## Figure 8.6

## NASA Task Load Index

Hart and Staveland's NASA Task Load Index (TLX) method assesses work load on five 7-point scales. Increments of high, medium and low estimates for each point result in 21 gradations on the scales.

Name	Task		Date
Mental Demand	How	mentally dem	nanding was the task?
Very Low			Very High
Physical Demand How physically demanding was the task?			
X Very Low			Very High
Temporal Demand	How hurried c	or rushed was	the pace of the task?
Very Low			Very High
Performance How successful were you in accomplishing what you were asked to do?			
Perfect			Failure
	How hard did your level of p		vork to accomplish
Very Low		*	Very High
Frustration How insecure, discouraged, irritated, stressed, and annoyed wereyou?			
Very Low			Very High