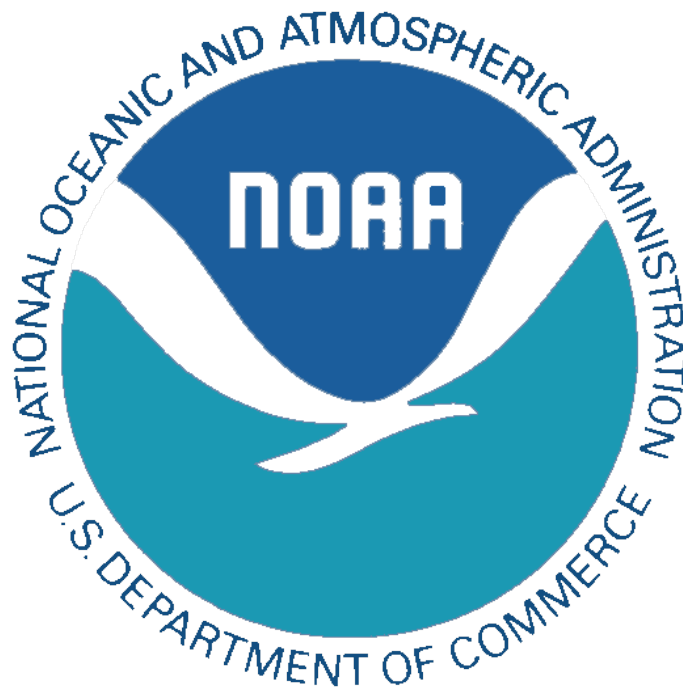
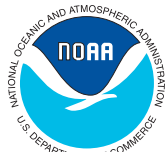


REFERENCE AND FORMULAS

Diver Medical Technician



NOAA Diving Program



NOAA NO-DECOMPRESSION TABLE MULTIPLE AIR DIVES

WARNING: EVEN STRICT COMPLIANCE WITH THESE CHARTS WILL NOT GUARANTEE AVOIDANCE OF DECOMPRESSION SICKNESS. CONSERVATIVE USAGE IS STRONGLY RECOMMENDED.

CHART 1 – DIVE TIMES WITH END-OF-DIVE GROUP LETTER

DEPTH	msw		fsw		DIVE TIME REQUIRING DECOMPRESSION STOP																00
	msw	fsw	MINUTES REQUIRED AT 20 fsw (6.1 msw)																	00	
12.2	40	12	20	27	36	44	53	63	73	84	95	108	121	135	151	163	180	14			
13.7	45	11	17	24	31	39	46	55	63	72	82	92	102	114	125	130	150	25			
15.2	50	9	15	21	28	34	41	48	56	63	71	80	89	92	100	110	130	34			
16.8	55	8	14	19	25	31	37	43	50	56	63	71	74	80	90	100					
18.3	60	7	12	17	22	28	33	39	45	51	57	60	65	70	80	90	17				
21.3	70	6	10	14	19	23	28	32	37	42	47	48	55	60	70		23				
24.4	80	5	9	12	16	20	24	28	32	36	39	45	50	60			30				
27.4	90	4	7	11	14	17	21	24	28	30	35	40	45	50	60		30				
30.5	100	4	6	9	12	15	18	21	25	30	35	40	45	50	60		30				
33.5	110	3	6	8	11	14	16	19	20	25	30	35	40	45	50		30				
36.6	120	3	5	7	10	12	15	19	20	25	30	35	40	45	50		30				
39.6	130	2	4	6	9	10	15	20	25	30	35	40	45	50	60		30				

RNT RESIDUAL NITROGEN TIME
 + ABT ACTUAL BOTTOM TIME
 ESDT EQUIVALENT SINGLE DIVE TIME
 (USE ESDT TO DETERMINE END-OF-DIVE LETTER GROUP)

THESE CHARTS ARE BASED ON THE U.S. NAVY AIR DECOMPRESSION TABLES 7, 8, & 9 REV. 6

GROUP LETTER	fsw															
	40	45	50	55	60	70	80	90	100	110	120	130				
A	13	12	11	10	9	8	7	6	5	5	5	4	←			
B	21	18	17	15	14	12	10	9	8	8	7	6	←			
C	29	25	23	20	19	16	14	12	11	10	9	9	←			
D	37	32	29	26	24	20	18	16	14	13	12		←			
E	45	40	35	32	29	25	22	19	17	16	14		←			
F	55	48	42	38	35	29	25	22	20	18			←			
G	64	56	49	44	40	34	29	26	23				←			
H	74	64	57	51	46	39	33	29					←			
I	85	73	65	58	52	44	38						←			
J	97	83	73	65	58								←			
K	109	93	81	72									←			
L	122	104	90										←			
M	136	115	27										←			
N	152	11											←			
O													←			
Z													←			

