Knapp Fasteners
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TORQUE CONVERSION CHART

When working with industrial fasteners, applying the correct amount of torque is critical to ensuring joint integrity and preventing equipment failure. Torque requirements vary based on the application and can be provided in different units. The below charts allow for easy conversion between imperial and metric units.

From \ To	Inch-Ounces (in-oz)	Inch-Pounds (in-lb)	Foot-Pounds (ft-lb)	Newton-Meters (N·m)
1 Inch-Ounce	1	0.0625	0.0052	0.0071
1 Inch-Pound	16	1	0.0833	0.113
1 Foot-Pound	192	12	1	1.3558
1 Newton-Meter	141.61	8.8507	0.7376	1

Quick Formulas

If you prefer to run a manual calculation, you can use these standard multipliers:

- Foot-Pounds to Newton-Meters: Multiply by 1.356
- Newton-Meters to Foot-Pounds: Multiply by 0.738
- Inch-Pounds to Foot-Pounds: Divide by 12
- Foot-Pounds to Inch-Pounds: Multiply by 12

Quick reference chart is below for standard newton-meters to foot-pounds.

Newton-Meters (N·m)	Foot-Pounds (ft-lb)	Newton-Meters (N·m)	Foot-Pounds (ft-lb)	Newton-Meters (N·m)	Foot-Pounds (ft-lb)
1	0.7	**10**	7.4	**80**	59
2	1.5	**15**	11.1	**90**	66.4
3	2.2	**20**	14.8	**100**	73.8
4	3	**25**	18.4	**150**	110.6
5	3.7	**30**	22.1	**200**	147.5
6	4.4	**40**	29.5	**250**	184.4
7	5.2	**50**	36.9	**300**	221.3
8	5.9	**60**	44.3	**400**	295
9	6.6	**70**	51.6		