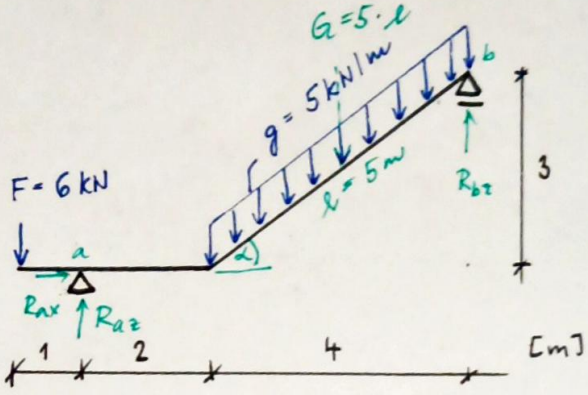
$l = \sqrt{4^2 + 3^2} = 5\,m$



$\sin\alpha = \frac{3}{5} = 0{,}6$

$\cos\alpha = \frac{4}{5} = 0{,}8$

$\Sigma F_{ix} = 0: \quad R_{ax} = 0$

$\oplus_a \Sigma M_{ia} = 0:$

$F \cdot 1 - g \cdot 5 \cdot 4 + R_{bz} \cdot 6 = 0$

$R_{bz} = \frac{-6 \cdot 1 + 5 \cdot 5 \cdot 4}{6}$

$R_{bz} = 15{,}\overline{6}\ kN \quad \left(\frac{47}{3}\ kN\right)$

$\oplus_b \Sigma M_{ib} = 0:$

$F \cdot 7 - R_{az} \cdot 6 + R_{ax} \cdot 3 + g \cdot 5 \cdot 2 = 0$

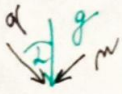
$R_{az} = \frac{6 \cdot 7 + 0 + 5 \cdot 5 \cdot 2}{6}$

$R_{az} = 15{,}\overline{3}\ kN \quad \left(\frac{46}{3}\ kN\right)$

K: $\Sigma F_{iz} = 0$

$-F + R_{az} - g \cdot 5 + R_{bz} = 0$

$-6 + 15{,}\overline{3} - 5 \cdot 5 + 15{,}\overline{6} = 0$ ✓

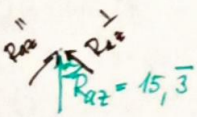


$q = g \cdot \cos\alpha = 5 \cdot 0{,}8 = 4\,kN/m$

$n = g \cdot \sin\alpha = 5 \cdot 0{,}6 = 3\,kN/m$

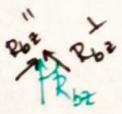
$F_x = F \cdot \sin\alpha = 3{,}6\,kN$

$F_z = F \cdot \cos\alpha = 4{,}8\,kN$



$R_{az}' = R_{az} \cdot \cos\alpha = 15{,}\overline{3} \cdot 0{,}8 = 12{,}2\overline{6}\ kN \quad \left(\frac{184}{15}\right)$

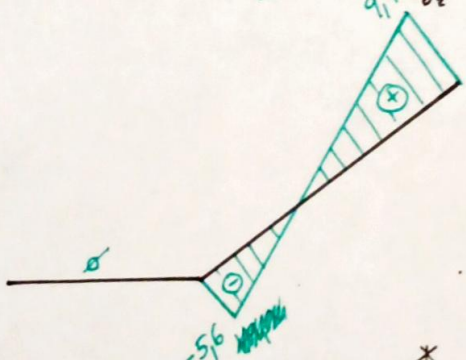
$R_{az}'' = R_{az} \cdot \sin\alpha = 15{,}\overline{3} \cdot 0{,}6 = 9{,}2\ kN$



$R_{bz}' = R_{bz} \cdot \cos\alpha = 15{,}\overline{6} \cdot 0{,}8 = 12{,}5\overline{3}\ kN \quad \left(\frac{188}{15}\right)$

$R_{bz}'' = R_{bz} \cdot \sin\alpha = 15{,}\overline{6} \cdot 0{,}6 = 9{,}4\ kN$

(N)

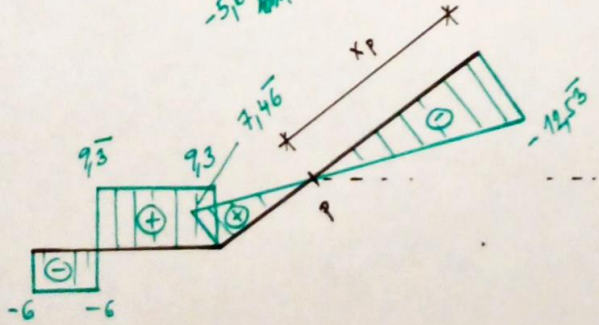


$Y_p^p = 0: \quad -R_{bz}' + q \cdot x_p = 0$

$x_p = \frac{R_{bz}'}{q} = \frac{\frac{188}{15}}{4} = 3{,}1\overline{3}\ m \quad \left(\frac{47}{15}\ m\right)$

$M_p^p = 0 - \int_p^b V\,dx = 0 - \frac{1}{2} \cdot 3 \cdot 12{,}5\overline{3} = 19{,}69\overline{5}\ kNm$

(V)



(M)