GROUP LETTER	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	Z
A	2:20	3:36	4:31	5:23	6:15	7:08	8:00	8:52	9:44	10:36	11:29	12:21	13:13	14:05	14:58	15:50
B	1:16	2:11	3:03	3:55	4:48	5:40	6:32	7:24	8:16	9:09	10:01	10:53	11:45	12:37	13:30	14:22
C	:55	1:47	2:39	3:31	4:23	5:16	6:08	7:00	7:52	8:44	9:37	10:29	11:21	12:13	13:05	13:57
D	:52	1:44	2:37	3:29	4:21	5:13	6:06	6:58	7:50	8:42	9:34	10:27	11:19	12:11	13:03	13:55
E	:52	1:44	2:37	3:29	4:21	5:13	6:06	6:58	7:50	8:42	9:34	10:27	11:19	12:11	13:03	13:55
F	:52	1:44	2:37	3:29	4:21	5:13	6:06	6:58	7:50	8:42	9:34	10:27	11:19	12:11	13:03	13:55
G	:52	1:44	2:37	3:29	4:21	5:13	6:06	6:58	7:50	8:42	9:34	10:27	11:19	12:11	13:03	13:55
H	:52	1:44	2:37	3:29	4:21	5:13	6:06	6:58	7:50	8:42	9:34	10:27	11:19	12:11	13:03	13:55
I	:52	1:44	2:37	3:29	4:21	5:13	6:06	6:58	7:50	8:42	9:34	10:27	11:19	12:11	13:03	13:55
J	:52	1:44	2:37	3:29	4:21	5:13	6:06	6:58	7:50	8:42	9:34	10:27	11:19	12:11	13:03	13:55
K	:52	1:44	2:37	3:29	4:21	5:13	6:06	6:58	7:50	8:42	9:34	10:27	11:19	12:11	13:03	13:55
L	:52	1:44	2:37	3:29	4:21	5:13	6:06	6:58	7:50	8:42	9:34	10:27	11:19	12:11	13:03	13:55
M	:52	1:44	2:37	3:29	4:21	5:13	6:06	6:58	7:50	8:42	9:34	10:27	11:19	12:11	13:03	13:55
N	:52	1:44	2:37	3:29	4:21	5:13	6:06	6:58	7:50	8:42	9:34	10:27	11:19	12:11	13:03	13:55
O	:52	1:44	2:37	3:29	4:21	5:13	6:06	6:58	7:50	8:42	9:34	10:27	11:19	12:11	13:03	13:55
Z	:52	1:44	2:37	3:29	4:21	5:13	6:06	6:58	7:50	8:42	9:34	10:27	11:19	12:11	13:03	13:55

CHART 3 – REPETITIVE DIVE TIME

00 RED NUMBERS (TOP) ARE RESIDUAL NITROGEN TIMES (RNT)
 00 BLACK NUMBERS (BOTTOM) ARE ADJUSTED NO-STOP REPETITIVE DIVE TIMES
 ACTUAL DIVE TIME SHOULD NOT EXCEED THIS NUMBER

CHART 2 – SURFACE INTERVAL TIME

Time Ranges in hours: minutes
 Enter Chart 2 from the top,
 move down to find surface interval time,
 move left to find the next repetitive group letter.

DIVING FORMULAS

BAROMETRIC PRESSURE CONVERSIONS

Units	PSIG	PSIA	ATM	ATA	FSW	FSWA	FFW	FFWA
PSIG		Add 14.7	Divide by 14.7	Add 14.7, divide 14.7	Divide by .445	Divide by .445 + 33	Divide by .432	Divide by .432 + 34
PSIA	Minus 14.7		Minus 14.7, divide 14.7	Divide by 14.7	Minus 14.7, divide .445	Divide by .445	Minus 14.7, Divide .432	Divide by .432
ATM	Times 14.7	Times 14.7, add 14.7		Add 1	Times 33	Times 33 + 33	Times 34	Times 34 + 34
ATA	Minus 1, times 14.7	Times 14.7	Minus 1		Times 33, minus 33	Times 33	Times 34, minus 34	Times 34,
FSW	Times .445	Times .445, add 14.7	Divide by 33	Add 33, divide 33		Add 33	Times 1.03	Times 1.03 + 34
FSWA	Minus 33, times .445	Times .445	Minus 33, Divide 33	Divide by 33	Minus 33		Minus 33, times 1.03	Times 1.03
FFW	Times .432	Times .432, add 14.7	Divide by 34	Add 34, divide 34	Times .97	+ 34 Times .97		Add 34
FFWA	Minus 34, times .432	Times .432	Minus 34, Divide 34	Divide by 34	Minus 34, times .97	Times .97	Minus 34	

"T" formula:

$$\frac{\text{Partial Pressure}}{\text{Total Pressure (Absolute)}} = \frac{\% \text{ Gas (Decimal)}}{100}$$

Temperature Conversions:

$C = .556 \times (°F - 32)$
 $°F = (1.8 \times C) + 32$
 Rankine = °F + 460
 Kelvin = C + 273

EAD:

$$\left[\frac{1 - FO_2}{.79} \right] \times (D + 33) = \text{EAD} - 33$$

Volume Standards

1 Ft³ of Seawater weighs 64 Lbs.
 1 Ft³ of Freshwater weighs 62.4 Lbs.

<p>BOYLE'S LAW: $P_1V_1 = P_2V_2$</p> <p style="text-align: center;"> $P_1 = \frac{P_2 \times V_2}{V_1}$ $V_1 = \frac{P_2 \times V_2}{P_1}$ $P_2 = \frac{P_1 \times V_1}{V_2}$ $V_2 = \frac{P_1 \times V_1}{P_2}$ </p>
<p>CHARLES' LAW: $\frac{V_1}{V_2} = \frac{T_1}{T_2}$</p> <p style="text-align: center;"> $V_1 = \frac{T_1 \times V_2}{T_2}$ $V_2 = \frac{V_1 \times T_2}{T_1}$ $T_1 = \frac{V_1 \times T_2}{V_2}$ $T_2 = \frac{T_1 \times V_2}{V_1}$ </p>
<p>GAY-LUSSAC'S LAW: $\frac{P_1}{P_2} = \frac{T_1}{T_2}$</p> <p style="text-align: center;"> $P_1 = \frac{T_1 \times P_2}{T_2}$ $P_2 = \frac{P_1 \times T_2}{T_1}$ $T_1 = \frac{P_1 \times T_2}{P_2}$ $T_2 = \frac{T_1 \times P_2}{P_1}$ </p>

