Forces

1st order

$$\hat{F}_1 = 2F_{+11} = F_{01}$$
(rotating)

2nd order

$$\hat{F}_2 = 2F_{21}\sqrt{2} = F_{02}\sqrt{2}$$
(oscillating)

Moments

1st order

$$M_{-11} = F_{-11}\frac{a}{2}$$

$$\hat{M}_1 = F_{-11}a = \frac{1}{2}F_{01}a$$
(rotating)

2nd order

$$\vec{M}_2 = \vec{M}_{+2} + \vec{M}_{-2}$$

$$\hat{M}_2 = F_{21}a\sqrt{2} = \frac{1}{2}F_{02}a\sqrt{2}$$
(oscillating)