$|\vec{S}_x| = (-250)\left(\frac{3}{5}\right)$

$\vec{S}_x = -150 \text{ lbs } \hat{i}$

For $\vec{S}_y$:-

$|S_y| = 250 \sin\theta$

$|\vec{S}_y| = 250\left(\frac{P}{H}\right)$

$|\vec{S}_y| = 250\left(\frac{4}{5}\right)$

$\vec{S}_y = 200 \text{ lbs } \hat{j}$

— * — * —

for $\vec{R}$

Suppose

$\vec{R} = \vec{P} + \vec{S} + \vec{F}$

$\vec{P} = 60\hat{i} + 25\hat{j}$

$\vec{F} = -64\hat{i} + 48\hat{j}$

$\vec{S} = -150\hat{i} + 200\hat{j}$

$\vec{R} = -154\hat{i} + 273\hat{j}$