

Name _____ Date _____

WORK & POWER - GUIDED PRACTICE

Remember to include given information, basic equations, calculations, and solutions with correct units for full credit.

How much work is done by a crane that lowers 1,000 newtons of material a distance of 150 meters?

How much work is done when a 1 kilogram mass is raised a vertical distance of 1 meter?

A student who weighs 500 newtons climbed the stairs from the first floor to the third floor, 15 meters above, in 20 seconds. How much work did she do?

A box is pushed across the floor for a distance of 5 meters with a force of 50 newtons in 5 seconds. How much work is done?

A teacher pushed a 98 newton desk across a floor for a distance of 5 meters. He exerted a horizontal force of 20 newtons for four seconds. How much work was done?

A 49 newton rock is lifted 2 meters in 5 seconds. How much work is done?