



# Mechanics' Torque Spec Quick Conversion Chart

**lb ft** ↔ **Nm**

**1 lb ft = 1.356 Nm**

\* lb ft : pounds force feet

\* Nm : Newton metres

### Other Conversion Factors

lb in	X	0.01152	=kg m
lb in	X	0.113	=Nm(Newton metres)
lb in	X	0.083	=lb ft
lb ft	X	12	=lb in
lb ft	X	0.138	=kg m
lb ft	X	1.356	=Nm
kg m	X	7.233	=lb ft
kg m	X	86.8	=lb in
Kg m	X	9.804	=Nm
Nm	X	0.738	=lb f
Nm	X	8.85	=lb in
Nm	X	0.102	=Kg m

Chart by Yoshifumi Honda on a '81 Corvette