

Selected Factors for Converting between Units of Measure

All values in **boldface** are exact conversions.

area:	1 acre	= 0.405 ha (hectare)
	1 square inch	= 645.16 mm ²
energy, work:	1 calorie	= 4.186 8 J*
	1 Calorie (dietetic)	= 4.185 5 kJ*
	1 erg	= 0.1 μJ
	1 foot pound-force	= 1.356 J
force, weight:	1 dyne	= 10 μN
	1 kilopond (kg force)	= 9.806 65 N
	1 pound-force	= 4.448 N
length:	1 foot	= 30.48 cm = 0.3048 m
	1 inch	= 2.54 cm
	1 yard	= 0.9144 m
	1 mile	= 1.609 344 km
mass:	1 ounce (avoirdupois)	= 28.35 g
	1 pound (avoirdupois)	= 0.453 6 kg
	1 slug	= 14.59 kg
	1 stone (14 lb, UK)	= 6.350 kg
	1 ton (long, 2240 lb, UK)	= 1.016 Mg
	1 ton (short, 2000 lb)	= 0.907 Mg
power:	1 BTU per hour	= 0.293 W
	1 horsepower (electric)	= 746 W
pressure, stress:	1 atmosphere (standard)	= 101.325 kPa
	1 mm Hg (EC)	= 133.3 Pa
	1 psi (lb/in ²)	= 6.895 kPa
temperature:	1 Fahrenheit degree	= 5/9 K**
velocity:	1 mph	= 0.447 04 m/s
	1 mph	= 1.609 344 km/h
volume:	1 cubic foot	= 0.028 32 m ³
	1 cubic inch	= 16.39 cm ³
	1 gallon (imperial)	= 4.546 L
	1 gallon (US)	= 3.785 L

* The Calorie commonly used by dieticians to refer to the amount of energy in foods is the same as the kilocalorie. The calorie (small c) is 1/1000th of a Calorie.

** Add 32 degrees after converting from Celsius to Fahrenheit or subtract 32 before converting from Fahrenheit to Celsius. Note that a Celsius degree is a kelvin (K).
