Basic conventions

Minkowski metric tensor	Totally antisymmetric tensor	Four-momentum	Four-momentum norm	Massive rest-frame
$\eta_{\mu\nu}$	$\epsilon\,\eta_{\mu\nu\rho\sigma}$	k^μ	$k^2 == k_\mu\, k^\mu$	$n^\mu == \frac{k^\mu}{k}$

Fundamental field	Symmetries	Decomposition in SO(3) irreps	Source
$h_{\alpha\beta\chi}$	Symmetry[3, $h^{\bullet 1\bullet 2\bullet 3}$, {$\bullet 1 \to$ -a, $\bullet 2 \to$ -b, $\bullet 3 \to$ -c}, StrongGenSet[{1, 2, 3}, GenSet[(1,2), (2,3)]]]	$h^{\#1}_{3^-\,\alpha\beta\chi} + \frac{1}{15}\,\eta_{\beta\chi}\,h^{\#2}_{1^-\,\alpha} + \frac{1}{15}\,\eta_{\alpha\chi}\,h^{\#2}_{1^-\,\beta} + \frac{1}{15}\,\eta_{\alpha\beta}\,h^{\#2}_{1^-\,\chi} + \frac{1}{9}\,\eta_{\beta\chi}\,h^{\#2}_{0^+}\,n_\alpha + \frac{1}{3}\,h^{\#1}_{2^+\,\beta\chi}\,n_\alpha +$ $\frac{1}{9}\,\eta_{\alpha\chi}\,h^{\#2}_{0^+}\,n_\beta + \frac{1}{3}\,h^{\#1}_{2^+\,\alpha\chi}\,n_\beta - \frac{1}{15}\,h^{\#2}_{1^-\,\chi}\,n_\alpha\,n_\beta + \frac{1}{3}\,h^{\#1}_{1^-\,\chi}\,n_\alpha\,n_\beta + \frac{1}{9}\,\eta_{\alpha\beta}\,h^{\#2}_{0^+}\,n_\chi + \frac{1}{3}\,h^{\#1}_{2^+\,\alpha\beta}\,n_\chi -$ $\frac{1}{15}\,h^{\#2}_{1^-\,\beta}\,n_\alpha\,n_\chi + \frac{1}{3}\,h^{\#1}_{1^-\,\beta}\,n_\alpha\,n_\chi - \frac{1}{15}\,h^{\#2}_{1^-\,\alpha}\,n_\beta\,n_\chi + \frac{1}{3}\,h^{\#1}_{1^-\,\alpha}\,n_\beta\,n_\chi - \frac{1}{3}\,h^{\#2}_{0^+}\,n_\alpha\,n_\beta\,n_\chi + h^{\#1}_{0^+}\,n_\alpha\,n_\beta\,n_\chi$	$\mathcal{F}_{\alpha\beta\chi}$

