

**Assembly • Material Handling • Service
Formulas**

oz-in oz-in x .007 = Nm oz-in x .0007 = kgm oz-in x .072 = kg-cm oz-in x .0625 = lb-in oz-in x .0052 = lb-ft				Nm Nm x .102 =kgm Nm x 10.2 =kg-cm Nm x 141.6 =oz-in Nm x 8.851 =lb-in Nm x .7376 =lb-ft			
lb-in lb-in x .113 = Nm lb-in x .0115 = kgm lb-in x .1015 = kg-cm lb-in x .16.0 = oz-in lb-in x .08333 = lb-ft				kgm kgm x 9.81 =kgm kgm x 100 =kg-cm kgm x 1388.7 =oz-in kgm x 86.8 =lb-in kgm x 7.233 =lb-ft			
lb-ft lb-ft x 1.356 = Nm lb-ft x .1383 = kgm lb-ft x 13.8 = kg-cm lb-ft x 192 = oz-in lb-ft x 12 = lb-in				kg-cm kg-cm x .098 = Nm kg-cm x .01 = kgm kg-cm x 13.89 = oz-in kg-cm x .868 = lb-in kg-cm x .0723 = lb-ft			
IN lbs	Nm	IN lbs	Nm	IN lbs	Nm	IN lbs	Nm
1	.113	13	1.47	25	2.82	37	4.18
2	.226	14	1.58	26	2.94	38	4.29
3	.339	15	1.69	27	3.05	39	4.41
4	.452	16	1.81	28	3.16	40	4.52
5	.565	17	1.92	29	3.28	41	4.63
6	.678	18	2.03	30	3.39	42	4.75
7	.791	19	2.15	31	3.50	43	4.86
8	.904	20	2.26	32	3.62	44	4.97
9	1.02	21	2.37	33	3.73	45	5.08
10	1.13	22	2.49	34	3.84	46	5.20
11	1.24	23	2.60	35	3.96	47	5.31
12	1.36	24	2.71	36	4.07	48	5.42

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	FT lbs	Nm	FT lbs	Nm	FT lbs	Nm
5	6.8	37	50.2	69	93.6	
6	8.1	38	51.5	70	94.9	
7	9.5	39	52.9	71	99.0	
8	10.9	40	54.2	72	97.6	
9	12.2	41	55.6	73	99.0	
10	13.6	42	56.9	74	100.3	
11	14.9	43	58.3	75	101.7	
12	16.3	44	59.7	76	103.0	
13	17.6	45	61.0	77	104.4	
14	19.0	46	62.4	78	105.8	
15	20.3	47	63.7	79	107.1	
16	21.7	48	65.1	80	108.5	
17	23.1	49	66.4	81	109.8	
18	24.4	50	67.8	82	111.2	
19	25.8	51	69.2	83	112.5	
20	27.1	52	70.5	84	113.9	
21	28.5	53	71.9	85	115.3	
22	29.8	54	73.2	86	116.6	
23	31.2	55	74.6	87	118.0	
24	32.5	56	75.9	88	119.3	
25	33.9	57	77.3	89	120.7	
26	35.3	58	78.6	90	122.0	
27	36.6	59	80.0	91	123.4	
28	38.0	60	81.4	92	124.7	
29	39.3	61	82.7	93	126.1	
30	40.7	62	84.1	94	127.5	
31	42.0	63	85.4	95	128.8	
32	43.4	64	86.8	96	130.2	
33	44.7	65	88.1	97	131.5	
34	46.1	66	89.5	98	132.9	
35	47.5	67	90.8	99	134.2	
36	48.8	68	92.2	100	135.6	

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