

Distance

METRIC

1 centimetre (cm) = 10 millimetres (mm)

1 metre (m) = 100 cm = 1000 mm

1 kilometre = 1000 m

IMPERIAL

1 foot = 12 inches

1 yard = 3 feet

1 mile = 1760 yards

IMPERIAL ↔ METRIC

1 inch = 2.54 centimetres

5 miles = 8 kilometres



S.I. Units

MEASUREMENT	SI UNIT
Length	Metre (m)
Time	Second (s)
Mass	Kilogram (kg)
Force	Newton (N)
Pressure	Pascal (Pa)
Energy	Joule (J)
Temperature	Kelvin (K)

CONVERSIONS & UNITS



Mass

METRIC

1 gram (g) = 1000 milligrammes (mg)

1 kilogram (kg) = 1000 grammes

1 tonne = 1000 kilograms

IMPERIAL

1 pound (lb) = 16 ounces (oz)

1 stone = 14 pounds

1 ton = 2240 pounds

IMPERIAL ↔ METRIC

1 kilogram = 2.2 pounds



Time

1 minute = 60 seconds

1 hour = 60 minutes

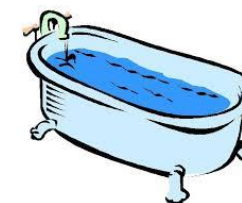
1 day = 24 hours

1 year = 365.25 days

1 decade = 10 years

1 century = 100 years

1 millenium = 1000 years



Capacity

METRIC

1 litre (l) = 1000 millilitres (ml)

1 centilitre (cl) = 10 millilitres

1 litre = 100 centilitres

IMPERIAL

1 gallon = 8 pints

IMPERIAL ↔ METRIC

1 litre = 1.75 pints

1 gallon = 4.5 litres



Prefixes

PREFIX	MULTIPLIER
Deci	÷ 10 (10 ⁻¹)
Centi	÷ 100 (10 ⁻²)
Milli	÷ 1000 (10 ⁻³)
Micro	÷ 1,000,000 (10 ⁻⁶)
Nano	÷ 1,000,000,000 (10 ⁻⁹)
Kilo	x 1,000 (10 ³)
Mega	x 1,000,000 (10 ⁶)
Giga	x 1,000,000,000 (10 ⁹)
Tera	x 1,000,000,000,000 (10 ¹²)