AIR REQUIREMENT FORMULAS

1. **SURFACE AIR CONSUMPTION RATE (SAC)** - (Answer in psi per min)
$$\text{SAC} = \frac{\Delta \text{PSI} \div \text{Time (mins)}}{\text{Depth (ATA)}}$$
2. **CYLINDER CONSTANT (k)** - (Answer is in Ft³ per psi)
$$k = \frac{V_r \text{ (Rated volume of cylinder in Ft}^3\text{)}}{P_r \text{ (Rated pressure of cylinder in psi)}}$$
3. **RESPIRATORY MINUTE VOLUME (RMV)** – (Answer in Ft³ per minute measured at the surface)
$$\text{RMV} = \text{SAC} \times k$$
4. **CONSUMPTION RATE AT DEPTH (Cd)** – (Answer in Ft³ per minute measured at depth)
$$C_d = \text{RMV} \times \text{depth (ata)}$$
5. **DELIVERABLE VOLUME (Vd)** - (Answer in Ft³)
$$V_d = P_g \times k$$

$$P_g = \text{Cylinder pressure}$$

$$k = \text{Cylinder constant}$$
6. **AVAILABLE VOLUME (Va)** - (Answer in Ft³)
$$V_a = N(P_g - P_m)k$$

$$N = \text{Number of cylinders}$$

$$P_g = \text{Cylinder pressure}$$

$$P_m = \text{Cylinder reserve}$$
7. **TOTAL AIR REQUIREMENT (TAR)** - (Answer in Ft³)
$$\text{TAR} = \text{Total Dive Time (TDT)} \times \text{Consumption rate at depth (Cd)}$$
8. **CYLINDER DURATION (Da)** – (Answer in minutes)
$$D_a = \frac{V_a}{C_d}$$

$$V_a = \text{Available volume}$$

$$C_d = \text{Consumption rate at depth}$$

Table 9-4. Sea Level Equivalent Depth (fsw).

Actual Depth (fsw)	Altitude (feet)									
	1000	2000	3000	4000	5000	6000	7000	8000	9000	10000
10	10	15	15	15	15	15	15	15	15	15
15	15	20	20	20	20	20	20	25	25	25
20	20	25	25	25	25	25	30	30	30	30
25	25	30	30	30	35	35	35	35	35	40
30	30	35	35	35	40	40	40	45	45	45
35	35	40	40	45	45	45	50	50	50	60
40	40	45	45	50	50	50	55	55	60	60
45	45	50	55	55	55	60	60	70	70	70
50	50	55	60	60	70	70	70	70	70	80
55	55	60	70	70	70	70	80	80	80	80
60	60	70	70	70	80	80	80	90	90	90
65	65	70	80	80	80	90	90	90	100	100
70	70	80	80	90	90	90	100	100	100	110
75	75	90	90	90	100	100	100	110	110	110
80	80	90	90	100	100	100	110	110	120	120
85	85	100	100	100	110	110	120	120	120	130
90	90	100	110	110	110	120	120	130	130	140
95	95	110	110	110	120	120	130	130	140	140
100	100	110	120	120	130	130	130	140	140	150
105	105	120	120	130	130	140	140	150	150	160
110	110	120	130	130	140	140	150	150	160	160
115	115	130	130	140	140	150	150	160	170	170
120	120	130	140	140	150	150	160	170	170	180
125	125	140	140	150	160	160	170	170	180	190
130	130	140	150	160	160	170	170	180	190	190
135	135	150	160	160	170	170	180	190	190	200
140	140	160	160	170	170	180	190	190	200	210
145	145	160	170	170	180	190	190	200	210	
150	160	170	170	180	190	190	200	210		
155	170	170	180	180	190	200	210			
160	170	180	180	190	200	200				
165	180	180	190	200	200					
170	180	190	190	200						
175	190	190	200							
180	190	200	210							
185	200	200								
190	200									
Table Water Stops	Equivalent Stop Depths (fsw)									
10	10	9	9	9	8	8	8	7	7	7
20	19	19	18	17	17	16	15	15	14	14
30	29	28	27	26	25	24	23	22	21	21
40	39	37	36	35	33	32	31	30	29	28
50	48	47	45	43	42	40	39	37	36	34
60	58	56	54	52	50	48	46	45	43	41

Note: **█** = Exceptional Exposure Limit

Table 9-6. Required Surface Interval Before Ascent to Altitude After Diving.

Repetitive Group Designator	Increase in Altitude (feet)										
	1000	2000	3000	4000	5000	6000	7000	8000	9000	10000	
A	0:00	0:00	0:00	0:00	0:00	0:00	0:00	0:00	0:00	0:00	0:00
B	0:00	0:00	0:00	0:00	0:00	0:00	0:00	0:00	0:00	0:00	1:42
C	0:00	0:00	0:00	0:00	0:00	0:00	0:00	0:00	0:00	1:48	6:23
D	0:00	0:00	0:00	0:00	0:00	0:00	0:00	0:00	1:45	5:24	9:59
E	0:00	0:00	0:00	0:00	0:00	0:00	0:00	1:37	4:39	8:18	12:54
F	0:00	0:00	0:00	0:00	0:00	0:00	1:32	4:04	7:06	10:45	15:20
G	0:00	0:00	0:00	0:00	1:19	3:38	6:10	9:13	12:52	17:27	
H	0:00	0:00	0:00	1:06	3:10	5:29	8:02	11:04	14:43	19:18	
I	0:00	0:00	0:56	2:45	4:50	7:09	9:41	12:44	16:22	20:58	
J	0:00	0:41	2:25	4:15	6:19	8:39	11:11	14:13	17:52	22:27	
K	0:30	2:03	3:47	5:37	7:41	10:00	12:33	15:35	19:14	23:49	
L	1:45	3:18	5:02	6:52	8:56	11:15	13:48	16:50	20:29	25:04	
M	2:54	4:28	6:12	8:01	10:06	12:25	14:57	18:00	21:38	26:14	
N	3:59	5:32	7:16	9:06	11:10	13:29	16:02	19:04	22:43	27:18	
O	4:59	6:33	8:17	10:06	12:11	14:30	17:02	20:05	23:43	28:19	
Z	5:56	7:29	9:13	11:03	13:07	15:26	17:59	21:01	24:40	29:15	

