

GENERAL MOVE

ABGABPA									
Index x 10	A Action Distance		B Body Motion		G Gain Control		P Placement		Index x 10
	Parameter Variant	Keyword	Parameter Variant	Keyword	Parameter Variant	Keyword	Parameter Variant	Keyword	
0	≤ 2 in. ≤ 5 cm.	CLOSE					Holds Toss	THROW TOSS CARRY PICKUP	0
1	Within reach				Light object Light objects simo	GRASP (optional)	Lay aside Loose fit	MOVE PUT	1
3	1-2 steps	1 STEP 2 STEPS	Bend and arise 50% occ.	PBEND	Non Simo Heavy/Bulky Blind Disengage	Obstructed Interlocked Collect GET DISENGAGE FREE COLLECT	Adjustments Light pressure Double placement	PLACE REPLACE	3
6	3-4 steps	3 STEPS 4 STEPS	Bend and arise	BEND			Care Precision Blind Obstructed Heavy pressure Intermediate moves	POSITION REPOSITION	6
10	5-7 steps	5 STEPS 6 STEPS 7 STEPS	Sit or stand	SIT STAND					10
16	8-10 steps	8 STEPS 9 STEPS 10 STEPS	Through Door Climb on or off Stand and Bend Bend and sit	DOOR CLIMB/DESCEND STAND AND BEND BEND AND SIT					16

CONTROLLED MOVE

ABGMXIA									
Index x 10	M Move Controlled			X Process Time			I Alignment		Index x 10
	Push/Pull/Pivot	Keyword	Crank (Revs.)	Seconds	Minutes	Hours	Object	Keyword	
1	≤ 12 inches (30cm) Button/Switch/Knob	PUSH PULL ROTATE		5	.01	.0001	To 1 Point	ALIGN-POINT	1
3	> 12 inches (30cm) Resistance Seat or Unseat High Control 2 Stages ≤ 12 in (30cm)	SLIDE SHUT SHIFT TURN SEAT PRESS OPEN UNSEAT PUSH + PULL (INCHES, CM OR STAGES)	1	1.5	.02	.0004	To 2 Points ≤4inches(10cm)	ALIGN-POINTS CLOSE	3
6	2 Stages > 12 in (30cm) With 1-2 Steps	OPEN + SHUT OPERATE PUSH OR PULL WITH 1 or 2 PACES	3	2.5	.04	.0007	To 2 Points >4inches(10cm)	ALIGN-POINTS	6
10	3-4 Stages With 3-5 Steps	MANIPULATE MANEUVER PUSH OR PULL WITH 3, 4 or 5 PACES	6	4.5	.07	.0012			10
16	With 6-9 Steps	PUSH OR PULL WITH 6, 7, 8 or 9 PACES	11	7.0	.11	.0019	Precision	ALIGN-PRECISION	16

TOOL USE

ABGABP ABPA

Fasten or Loosen											
Index x 10	Finger Action	Wrist Action					Arm Action			Tool Action	Index x 10
	Spins	Turns	Strokes	Cranks	Taps	Turns	Strokes	Cranks	Strikes	Screw Dia.	
	Fingers Screw- driver	Hand, Screw- driver, Ratchet, T-Wrench	Wrench, Allen Key	Wrench, Allen Key, Ratchet	Hand, Hammer	Ratchet	Wrench, Allen Key	Wrench, Allen Key, Ratchet	Hand, Hammer	Power Wrench	
1	1	-	-	-	1	-	-	-	-	-	1
3	2	1	1	1	3	1	1	-	1	1/4" (6mm)	3
6	3	3	2	3	6	2	-	1	3	1" (25mm)	6
10	8	5	3	5	10	4	2	2	5		10
16	16	9	5	8	16	6	3	3	8		16
24	25	13	8	11	23	9	4	5	12		24
32	35	17	10	15	30	12	6	6	16		32
42	47	23	13	20	39	15	8	8	21		42
54	61	29	17	25	50	20	10	11	27		54

EXTENDED VALUES

Action Distance				Process Time (X)			
Index	Steps	Distance (ft)	Distance (m)	Index	Seconds	Minutes	Hours
24	11-15	38	12	1	0.5	.01	.0001
32	16-20	50	15	3	1.5	.02	.0004
42	21-26	65	20	6	2.5	.04	.0007
54	27-33	83	25	10	4.5	.07	.0012
67	34-40	100	30	16	7.0	.11	.0019
81	41-49	123	38	24	9.5	.16	.0027
96	50-57	143	44	32	13.0	.21	.0036
113	58-67	168	51	42	17.0	.28	.0047
131	68-78	195	59	54	21.5	.36	.0060
152	79-90	225	69	67	26.0	.44	.0073
173	91-102	255	78	81	31.5	.52	.0088
196	103-115	288	88	96	37.0	.62	.0104
220	116-128	320	98	113	43.5	.72	.0121
245	129-142	355	108	131	50.5	.84	.0141
270	143-158	395	120	152	58.0	.97	.0162
300	159-174	435	133	173	66.0	1.10	.0184
330	175-191	478	146	196	74.5	1.24	.0207
				220	83.5	1.39	.0232
				245	92.5	1.54	.0257
				270	102.0	1.70	.0284
				300	113.0	1.88	.0314
				330	124.0	2.06	.0344

