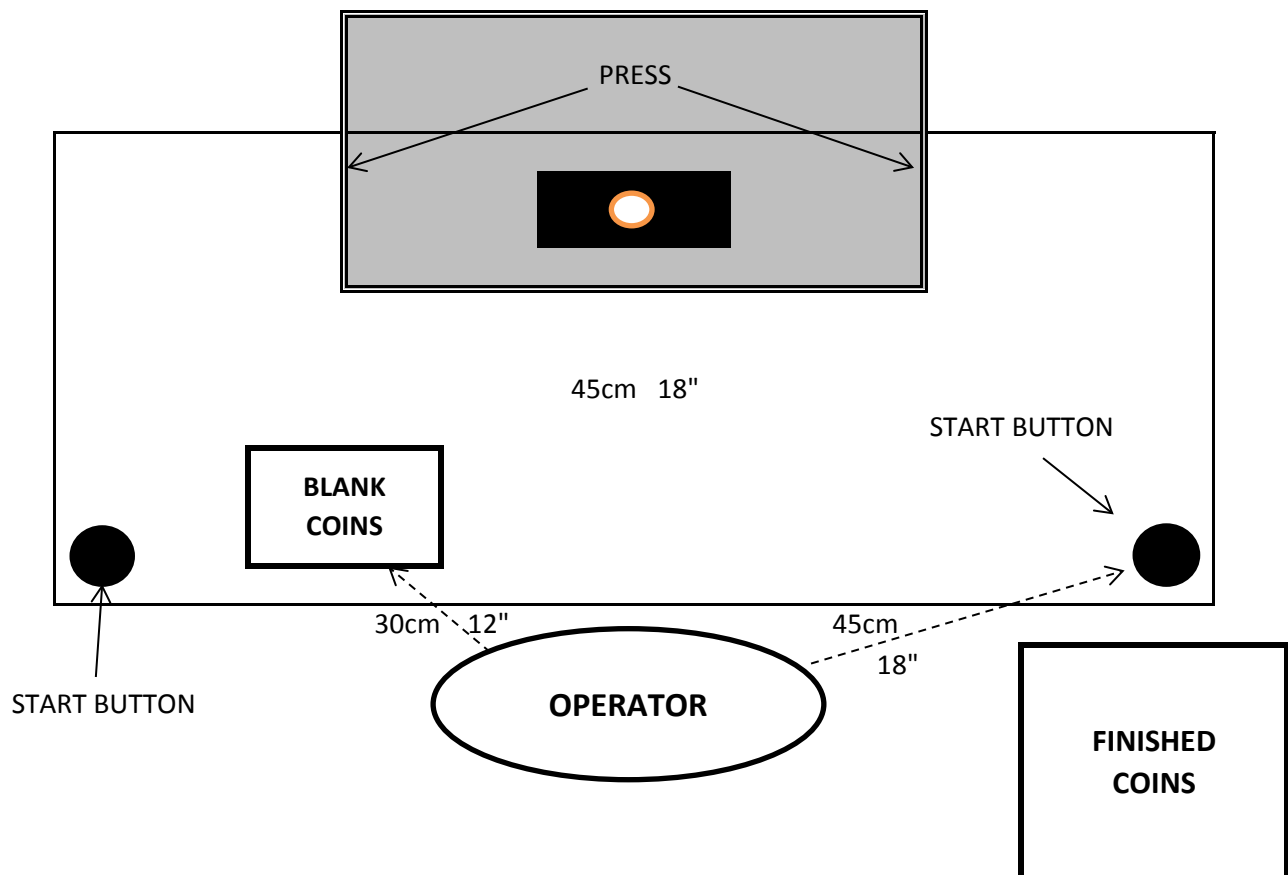
MODAPTS PLUS ANALYSIS WORKSHEET

TASK ANALYSIS

STAMPING MACHINE EXERCISE

While seated, get a round metal coin blank, 2.5cm diameter(1 inch), 3mm thick from a jumble parts container located about an arm move 30cm(12") to your left. Place the coin blank in the circular shaped opening on the die which is 45cm (18") directly in front of you. After placing the blank, simultaneously trigger (by pushing) the two start buttons which are located at the extreme right and left lower corners of your work table. The machine's cycle time last for one second(Hands remain on buttons entire cycle time). Turn the coin over and repeat the machine cycle. Get the finished coin and deposit it in the bin which is located an extended arm's length to your right. Assume the opening for the blank has beveled edges and the blank can be placed with a P2. Activity starts with the hand moving toward the coin. Activity stops with the hand still at the bin having just released the stamped coin. Refer to accompanying sketch for more details. Use the form below to prepare your analysis.

STAMPING MACHINE EXERCISE



STAMPING MACHINE EXERCISE

	DESCRIPTION OF ACTION	MODAPTS CODE	COUNT	FREQ.	TOTAL
1					
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16					
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Total Task MODs=					
Time(In seconds or minutes)=					