Exceptional Exposure

Wait 48 hours before ascent

NOTE 1 When using [Table 9-6](#), use the highest repetitive group designator obtained in the previous 24-hour period.

NOTE 2 [Table 9-6](#) may only be used when the maximum altitude achieved is 10,000 feet or less. For ascents above 10,000 feet, consult NAVSEA 00C for guidance.

NOTE 3 The cabin pressure in commercial aircraft is maintained at a constant value regardless of the actual altitude of the flight. Though cabin pressure varies somewhat with aircraft type, the nominal value is 8,000 feet. For commercial flights, use a final altitude of 8,000 feet to compute the required surface interval before flying.

NOTE 4 No surface interval is required before taking a commercial flight if the dive site is at 8,000 feet or higher. In this case, flying results in an increase in atmospheric pressure rather than a decrease.

NOTE 5 For ascent to altitude following a non-saturation helium-oxygen dive, wait 12 hours if the dive was a no-decompression dive. Wait 24 hours if the dive was a decompression dive.

Table 9-7. No-Decompression Limits and Repetitive Group Designators for No-Decompression Air Dives.

Depth (fsw)	No-Stop Limit	Repetitive Group Designation															
		A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	Z
10	Unlimited	57	101	158	245	426	*										
15	Unlimited	36	60	88	121	163	217	297	449	*							
20	Unlimited	26	43	61	82	106	133	165	205	256	330	461	*				
25	595	20	33	47	62	78	97	117	140	166	198	236	285	354	469	595	
30	371	17	27	38	50	62	76	91	107	125	145	167	193	223	260	307	371
35	232	14	23	32	42	52	63	74	87	100	115	131	148	168	190	215	232
40	163	12	20	27	36	44	53	63	73	84	95	108	121	135	151	163	
45	125	11	17	24	31	39	46	55	63	72	82	92	102	114	125		
50	92	9	15	21	28	34	41	48	56	63	71	80	89	92			
55	74	8	14	19	25	31	37	43	50	56	63	71	74				
60	60	7	12	17	22	28	33	39	45	51	57	60					
70	48	6	10	14	19	23	28	32	37	42	47	48					
80	39	5	9	12	16	20	24	28	32	36	39						
90	30	4	7	11	14	17	21	24	28	30							
100	25	4	6	9	12	15	18	21	25								
110	20	3	6	8	11	14	16	19	20								
120	15	3	5	7	10	12	15										
130	10	2	4	6	9	10											
140	10	2	4	6	8	10											
150	5	2	3	5													
160	5		3	5													
170	5			4	5												
180	5			4	5												
190	5			3	5												

* Highest repetitive group that can be achieved at this depth regardless of bottom time.

Table 9-8. Residual Nitrogen Time Table for Repetitive Air Dives.

Locate the diver's repetitive group designation from his previous dive along the diagonal line above the table. Read horizontally to the interval in which the diver's surface interval lies.

Next, read vertically downward to the new repetitive group designation. Continue downward in this same column to the row that represents the depth of the repetitive dive. The time given at the intersection is residual nitrogen time, in minutes, to be applied to the repetitive dive.

* Dives following surface intervals longer than this are not repetitive dives. Use actual bottom times in the Air Decompression Tables to compute decompression for such dives.

Dive Depth	Repetitive Group at Beginning of Surface Interval															
	Z	O	N	M	L	K	J	I	H	G	F	E	D	C	B	A
10	**	**	**	**	**	**	**	**	**	**	**	427	246	159	101	58
15	**	**	**	**	**	**	**	**	450	298	218	164	122	89	61	37
20	**	**	**	**	**	462	331	257	206	166	134	106	83	62	44	27
25	†	†	470	354	286	237	198	167	141	118	98	79	63	48	34	21
30	372	308	261	224	194	168	146	126	108	92	77	63	51	39	28	18
35	245	216	191	169	149	132	116	101	88	75	64	53	43	33	24	15
40	188	169	152	136	122	109	97	85	74	64	55	45	37	29	21	13
45	154	140	127	115	104	93	83	73	64	56	48	40	32	25	18	12
50	131	120	109	99	90	81	73	65	57	49	42	35	29	23	17	11
55	114	105	96	88	80	72	65	58	51	44	38	32	26	20	15	10
60	101	93	86	79	72	65	58	52	46	40	35	29	24	19	14	9
70	83	77	71	65	59	54	49	44	39	34	29	25	20	16	12	8
80	70	65	60	55	51	46	42	38	33	29	25	22	18	14	10	7
90	61	57	52	48	44	41	37	33	29	26	22	19	16	12	9	6
100	54	50	47	43	40	36	33	30	26	23	20	17	14	11	8	5
110	48	45	42	39	36	33	30	27	24	21	18	16	13	10	8	5
120	44	41	38	35	32	30	27	24	22	19	17	14	12	9	7	5
130	40	37	35	32	30	27	25	22	20	18	15	13	11	9	6	4
140	37	34	32	30	27	25	23	21	19	16	14	12	10	8	6	4
150	34	32	30	28	26	23	21	19	17	15	13	11	9	8	6	4
160	32	30	28	26	24	22	20	18	16	14	13	11	9	7	5	4
170	30	28	26	24	22	21	19	17	15	14	12	10	8	7	5	3
180	28	26	25	23	21	19	18	16	14	13	11	10	8	6	5	3
190	26	25	23	22	20	18	17	15	14	12	11	9	8	6	5	3

