Title: calculation of power dissipated by dashpot in continuous use

1. Dashpot in reciprocating motion

n = number cycles per minute A = angle of travel Degrees

T = operating torque Nm

P = power dissipated as heat Watts

1.1. Damping in both directions

$$P = \frac{nAT}{1720} Watts$$

1.2. Damping in one direction (free in other direction)

$$P = \frac{\text{nAT}}{3440} \quad \text{Watts}$$

2. CR Dashpot rotating continuously

n = number revolutions per minute T = operating torque Nm

$$P = \frac{nT}{9.55}$$
 Watts

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