

## BASIC TABLES & CONVERSIONS WEIGHT

### Metric

Metric tonne (tonne)	= 1,000 kilograms
Gram (g)	= 0.001 kilogram
Milligram (mg)	= 0.001 gram
1 gram	= 0.035 oz
100 grams	= 3.53 oz
1 kilogram	= 2.20 lb
1 tonne	2,204 lb or 0.984 ton

### British

1 ounce (oz)	= 28.3 g
1 pound (lb)	= 16 ounces
1 hundredweight (cwt)	= 112 pounds
1 ton	= 20 hundredweights
1 pound	= 454 g or 0.454 kg
1 hundredweight	= 50.8 kg
1 ton	= 1,016 kg or 1.016 tonne

### Conversion Factors

Grams to ounces	x 0.0353
Grams to pounds	x 0.00220
Kilograms to pounds	x 2.20
Kilograms to hundredweights	x 0.0197
Tonnes to tons	x 0.984
Ounces to grams	x 28.3
Pounds to grams	x 454
Pounds to kilograms	x 0.454
Hundredweights to kilograms	x 50.8
Hundredweights to tonnes	x 0.0508
Tons to kilograms	x 1,016
Tons to tonnes	x 1.016