

**ALLOWABLE FLOOR LOADS [PLF] LDF = 1.0 24F V3 V5/M1 1.8E**

This Table can be used to size simple span beams and headers supporting uniform loading. The PLF loads must be calculated and include all floor and roof framing loads on beams & headers

**Key:** For each clear span there are three numbers  
**Row 1:** Maximum Total Load with LDF=1.0 & deflection limit=l/240  
**Row 2:** Maximum Live Load limited by deflection =l/360  
**Row 3:** Required Bearing Length in trimmer thickness  
 (e.g., 1.5 = 1 trimmer, 3.0 = 2 trimmers, etc)

| Allowable Loads in Pounds per Linear Foot |               |        |        |        |        |        |        |      |        |        |
|---|---------------|--------|--------|--------|--------|--------|--------|------|--------|--------|
| SPAN                                      | 10 1/2" WIDTH |        |        |        |        |        |        |      |        |        |
|   | Depth (in.)   |        |        |        |        |        |        |      |        |        |
|   | 24            | 24 3/4 | 26 1/8 | 27 1/2 | 28 7/8 | 30 1/4 | 31 5/8 | 33   | 34 3/8 | 35 3/4 |
| 26  | 2133          | 2267   | 2523   | 2792   | 3075   | 3371   | 3680   | 4002 | 4337   | 4686   |
|   | 1835          | 2013   | 2367   | 2761   | 3075   | 3371   | 3680   | 4002 | 4337   | 4686   |
|   | 4.5           | 4.5    | 4.5    | 6      | 6      | 6      | 7.5    | 7.5  | 7.5    | 9      |
| 27  | 1969          | 2093   | 2330   | 2579   | 2840   | 3113   | 3399   | 3697 | 4007   | 4329   |
|   | 1639          | 1797   | 2114   | 2465   | 2840   | 3113   | 3399   | 3697 | 4007   | 4329   |
|   | 4.5           | 4.5    | 4.5    | 4.5    | 6      | 6      | 6      | 7.5  | 7.5    | 9      |
| 28  | 1823          | 1938   | 2157   | 2388   | 2630   | 2884   | 3149   | 3425 | 3712   | 4011   |
|   | 1469          | 1611   | 1895   | 2211   | 2559   | 2884   | 3149   | 3425 | 3712   | 4011   |
|   | 4.5           | 4.5    | 4.5    | 4.5    | 6      | 6      | 6      | 7.5  | 7.5    | 7.5    |
| 29  | 1692          | 1799   | 2003   | 2217   | 2442   | 2678   | 2924   | 3181 | 3448   | 3726   |
|   | 1323          | 1450   | 1706   | 1990   | 2303   | 2648   | 2924   | 3181 | 3448   | 3726   |
|   | 4.5           | 4.5    | 4.5    | 4.5    | 6      | 6      | 6      | 6    | 7.5    | 7.5    |
| 30  | 1574          | 1673   | 1863   | 2063   | 2273   | 2492   | 2722   | 2961 | 3210   | 3469   |
|   | 1195          | 1310   | 1541   | 1797   | 2081   | 2392   | 2722   | 2961 | 3210   | 3469   |
|   | 4.5           | 4.5    | 4.5    | 4.5    | 4.5    | 6      | 6      | 6    | 7.5    | 7.5    |
| 31  | 1467          | 1560   | 1737   | 1924   | 2120   | 2325   | 2539   | 2763 | 2995   | 3237   |
|   | 1083          | 1187   | 1397   | 1629   | 1886   | 2168   | 2477   | 2763 | 2995   | 3237   |
|   | 3             | 4.5    | 4.5    | 4.5    | 4.5    | 6      | 6      | 6    | 6      | 7.5    |
| 32  | 1371          | 1457   | 1623   | 1798   | 1981   | 2173   | 2374   | 2583 | 2801   | 3027   |
|   | 984           | 1080   | 1270   | 1481   | 1714   | 1971   | 2252   | 2559 | 2801   | 3027   |
|   | 3             | 3      | 4.5    | 4.5    | 4.5    | 4.5    | 6      | 6    | 6      | 7.5    |
| 33  | 1280          | 1364   | 1520   | 1683   | 1855   | 2035   | 2223   | 2419 | 2624   | 2836   |
|   | 898           | 984    | 1158   | 1350   | 1563   | 1797   | 2054   | 2333 | 2624   | 2836   |
|   | 3             | 3      | 4.5    | 4.5    | 4.5    | 4.5    | 6      | 6    | 6      | 7.5    |
| 34  | 1165          | 1279   | 1425   | 1579   | 1740   | 1909   | 2086   | 2270 | 2462   | 2662   |
|   | 821           | 900    | 1059   | 1235   | 1429   | 1643   | 1878   | 2133 | 2411   | 2662   |
