

## CONVERSION FORMULAE

### METRIC and IMPERIAL MEASURES

#### LENGTH

1 centimetre (cm) = 10 millimetres (mm) = 0.3937 inches

1 metre (m) = 100 centimetres (cm) = 1.0936 yards

1 inch = 2.54 centimetres (cm)

1 yard = 36 inches = 0.9144 metres (m)

To convert **MILLIMETRES TO INCHES** multiply by 0.03937  
*i.e. 128 mm x 0.03937 = 5.039 inches*

To convert **CENTIMETRES TO INCHES** multiply by 0.3937  
*i.e. 5 cm x 0.3937 = 1.968 inches*

To convert **INCHES TO MILLIMETRES** multiply by 25.4  
*i.e. 12 inches x 25.4 = 304.8 mm*

To convert **INCHES TO CENTIMETRES** multiply by 2.54  
*i.e. 8 inches x 2.54 = 20.32 cm*

#### WEIGHT

1 gram (g) = 1000 milligrams (mg) = 0.0353 ounces (oz)

1 kilogram (kg) = 1000 grams (g) = 2.2046 pounds (lb)

1 ounce (oz) = 28.35 grams (g)

1 pound (lb) = 16 ounces (oz) = 0.4536 kilograms (kg)

To convert **KILOGRAMS TO POUNDS** multiply by 2.2046  
*i.e. 15 kg x 2.2046 = 33.07 lb*

To convert **POUNDS TO KILOGRAMS** multiply by 0.4536  
*i.e. 50 lb x 0.4536 = 22.68 kg*