SO(3) irrep	Symmetries	Expansion in terms of the fundamental field	Source
$h^{\#1}_{0^+}$	Symmetry[0, $h^{\#1}_{0^+}$, {}, StrongGenSet[{}, GenSet[]]]	$h_{\alpha\beta\chi}\,n^\alpha\,n^\beta\,n^\chi$	$\mathcal{F}^{\#1}_{0^+}$
$h^{\#2}_{0^+}$	Symmetry[0, $h^{\#2}_{0^+}$, {}, StrongGenSet[{}, GenSet[]]]	$3\,h_\alpha{}^\beta{}_\beta\,n^\alpha - 3\,h_{\alpha\beta\chi}\,n^\alpha\,n^\beta\,n^\chi$	$\mathcal{F}^{\#2}_{0^+}$
$h^{\#1}_{1^-\,\alpha}$	Symmetry[1, $h^{\#1\bullet 1}_{1^-}$, {$\bullet 1 \to$ -a}, StrongGenSet[{}, GenSet[]]]	$3\,h_{\alpha\beta\chi}\,n^\beta\,n^\chi - 3\,h_{\beta\chi\delta}\,n_\alpha\,n^\beta\,n^\chi\,n^\delta$	$\mathcal{F}^{\#1}_{1^-\,\alpha}$
$h^{\#2}_{1^-\,\alpha}$	Symmetry[1, $h^{\#2\bullet 1}_{1^-}$, {$\bullet 1 \to$ -a}, StrongGenSet[{}, GenSet[]]]	$3\,h_\alpha{}^\beta{}_\beta - 3\,h_\beta{}^\chi{}_\chi\,n_\alpha\,n^\beta - 3\,h_{\alpha\beta\chi}\,n^\beta\,n^\chi + 3\,h_{\beta\chi\delta}\,n_\alpha\,n^\beta\,n^\chi\,n^\delta$	$\mathcal{F}^{\#2}_{1^-\,\alpha}$
$h^{\#1}_{2^+\,\alpha\beta}$	Symmetry[2, $h^{\#1\bullet 1\bullet 2}_{2^+}$, {$\bullet 1 \to$ -a, $\bullet 2 \to$ -b}, StrongGenSet[{1, 2}, GenSet[(1,2)]]]	$3\,h_{\alpha\beta\chi}\,n^\chi - \eta_{\alpha\beta}\,h_\chi{}^\delta{}_\delta\,n^\chi + h_\chi{}^\delta{}_\delta\,n_\alpha\,n_\beta\,n^\chi - 3\,h_{\beta\chi\delta}\,n_\alpha\,n^\chi\,n^\delta - 3\,h_{\alpha\chi\delta}\,n_\beta\,n^\chi\,n^\delta + \eta_{\alpha\beta}\,h_{\chi\delta\epsilon}\,n^\chi\,n^\delta\,n^\epsilon + 2\,h_{\chi\delta\epsilon}\,n_\alpha\,n_\beta\,n^\chi\,n^\delta\,n^\epsilon$	$\mathcal{F}^{\#1}_{2^+\,\alpha\beta}$
$h^{\#1}_{3^-\,\alpha\beta\chi}$	Symmetry[3, $h^{\#1\bullet 1\bullet 2\bullet 3}_{3^-}$, {$\bullet 1 \to$ -a, $\bullet 2 \to$ -b, $\bullet 3 \to$ -c}, StrongGenSet[{1, 2, 3}, GenSet[(1,2), (2,3)]]]	$h_{\alpha\beta\chi} - \frac{1}{5}\,\eta_{\beta\chi}\,h_\alpha{}^\delta{}_\delta - \frac{1}{5}\,\eta_{\alpha\chi}\,h_\beta{}^\delta{}_\delta - \frac{1}{5}\,\eta_{\alpha\beta}\,h_\chi{}^\delta{}_\delta + \frac{1}{5}\,h_\chi{}^\delta{}_\delta\,n_\alpha\,n_\beta + \frac{1}{5}\,h_\beta{}^\delta{}_\delta\,n_\alpha\,n_\chi + \frac{1}{5}\,h_\alpha{}^\delta{}_\delta\,n_\beta\,n_\chi - h_{\beta\chi\delta}\,n_\alpha\,n^\delta + \frac{1}{5}\,\eta_{\beta\chi}\,h_\delta{}^\epsilon{}_\epsilon\,n_\alpha\,n^\delta -$ $h_{\alpha\chi\delta}\,n_\beta\,n^\delta + \frac{1}{5}\,\eta_{\alpha\chi}\,h_\delta{}^\epsilon{}_\epsilon\,n_\beta\,n^\delta - h_{\alpha\beta\delta}\,n_\chi\,n^\delta + \frac{1}{5}\,\eta_{\alpha\beta}\,h_\delta{}^\epsilon{}_\epsilon\,n_\chi\,n^\delta - \frac{3}{5}\,h_\delta{}^\epsilon{}_\epsilon\,n_\alpha\,n_\beta\,n_\chi\,n^\delta + \frac{1}{5}\,\eta_{\beta\chi}\,h_{\alpha\delta\epsilon}\,n^\delta\,n^\epsilon +$ $\frac{1}{5}\,\eta_{\alpha\chi}\,h_{\beta\delta\epsilon}\,n^\delta\,n^\epsilon + \frac{1}{5}\,\eta_{\alpha\beta}\,h_{\chi\delta\epsilon}\,n^\delta\,n^\epsilon + \frac{4}{5}\,h_{\chi\delta\epsilon}\,n_\alpha\,n_\beta\,n^\delta\,n^\epsilon + \frac{4}{5}\,h_{\beta\delta\epsilon}\,n_\alpha\,n_\chi\,n^\delta\,n^\epsilon + \frac{4}{5}\,h_{\alpha\delta\epsilon}\,n_\beta\,n_\chi\,n^\delta\,n^\epsilon -$ $\frac{1}{5}\,\eta_{\beta\chi}\,h_{\delta\epsilon\phi}\,n_\alpha\,n^\delta\,n^\epsilon\,n^\phi - \frac{1}{5}\,\eta_{\alpha\chi}\,h_{\delta\epsilon\phi}\,n_\beta\,n^\delta\,n^\epsilon\,n^\phi - \frac{1}{5}\,\eta_{\alpha\beta}\,h_{\delta\epsilon\phi}\,n_\chi\,n^\delta\,n^\epsilon\,n^\phi - \frac{2}{5}\,h_{\delta\epsilon\phi}\,n_\alpha\,n_\beta\,n_\chi\,n^\delta\,n^\epsilon\,n^\phi$	$\mathcal{F}^{\#1}_{3^-\,\alpha\beta\chi}$