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First draw an overall free-body diagram of the shaft and sum moments about the bearing B

$$\Sigma \mathbf{M}_C = \mathbf{0} :$$

$$\begin{aligned} & (-800\mathbf{j} + 250\mathbf{i}) \times (-5\mathbf{k}) + (-800\mathbf{j} - 250\mathbf{i}) \times (-30\mathbf{k}) \\ & + (-2000\mathbf{j} + 250\mathbf{k}) \times (30\mathbf{i}) + (-2000\mathbf{j} - 250\mathbf{k}) \times (5\mathbf{i}) \\ & + (-2800\mathbf{j}) \times (B_x\mathbf{i} + B_z\mathbf{k}) = \mathbf{0} \end{aligned}$$

The x -, y -, and z -components of this equation give

$$x: \quad 4000 + 24,000 - 2800B_z = 0$$

$$y: \quad 1250 - 7500 + 7500 - 1250 = 0$$

$$z: \quad 60,000 + 10,000 + 2800B_x = 0$$

$$B_x = -25.00 \text{ kN} \quad B_z = 10.00 \text{ kN}$$

Next draw a free-body diagram of the portion of the shaft between the bearing B and the section at A and write the equations of equilibrium

$$\Sigma F_x = 0: \quad V_x + 30 + 5 - 25 = 0$$

$$\Sigma F_y = 0: \quad P_y = 0$$

$$\Sigma F_z = 0: \quad V_z + 10 = 0$$

$$V_x = -10 \text{ kN} \dots\dots\dots \text{Ans.}$$

$$P_y = 0 \text{ kN} \dots\dots\dots \text{Ans.}$$

$$V_z = -10 \text{ kN} \dots\dots\dots \text{Ans.}$$

$$\Sigma \mathbf{M}_{cut} = \mathbf{0} :$$

$$\begin{aligned} & (M_x\mathbf{i} + T_y\mathbf{j} + M_z\mathbf{k}) + (-0.4\mathbf{j} + 0.25\mathbf{k}) \times (30\mathbf{i}) \\ & + (-0.4\mathbf{j} - 0.25\mathbf{k}) \times (5\mathbf{i}) + (-1.2\mathbf{j}) \times (-25\mathbf{i} + 10\mathbf{k}) = \mathbf{0} \end{aligned}$$

The x -, y -, and z -components of this equation give

$$x: \quad M_x - 12 = 0$$

$$y: \quad T_y + 7.5 - 1.25 = 0$$

$$z: \quad M_z - 30 + 12 + 2 = 0$$

$$M_x = 12 \text{ kN} \cdot \text{m} \dots\dots\dots \text{Ans.}$$

$$T_y = -6.25 \text{ kN} \cdot \text{m} \dots\dots\dots \text{Ans.}$$

$$M_z = 16 \text{ kN} \cdot \text{m} \dots\dots\dots \text{Ans.}$$