Residual Nitrogen Times (Minutes)

** Residual Nitrogen Time cannot be determined using this table (see paragraph 9-9.1 subparagraph 8 for instructions).

† Read vertically downward to the 30 fsw repetitive dive depth. Use the corresponding residual nitrogen times to compute the equivalent single dive time. Decompress using the 30 fsw air decompression table.

Table 9-9. Air Decompression Table.
(DESCENT RATE 75 FPM—ASCENT RATE 30 FPM)

Bottom Time (min)	Time to First Stop (M:S)	Gas Mix	DECOMPRESSION STOPS (FSW)								Total Ascent Time (M:S)	Chamber O ₂ Periods	Repet Group	
			100	90	80	70	60	50	40	30				20
30 FSW														
371	1:00	AIR									0	1:00	0	Z
		AIR/O ₂									0	1:00		
380	0:20	AIR									5	6:00	0.5	Z
		AIR/O ₂									1	2:00		
In-Water Air/O ₂ Decompression or SurDO ₂ Recommended -----														
420	0:20	AIR									22	23:00	0.5	Z
		AIR/O ₂									5	6:00		
480	0:20	AIR									42	43:00	0.5	
		AIR/O ₂									9	10:00		
540	0:20	AIR									71	72:00	1	
		AIR/O ₂									14	15:00		
Exceptional Exposure: In-Water Air Decompression ----- In-Water Air/O ₂ Decompression or SurDO ₂ Required -----														
600	0:20	AIR									92	93:00	1	
		AIR/O ₂									19	20:00		
660	0:20	AIR									120	121:00	1	
		AIR/O ₂									22	23:00		
720	0:20	AIR									158	159:00	1	
		AIR/O ₂									27	28:00		
35 FSW														
232	1:10	AIR									0	1:10	0	Z
		AIR/O ₂									0	1:10		
240	0:30	AIR									4	5:10	0.5	Z
		AIR/O ₂									2	3:10		
In-Water Air/O ₂ Decompression or SurDO ₂ Recommended -----														
270	0:30	AIR									28	29:10	0.5	Z
		AIR/O ₂									7	8:10		
300	0:30	AIR									53	54:10	0.5	Z
		AIR/O ₂									13	14:10		
330	0:30	AIR									71	72:10	1	Z
		AIR/O ₂									18	19:10		
360	0:30	AIR									88	89:10	1	
		AIR/O ₂									22	23:10		
Exceptional Exposure: In-Water Air Decompression ----- In-Water Air/O ₂ Decompression or SurDO ₂ Required -----														
420	0:30	AIR									134	135:10	1.5	
		AIR/O ₂									29	30:10		
480	0:30	AIR									173	174:10	1.5	
		AIR/O ₂									38	44:10		
540	0:30	AIR									228	229:10	2	
		AIR/O ₂									45	51:10		
600	0:30	AIR									277	278:10	2	
		AIR/O ₂									53	59:10		
660	0:30	AIR									314	315:10	2.5	
		AIR/O ₂									63	69:10		
720	0:30	AIR									342	343:10	3	
		AIR/O ₂									71	82:10		

Table 9-9. Air Decompression Table (Continued).
(DESCENT RATE 75 FPM—ASCENT RATE 30 FPM)

Bottom Time (min)	Time to First Stop (M:S)	Gas Mix	DECOMPRESSION STOPS (FSW)								Total Ascent Time (M:S)	Chamber O ₂ Periods	Repet Group	
			100	90	80	70	60	50	40	30				20
40 FSW														
163	1:20	AIR									0	1:20	0	O
		AIR/O ₂									0	1:20		
170	0:40	AIR									6	7:20	0.5	O
		AIR/O ₂									2	3:20		
180	0:40	AIR									14	15:20	0.5	Z
		AIR/O ₂									5	6:20		
In-Water Air/O ₂ Decompression or SurDO ₂ Recommended -----														
190	0:40	AIR									21	22:20	0.5	Z
		AIR/O ₂									7	8:20		
200	0:40	AIR									27	28:20	0.5	Z
		AIR/O ₂									9	10:20		
210	0:40	AIR									39	40:20	0.5	Z
		AIR/O ₂									11	12:20		
220	0:40	AIR									52	53:20	0.5	Z
		AIR/O ₂									12	13:20		
230	0:40	AIR									64	65:20	1	Z
		AIR/O ₂									16	17:20		
240	0:40	AIR									75	76:20	1	Z
		AIR/O ₂									19	20:20		
Exceptional Exposure: In-Water Air Decompression ----- In-Water Air/O ₂ Decompression or SurDO ₂ Required -----														
270	0:40	AIR									101	102:20	1	Z
		AIR/O ₂									26	27:20		
300	0:40	AIR									128	129:20	1.5	
		AIR/O ₂									33	34:20		
330	0:40	AIR									160	161:20	1.5	
		AIR/O ₂									38	44:20		
360	0:40	AIR									184	185:20	2	
		AIR/O ₂									44	50:20		
420	0:40	AIR									248	249:20	2.5	
		AIR/O ₂									56	62:20		
480	0:40	AIR									321	322:20	2.5	
		AIR/O ₂									68	79:20		
Exceptional Exposure: In-Water Air/O ₂ Decompression ----- SurDO ₂ Required-----														
540	0:40	AIR									372	373:20	3	
		AIR/O ₂									80	91:20		
600	0:40	AIR									410	411:20	3.5	
		AIR/O ₂									93	104:20		
660	0:40	AIR									439	440:20	4	
		AIR/O ₂									103	119:20		
Exceptional Exposure: SurDO ₂ -----														
720	0:40	AIR									461	462:20	4.5	
		AIR/O ₂									112	128:20		

