

### Chart 8: Loss coefficient, $\eta$ , against Young's modulus, $E$

The chart gives guidance in selecting material for low damping (springs, vibrating reeds, etc.) and for high damping (vibration-mitigating systems). The guide line shows the loci of points for which

(a)  $\eta E = C$  (rule-of-thumb for estimating damping in polymers)

The value of the constant  $C$  increases as the line is displaced upward and to the right.

