



Δ - TOTAL DEFLECTION

F - FORCE APPLIED

$$\text{AREA} = \frac{\Delta_1 F_1}{2} + (\Delta_2 - \Delta_1) \frac{F_1 + F_2}{2} + (\Delta_3 - \Delta_2) \frac{F_2 + F_3}{2} + \dots + (\Delta_N - \Delta_{N-1}) \frac{F_{N-1} + F_N}{2}$$

**FIGURE W-5—Determination of energy area under force deflection curve for all types of ROPS equipment defined in § 1926.1001.**