## 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				Da	ite				
Mental Demand	How mentally demanding was the task?									
Very Low		1				<u> </u>		Ver	 y Hig	] h
Physical Demand How physically demanding was the task?										
Very Low								Ver	l y Higl	] h
Temporal Demand How hurried or rushed was the pace of the task?										
Very Low								Ver	l y Hig	] h
Performance How successful were you in accomplishing what you were asked to do?										
				Ш				Ш		⅃
Perfect /								F	ailure	è
How hard did you have to work to accomplish your level of performance?										
Very Low		l				<u> </u>	<u> </u>	Ver	<b> </b> y Higl	] h
	How inso				ed, irr	itate	ed, :	stress	sed,	
Very Low V		<u> </u>						Ver	l y Hig	] h