



4225 W. Ogden Ave. • Chicago, IL 60623 • Phone: (773) 522-1900

METRIC CONVERSIONS

LINEAR CONVERSIONS

Approximate Conversions to Metric Measures **Approximate Conversions From Metric Measures**

When You Know	Multiply by	To Find	When You Know	Multiply by	To Find
Inches	25.4	millimeters	millimeters	0.039	inches
feet	0.30	meters	meters	3.28	feet
yards	0.91	meters	meters	1.09	yards
miles	1.61	kilometers	kilometers	0.62	miles

VOLUME PER MASS & VOLUME PER VOLUME CONVERSIONS

Approximate Conversions to Metric Measures **Approximate Conversions From Metric Measures**

When You Know	Multiply by	To Find	When You Know	Multiply by	To Find
fluid oz. per cubic yard	38.68	milliliter per cubic meter	milliliter per cubic meter	0.026	fluid oz. per cubic yard
fluid oz. per 100 pounds	65.2	milliliter per 100 kilogram	milliliter per 100 kilogram	0.015	fluid oz. per 100 pounds
gallon per cubic yard	4.95	liter per cubic meter	liter per cubic meter	0.202	gallon per cubic yard

FORCE AND RELATED CONVERSIONS

Approximate Conversions to Metric Measures **Approximate Conversions From Metric Measures**

When You Know	Multiply by	To Find	When You Know	Multiply by	To Find
Dyne	0001	newton	newton	100,000	dynes
Pound Force	4.45	newtons	newton	0.225	pound force
psi	703	kg/m ²			
psi	6.89	kilopascal (kPa)	Note: (1 pascal = 1 Newton/m ²)		

Temperature	
°F	°C
0	-17.8
5	-15
10	-12.2
15	-9.4
20	-6.7
25	-3.9
30	-1.1
32	0
35	1.7
40	4.4
45	7.2
50	10.0
55	12.8
60	15.6
65	18.3
70	21.1
75	23.9
80	26.7
85	29.4
90	32.2
95	35.0
100	37.8
105	40.6
110	43.3
115	46.1
120	48.9
125	51.7
130	54.4
135	57.2
140	60.0
145	62.8
150	65.6
155	68.3
160	71.1
165	73.9
170	76.7
175	79.4
180	82.2
185	85.0
190	87.8
195	90.6
200	93.3
205	96.1
210	98.9
212	100.0
°C = (°F - 32) / 1.8	
°F = 1.8 x °C + 32	