

**Background:**

Pile drivers use gravitational potential energy to drive piles ( posts ) into the ground. The change in gravitational potential energy is used to do work

**Estimate**

1. the mass of the 6 workers
2. the height each raises their centre of mass during each jump
3. the number of jumps the workers make
4. total distance they move the pile

**Calculate**

1. the total work done with each jump
2. the distance the pile moves each jump
3. the force exerted on the pile with each jump in the space below

Use the value to explain how the workers were able to drive the very large pile into the ground