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From a free-body diagram of a part of the hook,
the equations of equilibrium give

$$\sum F_x = 0: \quad V - 10 \cos \theta = 0$$

$$\sum F_y = 0: \quad P - 10 \sin \theta = 0$$

$$\sum M_{cut} = 0: \quad -M - 10(10 \sin \theta) = 0$$

$$P = 10 \sin \theta \text{ kip} \quad \text{Ans.}$$

$$V = 10 \cos \theta \text{ kip} \quad \text{Ans.}$$

$$M = -100 \sin \theta \text{ kip} \cdot \text{in.} \quad \text{Ans.}$$

