## Lifting a load

## Levers

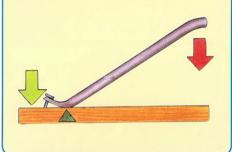
The lever is a simple machine that helps us do many different kinds of work. It is very useful, for example, when we need to lift something that is very heavy.

The most common kind of lever is a straight length of wood, such as a plank, that rests or balances on something underneath. The plank is called the **arm** and the place where it rests is called the **fulcrum**. Every lever has an arm and a fulcrum.

When you place a **load** on one end of the plank, you can lift it more easily by pushing down on the other end of the plank. The end of the plank, or arm, that you move is called the **force** or **effort** end. This is because you use force or effort to move it. The other end is called the load end because it carries the load that has to be moved.

## CLAW HAMMER

A claw hammer is a simple lever that can yank a nail out of a piece of wood. The lower end of the claw hammer acts as the fulcrum. If you pull down the hammer at the upper end, a strong force raises the nail.



A seesaw is a type of lever. The fulcrum is the wooden stand in the centre. The arm carries the children.

