

"R" Header Conversion Table

Clear Span	Condition	3" Width (2-ply)			6" Width (4-ply)		
		2x8	2x10	2x12	2x8	2x10	2x12
4'	Total Load	1,599	2,361	3,113	3,397	4,723	6,227
	Live Load	1,599	2,361	3,113	3,397	4,723	6,227
	Min. End Bearing (in.)	3	3	4.5	3	3	4.5
	"R" Header Equivalent Total Load Capacity	600RH162-54 2527#	600RH162-54 2527#	600RH162-68 3288#	600RH200-68 3642#	600RH162-97 4727#	1000RH162-97 8157#
6'	Total Load	744	1,183	1,698	1,702	2,698	3,547
	Live Load	744	1,183	1,698	1,702	2,698	3,547
	Min. End Bearing (in.)	1.5	3	4.5	3	3	4.5
	"R" Header Equivalent Total Load Capacity	600RH162-54 1123#	800RH162-54 1362#	800RH162-68 1844#	800RH162-68 1844#	800RH162-97 2692#	800RH200-97 3578#
8'	Total Load	423	681	992	972	1,561	2,267
	Live Load	423	681	992	849	1,561	2,267
	Min. End Bearing (in.)	1.5	3	3	1.5	3	3
	"R" Header Equivalent Total Load Capacity	600RH162-54 488#	800RH162-54 766#	800RH162-68 1034#	800RH162-68 1034#	1000RH250-68 1672#	1000RH200-97 2333#
10'	Total Load	271	439	644	624	1,009	1,477
	Live Load	221	439	644	440	902	1,477
	Min. End Bearing (in.)	1.5	1.5	3	1.5	3	3
	"R" Header Equivalent Total Load Capacity	800RH162-43 268#	800RH162-54 489#	1000RH162-54 627#	800RH162-68 617#	1000RH250-68 1105#	1000RH200-97 1493#
12'	Total Load	187	305	449	376	702	1,033
	Live Load	128	265	449	257	528	938
	Min. End Bearing (in.)	1.5	1.5	3	1.5	1.5	3
	"R" Header Equivalent Total Load Capacity	800RH162-43 186#	800RH162-68 357#	800RH162-97 491#	800RH250-54 373#	1000RH250-68 767#	1200RH162-97 1134#

Notes:

- Table is based on:
 - M-12, Southern pine design values.
 - Deflection Criteria of L/240 total load, L/360 live load, and 100% duration of load.
- Allowable loads shown are the maximum uniform loads (plf) that can be applied to the beam in addition to its own weight, provided that the minimum end-bearing requirements are met.
- Beams and girders shall bear on load-bearing walls, piles, or concrete or masonry foundations.



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Call for additional support for converting wood headers to the **"R" Header**® System.