TOOL USE

ABGABP ABPA

Index x 10	C Cut				S Surface Treat			M Measure	R Record			T Think			Index x 10
	TWIST BEND	CUTOFF	CUT	SLICE	AIR- CLEAN	BRUSH- CLEAN	WIPE	MEASURE	WRITE	MARK	INSPECT	READ			
	Pliers	Scissors	Knife	Nozzle	Brush	Cloth	Measuring Device	Pencil	Marker	Eyes, Finger	Eyes				
		WIRE	CUT(S)	SLICE(S)	SQ. FT. (0, 1 M²)	SQ. FT. (0, 1 M²)	SQ. FT. (0, 1 M²)	IN. (CM)	FT. (M)	DIGITS	WORDS	DIGITS	POINTS	DIGITS, SINGLE WORDS	
1	GRIP		1	-	-	-	-		1	-	CHECK MARK	1	1	3	1
3		SOFT	2	1	-	-	½		2	-	SCRIBE LINE	3	3	8	3
6	TWIST BEND- LOOP	MEDIUM	4		1 SPOT POINT CAVITY	1 SMALL OBJECT	-		4	1	2	5 TOUCH FOR DEPT	6 SCALE VALUE DATE/TIME	15	6
10		HARD	7	3	-	-	1	Profile-Gauge	6	-	3	9 FOR DEFECT	12 VERNIER-SCALE	24	10
16	BEND OTTER PIN		11	4	3	2	2	Fixed Scale Caliper 12 in (30 cm)	9	2	5	SIGNATURE, DATE		38 TABLE VALUE	16
24			15	6	4	3	-	Feeler-Gauge	13	3	7			54	24
32			20	9	7	5	5	Steel-Tape 6 ft (2m) Depth Micrometer	18	4	10			72	32
42			27	11	10	7	7	OD-Micrometer 4 in (10 cm)	23	5	13			94	42
54			33					ID-Micrometer 4 in (10 cm)	29	7	16			119	54

MANUAL CRANE

ATKFLVPTA								
Index x 10	A Action Distance Steps	L Transportation Up to 2 Ton Feet (m)		K Hook-up and Unhook	F Free Object	V Vertical Move Inches (cm)	P Placement	Index x 10
		Empty	Loaded					
3	2				Without direction change	9 (20)	Without direction change	3
6	4				With single direction change	15 (40)	Align with one hand	6
10	7	5 (1.5)	5 (1.5)		With double direction change	30 (75)	Align with two hands	10
16	10	13 (4)	12 (3.5)		With one or more direction changes, care in handling or apply pressure	45 (115)	Align and place with one adjustment	16
24	15	20 (6)	18 (5.5)	Single or double hook		60 (150)	Align and place with several adjustment	24
32	20	30 (9)	26 (8)	Sling			Align and place with several adjustment + apply pressure	32
42	26	40 (12)	35 (10)					42
54	33	50 (15)	45 (13)					54

EXTENDED VALUES

Push or Pull		T-Wrench (2 Hands)		Tool Placement		Alignment of Machining Tools		
Index	Paces	Index	Number of Arm Actions	Tool	Index	Index	Align to	Keyword
M ₂₄	10-13	F ₁	-	Hammer	P ₀₍₁₎	I ₃	Workpiece	ALIGN-WORKPIECE
M ₃₂	14-18	F ₃	-	Fingers or Hand	P _{1(3 or 6)}	I ₆	Scale Mark	ALIGN-SCALE MARK
M ₄₂	19-24	F ₆	1	Knife	P ₁₍₃₎	I ₁₀	Indicator Dial	ALIGN-INDICATOR DIAL
M ₅₄	25-31	F ₁₀	-	Scissors	P ₁₍₃₎			
M ₆₇	32-39	F ₁₆	3	Pliers	P ₁₍₃₎			
Crank		F ₂₄	6	Writing Instrument	P ₁			
Index	Revs	F ₃₂	8	Measuring Device	P ₁			
M ₂₄	16	F ₄₂	11	Surface Treating Device	P ₁			
M ₃₂	21	F ₅₄	15	Screwdriver	P ₃			
M ₄₂	28			Ratchet	P ₃			
M ₅₄	36			T-Wrench	P ₃			
				Fixed End Wrench	P ₃			
				Allen Wrench	P ₃			
				Power Wrench	P ₃			
				Adjustable Wrench	P ₆			

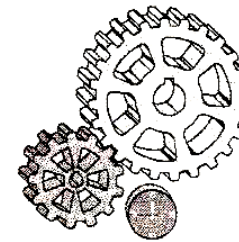
Alignment of Nontypical Objects			
Index	Positioning Method	Keyword	Nontypical Object Characteristics
I ₀	Against stop(s)		FLAT, LARGE, FLIMSY, SHARP, DIFFICULT TO HANDLE
I ₃	1 adjustment to stop	GUIDE	
I ₆	2 adjustments to stop(s) 1 adjustment to 2 stops	ADJUST	
I ₁₀	3 adjustments to stop(s) 2-3 adjustment to linemark	SITUATE	

EXTENDED VALUES

Index	Interval Mean TMU	MOST Interval Limits TMU
0	0	0
1	10	1-17
3	30	18-42
6	60	43-77
10	100	78-126
16	160	127-196
24	240	197-277
32	320	278-366
42	420	367-476
54	540	477-601
67	670	602-736
81	810	737-881
96	960	882-1041
113	1130	1042-1216
131	1310	1217-1411
152	1520	1412-1621
173	1730	1622-1841
196	1960	1842-2076
220	2200	2077-2321
245	2450	2322-2571
270	2700	2572-2846
300	3000	2847-3146
330	3300	3147-3446

1 TMU = .00001 hour
 = .0006 minute
 = .036 second

1 hour = 100,000.0 TMU
 1 minute = 1,666.7 TMU
 1 second = 27.8 TMU



TMU Consulting Institute
 World class standards . . .

MOST® Systems

Basic MOST®

DATA CARD

WARNING

Do not attempt to apply the data contained in these tables unless trained by a certified instructor.



MAYNARD