Conversions

Study Development Quick Guide

## Mass conversions

|  |  |
| --- | --- |
| kg to g | Mass in g = mass in kg x 1000 |
| g to kg | Mass in kg = $\frac{mass in g}{1000}$ |
| g to mg | Mass in mg = mass in g x 1000 |
| mg to g | Mass in g = $\frac{mass in mg}{1000}$ |
| mg to micrograms | Mass in micrograms = mass in mg x 1000 |
| micrograms to mg | Mass in mg = $\frac{mass in micrograms}{1000}$ |

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## Length conversions

|  |  |
| --- | --- |
| km to m | Length in m = length in km x 1000 |
| m to km | Length in km = $\frac{length in m}{1000}$ |
| m to cm | Length in cm = length in m x 100 |
| cm to m | Length in m = $\frac{length in cm}{1000}$ |
| m to mm | Length in mm = length in m x 1000 |
| mm to m | Length in m = $\frac{length in mm}{1000}$ |
| mm to micrometres | Length in micrometres = length in mm x 1000 |
| micrometres to mm | Length in mm = $\frac{length in micrometres}{1000}$ |

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## Volume conversions

|  |  |
| --- | --- |
| cL to mL | Volume in mL = volume in cL x 10 |
| mL to cL | Volume in cL = $\frac{volume in mL}{10}$ |
| L to mL | Volume in mL = volume in L x 1000 |
| mL to L | Volume in L = $\frac{volume in mL}{1000}$ |
| mL to microlitres | Volume in microlitres = volume in mL x 1000 |
| microlitres to mL | Volume in mL = $\frac{volume in microlitres}{1000}$ |

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## Weight conversions

Here we say ‘weight’ to mean ‘bodyweight’, though these are all actually measures of mass.

|  |  |
| --- | --- |
| kg to lbs | Weight in lbs = weight in kg x 0.454 |
| lbs to kg | Weight in kg = $\frac{weight in lbs}{0.454}$ |
| lbs to st | Weight in st = weight in lbs x 14 |
| st to lbs | Weight in lbs = $\frac{weight in st}{14}$ |
| st and lbs to lbs | Weight in lbs = (weight written before st x 14) + (weight written in lbs) |
| lbs to st and lbs | To find the weight in st and lbs from a weight that is in lbs we need to:* Calculate: $\frac{weight in lbs}{14}$
* If this value is not a whole number (ie if there is anything after the decimal point other than zeros) then we ignore the numbers after the decimal point. For example, if we had 10.45, we would just write 10. This is the number of stones.
* Calculate: weight in lbs – (number of stones x 14)
* This is the number of pounds.

Write the weight as ‘*number of stones* st *number of pounds*’. |

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