Table 9-9. Air Decompression Table (Continued).
(DESCENT RATE 75 FPM—ASCENT RATE 30 FPM)

Bottom Time (min)	Time to First Stop (M:S)	Gas Mix	DECOMPRESSION STOPS (FSW) Stop times (min) include travel time, except first air and first O ₂ stop									Total Ascent Time (M:S)	Chamber O ₂ Periods	Repet Group
			100	90	80	70	60	50	40	30	20			
45 FSW														
125	1:30	AIR									0	1:30	0	N
		AIR/O ₂									0	1:30		
130	0:50	AIR									2	3:30	0.5	O
		AIR/O ₂									1	2:30		
140	0:50	AIR									14	15:30	0.5	O
		AIR/O ₂									5	6:30		
In-Water Air/O ₂ Decompression or SurDO ₂ Recommended -----														
150	0:50	AIR									25	26:30	0.5	Z
		AIR/O ₂									8	9:30		
160	0:50	AIR									34	35:30	0.5	Z
		AIR/O ₂									11	12:30		
170	0:50	AIR									41	42:30	1	Z
		AIR/O ₂									14	15:30		
180	0:50	AIR									59	60:30	1	Z
		AIR/O ₂									17	18:30		
190	0:50	AIR									75	76:30	1	Z
		AIR/O ₂									19	20:30		
Exceptional Exposure: In-Water Air Decompression ----- In-Water Air/O ₂ Decompression or SurDO ₂ Required -----														
200	0:50	AIR									89	90:30	1	Z
		AIR/O ₂									23	24:30		
210	0:50	AIR									101	102:30	1	Z
		AIR/O ₂									27	28:30		
220	0:50	AIR									112	113:30	1.5	Z
		AIR/O ₂									30	31:30		
230	0:50	AIR									121	122:30	1.5	Z
		AIR/O ₂									33	34:30		
240	0:50	AIR									130	131:30	1.5	Z
		AIR/O ₂									37	43:30		
270	0:50	AIR									173	174:30	2	
		AIR/O ₂									45	51:30		
300	0:50	AIR									206	207:30	2	
		AIR/O ₂									51	57:30		
330	0:50	AIR									243	244:30	2.5	
		AIR/O ₂									61	67:30		
360	0:50	AIR									288	289:30	3	
		AIR/O ₂									69	80:30		
Exceptional Exposure: In-Water Air/O ₂ Decompression ----- SurDO ₂ Required-----														
420	0:50	AIR									373	374:30	3.5	
		AIR/O ₂									84	95:30		
480	0:50	AIR									431	432:30	4	
		AIR/O ₂									101	117:30		
Exceptional Exposure: SurDO ₂ -----														
540	0:50	AIR									473	474:30	4.5	
		AIR/O ₂									117	133:30		

Table 9-9. Air Decompression Table (Continued).
(DESCENT RATE 75 FPM—ASCENT RATE 30 FPM)

Bottom Time (min)	Time to First Stop (M:S)	Gas Mix	DECOMPRESSION STOPS (FSW)								Total Ascent Time (M:S)	Chamber O ₂ Periods	Repet Group	
			100	90	80	70	60	50	40	30				20
50 FSW														
92	1:40	AIR									0	1:40	0	M
		AIR/O ₂									0	1:40		
95	1:00	AIR									2	3:40	0.5	M
		AIR/O ₂									1	2:40		
100	1:00	AIR									4	5:40	0.5	N
		AIR/O ₂									2	3:40		
110	1:00	AIR									8	9:40	0.5	O
		AIR/O ₂									4	5:40		
In-Water Air/O ₂ Decompression or SurDO ₂ Recommended -----														
120	1:00	AIR									21	22:40	0.5	O
		AIR/O ₂									7	8:40		
130	1:00	AIR									34	35:40	0.5	Z
		AIR/O ₂									12	13:40		
140	1:00	AIR									45	46:40	1	Z
		AIR/O ₂									16	17:40		
150	1:00	AIR									56	57:40	1	Z
		AIR/O ₂									19	20:40		
160	1:00	AIR									78	79:40	1	Z
		AIR/O ₂									23	24:40		
Exceptional Exposure: In-Water Air Decompression ----- In-Water Air/O ₂ Decompression or SurDO ₂ Required -----														
170	1:00	AIR									96	97:40	1	Z
		AIR/O ₂									26	27:40		
180	1:00	AIR									111	112:40	1.5	Z
		AIR/O ₂									30	31:40		
190	1:00	AIR									125	126:40	1.5	Z
		AIR/O ₂									35	36:40		
200	1:00	AIR									136	137:40	1.5	Z
		AIR/O ₂									39	45:40		
210	1:00	AIR									147	148:40	2	
		AIR/O ₂									43	49:40		
220	1:00	AIR									166	167:40	2	
		AIR/O ₂									47	53:40		
230	1:00	AIR									183	184:40	2	
		AIR/O ₂									50	56:40		
240	1:00	AIR									198	199:40	2	
		AIR/O ₂									53	59:40		
270	1:00	AIR									236	237:40	2.5	
		AIR/O ₂									62	68:40		
300	1:00	AIR									285	286:40	3	
		AIR/O ₂									74	85:40		
Exceptional Exposure: In-Water Air/O ₂ Decompression ----- SurDO ₂ Required-----														
330	1:00	AIR									345	346:40	3.5	
		AIR/O ₂									83	94:40		
360	1:00	AIR									393	394:40	3.5	
		AIR/O ₂									92	103:40		
Exceptional Exposure: SurDO ₂ -----														
420	1:00	AIR									464	465:40	4.5	
		AIR/O ₂									113	129:40		

