OMB CONTROL NUMBER: 2130-XXXX
EXPIRATION DATE: mm/dd/yyyy

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 demanding was the task?

Very Low — Very High

Physical Demand — How physically demanding was the task?

Very Low — Very High

Temporal Demand — How hurried 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

Effort — How hard did you have to work to accomplish your level of performance?

Very Low — Very High

Frustration — How insecure, discouraged, irritated, stressed, and annoyed wereyou?

Very Low — Very High

Paperwork Reduction Act Burden Statement

A federal agency may not conduct or sponsor, and a person is not required to respond to, nor shall a person be subject to a penalty for failure to comply with a collection of information subject to the requirements of the Paperwork Reduction Act unless that collection of information displays a currently valid OMB Control Number.

The OMB Control Number for this information collection is 2130-XXXX.

Public reporting for this collection of information is estimated to be approximately 1 minute per scenario, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, completing and reviewing the collection of information.

All responses to this collection of information are voluntary. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden to: Information Collection Clearance Officer, Federal Railroad Administration, 1200 New Jersey Avenue, SE, Washington DC 20590.