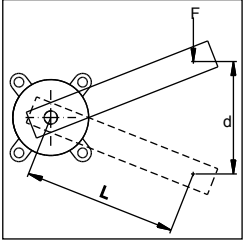


## Metric Units

### Given quantity and unit

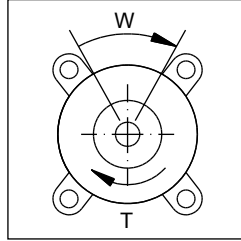
**F** N = force of weight on end of lever    **t** s = time taken to move this distance    **M** kg = mass  
**L** m = effective length of lever    **w** rad/s = speed of rotation    **V** m/s = velocity of mass  
**d** m = distance moved by end of lever    **T** Nm = torque applied to shaft    **f** Hz = frequency of vibration



#### 1 Steady movement in a straight line.

Required rate:

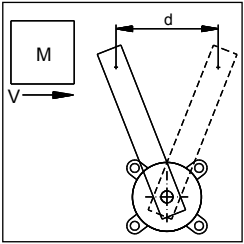
$$= \frac{FL^2t}{d} \text{ Nm/rad/s}$$



#### 2 Steady rotation.

Required rate:

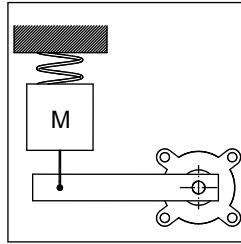
$$= \frac{T}{w} \text{ Nm/rad/s}$$



#### 3 Deceleration of mass moving in a straight line.

Required rate:

$$= \frac{MVL^2}{d} \text{ Nm/rad/s}$$



#### 4 Critical damping of vibrating mass.

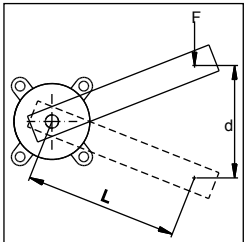
Required rate:

$$= \frac{MfL^2}{0.08} \text{ Nm/rad/s}$$

## English Units

### Given quantity and unit

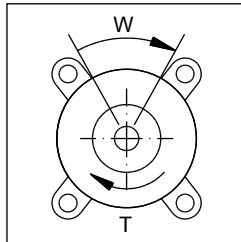
**F** lbf = force of weight on end of lever    **t** s = time taken to move this distance    **M** lbf = mass  
**L** in = effective length of lever    **w** rad/s = speed of rotation    **V** in/s = velocity of mass  
**d** in = distance moved by end of lever    **T** lbf.ins = torque applied to shaft    **f** Hz = frequency of vibration



#### 1 Steady movement in a straight line.

Required rate:

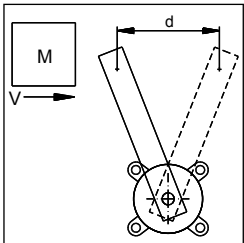
$$= \frac{FL^2t}{d} \text{ lbf.ins/rad/s}$$



#### 2 Steady rotation.

Required rate:

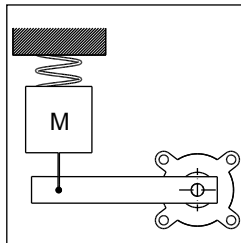
$$= \frac{T}{w} \text{ lbf.ins/rad/s}$$



#### 3 Deceleration of mass moving in a straight line.

Required rate:

$$= \frac{MVL^2}{386d} \text{ lbf.ins/rad/s}$$



#### 4 Critical damping of vibrating mass.

Required rate:

$$= \frac{MfL^2}{30.7} \text{ lbf.ins/rad/s}$$

## Conversion factors

$$1 \text{ rad} = 57.3^\circ$$

$$1 \text{ Nm} = 8.85 \text{ lbf.ins}$$

$$1 \text{ RPM} = 0.1047 \text{ rad/s}$$

$$1 \text{ lbf} = 4.45 \text{ N}$$

$$1 \text{ lbf.ins} = 0.113 \text{ Nm}$$

$$9.81 \text{ N} = 1 \text{ kgf} = 1 \text{ kp}$$