

Foreword	V
How to use this book	VI
JAA exam questions & time limits	VII
Purpose of Mass and Balance Considerations	
031-01-01 Mass Limitations	1
031-01-02 Centre of Gravity (CG) Limitations	3
Loading	
031-02-01 Terminology	9
031-02-02 Mass Limits	15
031-02-03 Mass Calculations	17
Fundamentals of CG Calculations	
031-03-01 Definition of Centre of Gravity	35
031-03-02 Conditions of Equilibrium (Balance of Forces and Moments)	36
031-03-03 Basic Calculations of CG	39
Mass and Balance Details of Aircraft	
031-04-01 Contents of Mass and Balance Documentation	41
031-04-02 Determination of Empty Mass and CG Position by Weighing	47
031-04-03 Extraction of Basic Empty Mass and CG Data from Documentation	49
Determination of CG Position	
031-05-01 Methods of CG Position Determination	51
031-05-02 Load and Trim Sheet	53
031-05-03 Intentional Re-positioning of CG	60
Cargo Handling	
031-06-01 Types of Cargo (General Aspects)	67
031-06-02 Floor Area Load and Running Load Limitations	67
031-06-03 Securing of Load	69
Picture Supplements - Questions	71
Picture Supplements - Explanations	111