



| American Linear Units   |                  | American to Metric Units |                    | American Capacity                      |                        |                |          |           |           |   |   |                |
|---|------------------|--------------------------|--------------------|--|------------------------|----------------|----------|-----------|-----------|---|---|----------------|
| 12 inches (in)  | 1 foot (ft)      | 1 inch                   | 2.540 centimeters  | 8 fluid ounces (fl oz)                 | 1 cup                  |                |          |           |           |   |   |                |
| 3 feet  | 1 yard (yd)      | 1 foot                   | 0.305 meters       | 16 fluid ounces                        | 2 cups                 |                |          |           |           |   |   |                |
| 36 inches   | 1 yard           | 1 yard                   | 0.914 meters       | 2 cups                                 | 1 pint (pt)            |                |          |           |           |   |   |                |
| 63,360 inches   | 1 mile (mi)      | 1 mile                   | 1.609 kilometers   | 16 fluid ounces                        | 1 pint                 |                |          |           |           |   |   |                |
| 5,280 feet  | 1 mile           | 1 gallon                 | 3.78 Liters        | 2 pints                                | 1 quart (qt)           |                |          |           |           |   |   |                |
| 1,760 yards   | 1 mile           | 1 quart                  | 0.95 Liter         | 4 quarts                               | 1 gallon               |                |          |           |           |   |   |                |
|   |                  | 1 pound                  | 0.45 kilogram      | 8 pints                                | 1 gallon               |                |          |           |           |   |   |                |
| Weight and Mass   |                  | 1 ounce                  | 28.35 grams        | 32 fluid ounces                        | 1 quart                |                |          |           |           |   |   |                |
| 1 Ton (T)   | 2,000 pounds     | 1 fluid ounce            | 29.57 mL           | 8 fluid dram                           | 1 fluid ounce          |                |          |           |           |   |   |                |
| 1 pound (lb)  | 16 ounces (oz)   | 1 grain                  | 60 milligrams (mg) | 3 teaspoon (tsp)                       | 1 tablespoon (tbsp)    |                |          |           |           |   |   |                |
| 1 Ton   | 32,000 ounces    | 1 teaspoon (tsp)         | 5 mL               | 6 teaspoon                             | 1 fluid ounce          |                |          |           |           |   |   |                |
| 1 metric ton (t)  | 1000 kg          | 1 fluid dram             | 4 mL               | 2 tablespoon                           | 1 fluid ounce          |                |          |           |           |   |   |                |
| 60 grains   | 1 dram           | 1 tablespoon (tbsp)      | 15 mL              | 1 drop (gtt)                           | 1 minim                |                |          |           |           |   |   |                |
| Converting American Units   |                  | 1 pint (pt)              | 500 mL (approx)    | 60 drop                                | 1 fluid dram           |                |          |           |           |   |   |                |
| Larger unit → smaller unit  | <i>Multiply</i>  | 1 quart (qt)             | 1000 mL (approx)   | 60 drop                                | 1 teaspoon             |                |          |           |           |   |   |                |
| smaller unit → Larger unit  | <i>Divide</i>    | 1 pound (lb)             | 453.6 g            | 60 minims                              | 1 fluid dram           |                |          |           |           |   |   |                |
| Metric Units  |                  |                          |                    |  |                        |                |          |           |           |   |   |                |
| mega (M)  | *                | *                        | kilo (k)           | hector (h)                             | deka (da)              | unit (m, g, L) | deci (d) | centi (c) | milli (m) | * | * | micro (mc) (u) |
| <b>When going from larger unit to smaller unit move decimal to the right</b>  |                  |                          |                    |  |                        |                |          |           |           |   |   |                |
| <b>When going from smaller unit to larger unit move decimal to the left</b>   |                  |                          |                    |  |                        |                |          |           |           |   |   |                |
| Time  |                  | Metric to American Units |                    | Temperature Formulas                   |                        |                |          |           |           |   |   |                |
| 1 day   | 24 hours         | 1 km                     | 0.621 miles        | $C = \frac{(F - 32)}{1.8}$             | $F = 1.8 \cdot C + 32$ |                |          |           |           |   |   |                |
| 1 hour (hr)   | 60 minutes (min) | 1 meter                  | 1.094 yards        |  |                        |                |          |           |           |   |   |                |
| 1 minute  | 60 seconds (sec) | 1 meter                  | 3.281 feet         |  |                        |                |          |           |           |   |   |                |
| 1 year (yr)   | 365.25 days      | 1 meter                  | 39.370 inches      |  |                        |                |          |           |           |   |   |                |
| 1 week  | 7 days           | 1 cm                     | 0.3937 inch        | Medical Application (Micrograms)       |                        |                |          |           |           |   |   |                |
| 1 year  | 12 months (mon)  | 1 Liter                  | 0.26 gallon        | 1,000,000 micrograms (mcg)             | 1 gram                 |                |          |           |           |   |   |                |
| 1440 minutes  | 1 day            | 1 Liter                  | 1.06 quarts        | 1,000,000 micrograms                   | 1,000 mg               |                |          |           |           |   |   |                |
| 3600 seconds  | 1 hour           | 1 kg                     | 2.20 lbs           | 1 mL = 1 cc = 1 cm <sup>3</sup>        |                        |                |          |           |           |   |   |                |
|   |                  | 1 gram                   | 0.035 oz           | 1 gram = 1 cm <sup>3</sup>             |                        |                |          |           |           |   |   |                |
| Stones  |                  | 1 gram                   | 15 grains          | <i>Nursing students 1fl oz = 30 mL</i> |                        |                |          |           |           |   |   |                |
| 1 carat (karat)   | 200 mg           | 1 milliliter (mL)        | 15 minims          | <i>Nursing students 1 in. = 2.5 cm</i> |                        |                |          |           |           |   |   |                |