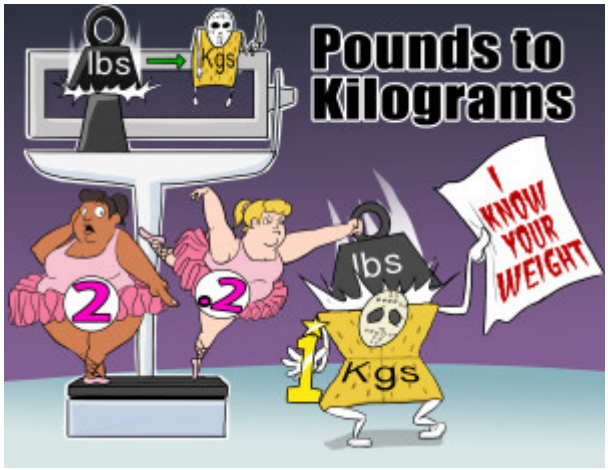
Conversions: Pounds and Kilograms

Knowing how to convert pounds to kilograms and vice versa is an important skill to know for providing care, especially when calculating drug dosages. 1 kg (kilogram) is equivalent to 2.2 lb (pounds). One helpful tip to remember this conversion is to know your own weight in both pounds and kilograms; the kilogram will always be a smaller number.



PLAY PICMONIC

2.2 lb (pounds)
(2.2) Tutus with Pound-weight
2.2 pounds is equal to 1 kilogram (kg). To convert from pounds to kilograms, 1 pound/2.2 = kg.

1 kg (kilogram)
(1) Wand Killa-graham-cracker
One metric kilogram (kg) is equal to 2.2 pounds. To convert from kg to pounds, 1 kg x 2.2 = 2.2 pounds.

Know Your Own Weight
I know your weight
One of the keys to remembering this conversion is to know your own weight in both pounds and kilograms. You will probably be using the kilogram from now on because you can remember it is a smaller number.

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