

Proof Torque min. (NM)	Recommended Seating Torque (NM)												diameter
	ISO 4162		ISO 4014/ 4017 DIN 931 / DIN 933		ISO 7379	ISO 7380		ISO 10642 DIN 7991		DIN 7984	ISO 4762 DIN 912		
ISO 4026 / 4027 4028 / 4029	Hexagon Flange Screws		Hexagon Head Cap Screws		Socket Shoulder Screws	Button Head Socket Cap Screws		Flat Head Countersunk Socket Cap Screws		Low Head Socket Cap Screws	Socket Cap Screws		
45H	12.9	10.9	12.9	10.9	12.9	12.9	10.9	12.9	10.9	10.9	12.9	10.9	
											0.3	0.25	M1.6
											0.63	0.5	M2
											1.27	1.03	M2.5
0.9						1.35	1.15	1.35	1.15	1.15	2.2	1.83	M3
2.5						3.1	2.7	3.1	2.7	2.7	4.83	4.27	M4
5	10	8.64	10	8.64		6.1	5.4	6.1	5.4	5.4	10	8.64	M5
8.5	16.8	14.7	16.8	14.7	5.6	10.5	9.15	10.5	9.15	9.15	16.8	14.7	M6
					5.6								M6.5
20	41	35.6	41	35.6	9.6	26	22	26	22	22	41	35.6	M8
40	81	70.6	81	70.6	25	52	44	52	44	44	81	70.6	M10
65	142	123	142	123	51	90	77	90	77	77	142	123	M12
					51								M13
65	226	195	226	195				143	122	122	226	195	M14
160	350	305	350	305	92	225	190	225	190	190	350	305	M16
310			485	420						262	485	420	M18
310			685	596	245			440	370	371	685	596	M20
			930	811							930	811	M22
			1180	1031							1180	1031	M24
					485								M25
			1730	1508							1730	1508	M27
			2380	2048							2380	2048	M30

											3262	2787	M33
											4190	3580	M36