

English to Metric		
inches (ins)	X 25.4	= millimetres (mm)
feet (ft)	X 0.3	= metres (m)
yards (yds)	X 0.9	= metres (m)
miles (mi)	X 1.6	= kilometres (km)
sq inch (in ²)	X 6.5	= sq centimetre (cm ²)
sq feet (ft ²)	X 0.09	= sq metres (m ²)
sq yard (yd ²)	X 0.8	= sq metres (m ²)
cu. in (in ³)	X 16	= cu.centimetres
cu. ft (ft ³)	X 0.03	= cu.metres (m ³)
cu. yd (yd ³)	X 0.8	= cu.metres (m ³)
(liq) quart (qt)	X 0.9	= litre (l)
gallon (gal)	X 0.004	= cu.metres (m ³)
(advp) ounce (oz)	X 28.3	= grams (g)
(advp) pound (lb)	X 0.45	= kilogram (kg)
horsepower (hp)	X 0.75	= kilowatt (kW)
ft per second (ft/s)	X 0.304	= met. Per second (m/s)
ounce-force (ozf)	X 0.278	= newtons (N)
pound-force (lbf)	X 4.448	= newtons (N)
foot pounds (ft.lb)	X 1.355	= newtons-metres (N.m)
foot pounds (ft.lb)	X 1.355	= joules (j)
in. pounds (in.lb)	X 0.112	= newtons-metres (N.m)
lb per foot (lb/ft)	X 14.59	= newtons-metres (N.m)
cycles per sec (cps)	X 1	= hertz (Hz)
Brit therm unit (Btu)	X 1055	= joules (j)

Metric to English		
mm	X 0.04	= ins
m	X 3.3	= ft
m	X 1.1	= yds
km	X 0.6	= mi
cm ²	X 0.16	= in ²
m ²	X 11	= ft ²
m ²	X 1.2	= yd ²
cm ³	X 0.06	= in ³
m ³	X 35	= ft ³
m ³	X 1.3	= yd ³
l	X 1.05	= qt
m ³	X 264.2	= gal
g	X 0.035	= oz
kW	X 1.34	= hp
kg	X 2.2	= lb
m/s	X 3.28	= ft/s
N	X 3.597	= ozf
N	X 0.224	= lbf
N.m	X 0.737	= ft.lb
j	X 0.737	= ft.lb
N.m	X 8.85	= in.lb
N.m	X 0.068	= lb/ft
Hz	X 1	= cps
j	X 0.0009	= Btu