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	menta	ally d	lema	ndir	ng w	as th	ie task?
Very Low	1 1						Ø	Ve	 ery High
Physical Demand	How phy	ysical	ly dem	nand	ing v	vas	the t	ask?	
Very Low				Ш				V∈	l ery High
Temporal Demand	How hur	ried o	or rush	ed w	as tl	he p	ace	of th	e task?
Very Low					(j			Ve	 ery High
Performance How successful were you in accomplishing what you were asked to do?									
Perfect				Ш			Φ	1_	F ailure
Effort How hard did you have to work to accomplish your level of performance?									
Very Low				Ш				Ve	l l ery High
	How ins and ann				ged,	irrita	ated	, stre	ssed,
Very Low				Ш				Ve	l l ery High