Table 9-9. Air Decompression Table (Continued).
(DESCENT RATE 75 FPM—ASCENT RATE 30 FPM)

Bottom Time (min)	Time to First Stop (M:S)	Gas Mix	DECOMPRESSION STOPS (FSW) Stop times (min) include travel time, except first air and first O ₂ stop								Total Ascent Time (M:S)	Chamber O ₂ Periods	Repet Group
			100	90	80	70	60	50	40	30			
55 FSW													
74	1:50	AIR								0	1:50	0	L
		AIR/O ₂								0	1:50		
75	1:10	AIR								1	2:50	0.5	L
		AIR/O ₂								1	2:50		
80	1:10	AIR								4	5:50	0.5	M
		AIR/O ₂								2	3:50		
90	1:10	AIR								10	11:50	0.5	N
		AIR/O ₂								5	6:50		
In-Water Air/O ₂ Decompression or SurDO ₂ Recommended -----													
100	1:10	AIR								17	18:50	0.5	O
		AIR/O ₂								8	9:50		
110	1:10	AIR								34	35:50	0.5	O
		AIR/O ₂								12	13:50		
120	1:10	AIR								48	49:50	1	Z
		AIR/O ₂								17	18:50		
130	1:10	AIR								59	60:50	1	Z
		AIR/O ₂								22	23:50		
140	1:10	AIR								84	85:50	1	Z
		AIR/O ₂								26	27:50		
Exceptional Exposure: In-Water Air Decompression ----- In-Water Air/O ₂ Decompression or SurDO ₂ Required -----													
150	1:10	AIR								105	106:50	1.5	Z
		AIR/O ₂								30	31:50		
160	1:10	AIR								123	124:50	1.5	Z
		AIR/O ₂								34	35:50		
170	1:10	AIR								138	139:50	1.5	Z
		AIR/O ₂								40	46:50		
180	1:10	AIR								151	152:50	2	Z
		AIR/O ₂								45	51:50		
190	1:10	AIR								169	170:50	2	
		AIR/O ₂								50	56:50		
200	1:10	AIR								190	191:50	2	
		AIR/O ₂								54	60:50		
210	1:10	AIR								208	209:50	2.5	
		AIR/O ₂								58	64:50		
220	1:10	AIR								224	225:50	2.5	
		AIR/O ₂								62	68:50		
230	1:10	AIR								239	240:50	2.5	
		AIR/O ₂								66	77:50		
240	1:10	AIR								254	255:50	3	
		AIR/O ₂								69	80:50		
Exceptional Exposure: In-Water Air/O ₂ Decompression ----- SurDO ₂ Required-----													
270	1:10	AIR								313	314:50	3.5	
		AIR/O ₂								83	94:50		
300	1:10	AIR								380	381:50	3.5	
		AIR/O ₂								94	105:50		
330	1:10	AIR								432	433:50	4	
		AIR/O ₂								106	122:50		
Exceptional Exposure: SurDO ₂ -----													
360	1:10	AIR								474	475:50	4.5	
		AIR/O ₂								118	134:50		

Table 9-9. Air Decompression Table (Continued).
(DESCENT RATE 75 FPM—ASCENT RATE 30 FPM)

Bottom Time (min)	Time to First Stop (M:S)	Gas Mix	DECOMPRESSION STOPS (FSW) Stop times (min) include travel time, except first air and first O ₂ stop								Total Ascent Time (M:S)	Chamber O ₂ Periods	Repet Group
			100	90	80	70	60	50	40	30			
60 FSW													
60	2:00	AIR								0	2:00	0	K
		AIR/O ₂								0	2:00		
65	1:20	AIR								2	4:00	0.5	L
		AIR/O ₂								1	3:00		
70	1:20	AIR								7	9:00	0.5	L
		AIR/O ₂								4	6:00		
80	1:20	AIR								14	16:00	0.5	N
		AIR/O ₂								7	9:00		
In-Water Air/O ₂ Decompression or SurDO ₂ Recommended -----													
90	1:20	AIR								23	25:00	0.5	O
		AIR/O ₂								10	12:00		
100	1:20	AIR								42	44:00	1	Z
		AIR/O ₂								15	17:00		
110	1:20	AIR								57	59:00	1	Z
		AIR/O ₂								21	23:00		
120	1:20	AIR								75	77:00	1	Z
		AIR/O ₂								26	28:00		
Exceptional Exposure: In-Water Air Decompression ----- In-Water Air/O ₂ Decompression or SurDO ₂ Required -----													
130	1:20	AIR								102	104:00	1.5	Z
		AIR/O ₂								31	33:00		
140	1:20	AIR								124	126:00	1.5	Z
		AIR/O ₂								35	37:00		
150	1:20	AIR								143	145:00	2	Z
		AIR/O ₂								41	48:00		
160	1:20	AIR								158	160:00	2	Z
		AIR/O ₂								48	55:00		
170	1:20	AIR								178	180:00	2	
		AIR/O ₂								53	60:00		
180	1:20	AIR								201	203:00	2.5	
		AIR/O ₂								59	66:00		
190	1:20	AIR								222	224:00	2.5	
		AIR/O ₂								64	71:00		
200	1:20	AIR								240	242:00	2.5	
		AIR/O ₂								68	80:00		
210	1:20	AIR								256	258:00	3	
		AIR/O ₂								73	85:00		
220	1:20	AIR								278	280:00	3	
		AIR/O ₂								77	89:00		
Exceptional Exposure: In-Water Air/O ₂ Decompression ----- SurDO ₂ Required-----													
230	1:20	AIR								300	302:00	3.5	
		AIR/O ₂								82	94:00		
240	1:20	AIR								321	323:00	3.5	
		AIR/O ₂								88	100:00		
270	1:20	AIR								398	400:00	4	
		AIR/O ₂								102	119:00		
Exceptional Exposure: SurDO ₂ -----													
300	1:20	AIR								456	458:00	4.5	
		AIR/O ₂								115	132:00		