|   | 3             | 3      | 4.5    | 4.5    | 4.5    | 4.5    | 6      | 6    | 6      | 6      |
| 35  | 1062          | 1169   | 1339   | 1483   | 1635   | 1794   | 1961   | 2134 | 2315   | 2502   |
|   | 752           | 825    | 970    | 1132   | 1310   | 1506   | 1721   | 1956 | 2211   | 2487   |
|   | 3             | 3      | 4.5    | 4.5    | 4.5    | 4.5    | 6      | 6    | 6      | 6      |
| 36  | 971           | 1069   | 1260   | 1396   | 1539   | 1689   | 1846   | 2009 | 2179   | 2356   |
|   | 691           | 758    | 892    | 1040   | 1204   | 1384   | 1582   | 1797 | 2031   | 2285   |
|   | 3             | 3      | 3      | 4.5    | 4.5    | 4.5    | 4.5    | 6    | 6      | 6      |
| 37  | 889           | 979    | 1160   | 1315   | 1451   | 1592   | 1740   | 1894 | 2055   | 2222   |
|   | 637           | 698    | 821    | 958    | 1109   | 1275   | 1457   | 1655 | 1871   | 2105   |
|   | 3             | 3      | 3      | 4.5    | 4.5    | 4.5    | 4.5    | 6    | 6      | 6      |
| 38  | 815           | 898    | 1065   | 1241   | 1369   | 1503   | 1643   | 1789 | 1941   | 2099   |
|   | 588           | 645    | 758    | 884    | 1024   | 1177   | 1345   | 1528 | 1727   | 1943   |
|   | 3             | 3      | 3      | 4.5    | 4.5    | 4.5    | 4.5    | 6    | 6      | 6      |
| 39  | 749           | 826    | 980    | 1151   | 1294   | 1421   | 1553   | 1691 | 1835   | 1985   |
|   | 544           | 596    | 701    | 818    | 947    | 1089   | 1244   | 1414 | 1598   | 1797   |
|   | 3             | 3      | 3      | 3      | 4.5    | 4.5    | 4.5    | 4.5  | 6      | 6      |
| 40  | 690           | 761    | 903    | 1061   | 1225   | 1345   | 1470   | 1601 | 1738   | 1879   |
|   | 504           | 553    | 650    | 758    | 878    | 1009   | 1153   | 1310 | 1481   | 1666   |
|   | 3             | 3      | 3      | 3      | 4.5    | 4.5    | 4.5    | 4.5  | 4.5    | 6      |
| 42  | 587           | 648    | 770    | 906    | 1057   | 1209   | 1322   | 1440 | 1563   | 1691   |
|   | 435           | 477    | 562    | 655    | 758    | 872    | 996    | 1132 | 1279   | 1439   |
|   | 3             | 3      | 3      | 3      | 3      | 4.5    | 4.5    | 4.5  | 4.5    | 6      |
| 44  | 501           | 554    | 660    | 778    | 909    | 1054   | 1194   | 1301 | 1412   | 1528   |
|   | 379           | 415    | 488    | 570    | 659    | 758    | 866    | 984  | 1113   | 1252   |
|   | 1.5           | 3      | 3      | 3      | 3      | 3      | 4.5    | 4.5  | 4.5    | 4.5    |
| 46  | 431           | 477    | 569    | 672    | 786    | 912    | 1050   | 1179 | 1281   | 1386   |
|   | 331           | 363    | 427    | 499    | 577    | 664    | 758    | 861  | 974    | 1095   |
|   | 1.5           | 1.5    | 3      | 3      | 3      | 3      | 4.5    | 4.5  | 4.5    | 4.5    |
| 48  | 371           | 411    | 492    | 582    | 682    | 792    | 913    | 1046 | 1166   | 1262   |
|   | 292           | 320    | 376    | 439    | 508    | 584    | 667    | 758  | 857    | 964    |
|   | 1.5           | 1.5    | 3      | 3      | 3      | 3      | 3      | 4.5  | 4.5    | 4.5    |
| 50  | 321           | 356    | 427    | 506    | 594    | 691    | 798    | 915  | 1042   | 1153   |
|   | 258           | 283    | 333    | 388    | 449    | 517    | 590    | 671  | 758    | 853    |
|   | 1.5           | 1.5    | 1.5    | 3      | 3      | 3      | 3      | 3    | 4.5    | 4.5    |
| 52  | 278           | 309    | 371    | 441    | 519    | 605    | 700    | 803  | 916    | 1038   |
|   | 229           | 252    | 296    | 345    | 400    | 459    | 525    | 596  | 674    | 758    |
|   | 1.5           | 1.5    | 1.5    | 1.5    | 3      | 3      | 3      | 3    | 4.5    | 4.5    |