

Durometer* Conversion Chart

Approximate Hardness Value
(to be used as a guide)

Type	Extra Soft / Soft (Chewing Gum)				Medium Soft (Pencil Eraser)			Medium Hard (Windshield Wiper Blade)							Hard (Skate Wheel)			Extra Hard (Bowling Ball)		
Shore A Rubber, Soft Plastic & Polyurethane		10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100
Shore B** Rigid Rubber				6	12	17	22	27	32	37	42	47	51	56	62	66	71	76	81	85
Shore C** Rubber & Plastic						9	12	14	17	20	24	28	32	37	42	47	52	59	70	77
Shore D Hard Rubber & Plastic						6	7	8	10	12	14	16	19	22	25	29	33	39	46	58
Shore O** Soft Rubber	8	14	21	28	35	42	48	53	57	61	65	69	72	75	79	84				

Type	Soft (Slice of Bread)				Med. Soft (Seat Cushion)			Med. Firm (Mouse Pad)							Firm (Tennis Ball)	
Shore OO Sponge	45	55	62	70	76	80	83	86	88	90	91	93	94	95	97	98

Type	Very Soft (Slice of Bread)		Extra Soft (Pillow)		Soft (Mattress)		Firm (Tennis Ball)		Extra Firm (Styrofoam Cup)		Very Firm (Life Preserver)	
Density Foam	0 - 2 PSI 0 - 14 kPa		2 - 5 PSI 14 - 34 kPa		5 - 9 PSI 34 - 62 kPa		9 - 13 PSI 62 - 89 kPa		13 - 16.5 PSI 89 - 114 kPa		16.5+ PSI 114+ kPa	

*Durometer is the standard for hardness measurement of rubber, plastic, sponge & non-metallic material.

** Not commonly used