

**Work** accomplishes a change in position of a body against resistance.

**Energy** is the capacity for work and it can be defined as "stored work." Work and energy have the same unit of measurement which is the **foot-pound** - the work or energy required to move a body 1 ft against a resistance of 1 lb.

**Power** is the rate of doing work or,  $P = W/T$

**Force** is the cause which changes or tends to change the motion of one body relative to another. For example, attraction, repulsion, push, pull, effort, thrust, resistances, load, pressure, etc.

***Whatever your material handling needs, Allied Power Products, Inc. is ready to help.  
If you are deciding between a winch or a hoist, call our expert sales team at (503) 626-0654.***