

HESI Conversion/Formula Sheet

Length

1 inch (in) = 2.5 centimeters (cm)
 12 in = 1 foot (ft)
 3ft = 1 yard (yd)
 5280 ft = 1 mile (mi)

Volume

1 teaspoon (tsp or t) = 5 milliliters (ml)
 3 tsp = 1 tablespoon (tbsp. or T)
 1 fluid ounce (fl. oz.) = 30 ml
 8 fl. oz = 1 cup (C)
 2 cups = 1 pint (pt)
 2 pts = 1 quart (qt)
 4 qts = 1 gallon (gal)

Weight

16 ounces = 1 pound (lb)
 2000 lbs = 1 ton
 1 kilogram = 2.2 lbs

Temperature

$$F = 1.8C + 32$$

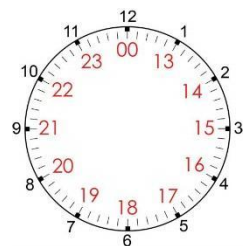
$$C = \frac{F-32}{1.8}$$

Metric System

Kilo	Hecto	Deca	Base	Deci	Centi	Milli
K	H	Da	Grams, Liters, Meters	d	c	m
0.001	0.01	0.1	1	10	100	1000

Remember : 1 ml = 1 cubic centimeter (cc)

Time



Order of Operations

Parentheses
Exponents
 Left to Right { **M**ultiplication
 Division
 Left to Right { **A**ddition
 Subtraction

Example : Convert 5ft, 6in to cm

$$5ft * \frac{12in}{1ft} = 60in + 6in = 66in$$

$$66in * \frac{2.5cm}{1in} = 165cm$$