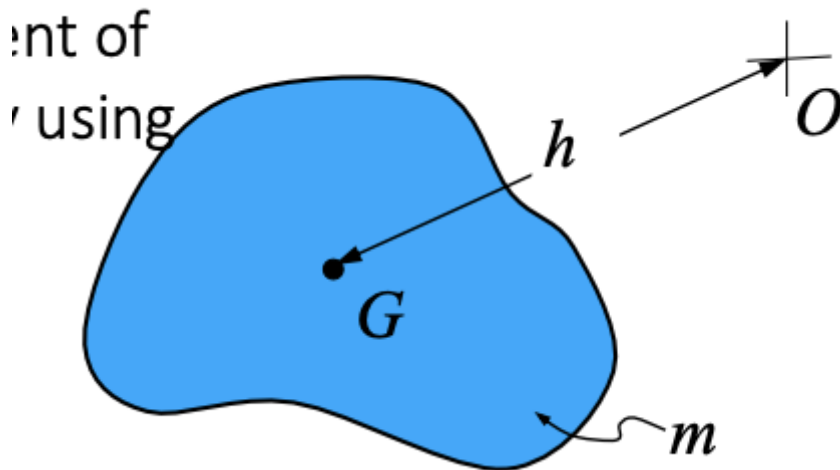


### 3: Parallel-Axis Theorem

- If the moment of inertia of the body about an axis passing through the mass centre is known, then the moment of inertia about other *parallel* axis can be determined by using the *parallel-axis theorem*.



- $I_O = I_G + mh^2$

### 4: Moment of inertia operations

- The moment of inertia of the body can be determined by adding or subtracting.

