

Standard Wire Gauge (SWG)	Metric thickness	Imperial thickness
10	3.30 mm	0.128 in
14	2.05 mm	0.080 in
16	1.60 mm	0.064 in
18	1.23 mm	0.048 in
20	0.92 mm	0.036 in
22	0.72 mm	0.028 in

2.20 Sheet steel sizes with metric and imperial conversions

Units of torque

4 Torque wrenches are available in Nm (Newton-metres), kgf m (kilograms-force metre), lbf ft (pounds-feet), lbf in (inch-pounds). Do not confuse lbf ft with lbf in. The preferred unit is the Newton-metre.

5 To convert kgf-m to N-m multiply by 9.804

To convert lbf-ft to N-m multiply by 1.356

To convert lbf-in to N-m multiply by 0.113

To convert lbf-in to lbf-ft multiply by 0.083

6 Where no torque setting is given fasteners can be secured according to the table below.

Fastener type

(thread diameter)	N-m	lbfft
5 mm bolt or nut	4.41 - 5.89	3.5 - 4.5
6 mm bolt or nut	7.84 - 11.79	6 - 9
8 mm bolt or nut	17.66-24.52	13-18
10 mm bolt or nut	29.43 39.24	22 - 29
12 mm bolt or nut	49.05 - 58.86	36 - 43
5 mm screw	3.43 - 4.91	2.5 - 3.6
6 mm screw	6.87 - 10.79	5 - 8
6 mm flange bolt	9.81 - 13.73	7 - 10
8 mm flange bolt	23.54 - 29.43	17 - 22
10 mm flange bolt	29.43 - 39.24	22 - 29

7 For practical purposes, and bearing in mind the scale of the torque wrench, use the nearest whole number.

8 A manufacturer sometimes gives a torque setting as a range (8 to 10 Nm) rather than a single figure - in this case set the tool midway between the two settings. Equally, the same torque may be expressed as 9 Nm \pm 1 Nm.