Table 9-9. Air Decompression Table (Continued).
(DESCENT RATE 75 FPM—ASCENT RATE 30 FPM)

Bottom Time (min)	Time to First Stop (M:S)	Gas Mix	DECOMPRESSION STOPS (FSW) Stop times (min) include travel time, except first air and first O ₂ stop								Total Ascent Time (M:S)	Chamber O ₂ Periods	Repet Group	
			100	90	80	70	60	50	40	30				20
70 FSW														
48	2:20	AIR									0	2:20	0	K
		AIR/O ₂									0	2:20		
50	1:40	AIR									2	4:20	0.5	K
		AIR/O ₂									1	3:20		
55	1:40	AIR									9	11:20	0.5	L
		AIR/O ₂									5	7:20		
60	1:40	AIR									14	16:20	0.5	M
		AIR/O ₂									8	10:20		
In-Water Air/O ₂ Decompression or SurDO ₂ Recommended -----														
70	1:40	AIR									24	26:20	0.5	N
		AIR/O ₂									13	15:20		
80	1:40	AIR									44	46:20	1	O
		AIR/O ₂									17	19:20		
90	1:40	AIR									64	66:20	1	Z
		AIR/O ₂									24	26:20		
100	1:40	AIR									88	90:20	1.5	Z
		AIR/O ₂									31	33:20		
Exceptional Exposure: In-Water Air Decompression ----- In-Water Air/O ₂ Decompression or SurDO ₂ Required -----														
110	1:40	AIR									120	122:20	1.5	Z
		AIR/O ₂									38	45:20		
120	1:40	AIR									145	147:20	2	Z
		AIR/O ₂									44	51:20		
130	1:40	AIR									167	169:20	2	Z
		AIR/O ₂									51	58:20		
140	1:40	AIR									189	191:20	2.5	
		AIR/O ₂									59	66:20		
150	1:40	AIR									219	221:20	2.5	
		AIR/O ₂									66	78:20		
160	1:20	AIR								1	244	247:00	3	
		AIR/O ₂									1	72		
Exceptional Exposure: In-Water Air/O ₂ Decompression ----- SurDO ₂ Required-----														
170	1:20	AIR								2	265	269:00	3	
		AIR/O ₂									1	78		
180	1:20	AIR								4	289	295:00	3.5	
		AIR/O ₂									2	83		
190	1:20	AIR								5	316	323:00	3.5	
		AIR/O ₂									3	88		
200	1:20	AIR								9	345	356:00	4	
		AIR/O ₂									5	93		
210	1:20	AIR								13	378	393:00	4	
		AIR/O ₂									7	98		
Exceptional Exposure: SurDO ₂ -----														
240	1:20	AIR								25	454	481:00	5	
		AIR/O ₂									13	110		

Table 9-9. Air Decompression Table (Continued).
(DESCENT RATE 75 FPM—ASCENT RATE 30 FPM)

Bottom Time (min)	Time to First Stop (M:S)	Gas Mix	DECOMPRESSION STOPS (FSW) Stop times (min) include travel time, except first air and first O ₂ stop								Total Ascent Time (M:S)	Chamber O ₂ Periods	Repet Group
			100	90	80	70	60	50	40	30			
80 FSW													
39	2:40	AIR								0	2:40	0	J
		AIR/O ₂								0	2:40		
40	2:00	AIR								1	3:40	0.5	J
		AIR/O ₂								1	3:40		
45	2:00	AIR								10	12:40	0.5	K
		AIR/O ₂								5	7:40		
In-Water Air/O ₂ Decompression or SurDO ₂ Recommended -----													
50	2:00	AIR								17	19:40	0.5	M
		AIR/O ₂								9	11:40		
55	2:00	AIR								24	26:40	0.5	M
		AIR/O ₂								13	15:40		
60	2:00	AIR								30	32:40	1	N
		AIR/O ₂								16	18:40		
70	2:00	AIR								54	56:40	1	O
		AIR/O ₂								22	24:40		
80	2:00	AIR								77	79:40	1.5	Z
		AIR/O ₂								30	32:40		
Exceptional Exposure: In-Water Air Decompression ----- In-Water Air/O ₂ Decompression or SurDO ₂ Required -----													
90	2:00	AIR								114	116:40	1.5	Z
		AIR/O ₂								39	46:40		
100	1:40	AIR							1	147	150:20	2	Z
		AIR/O ₂							1	46	54:20		
110	1:40	AIR							6	171	179:20	2	Z
		AIR/O ₂							3	51	61:20		
120	1:40	AIR							10	200	212:20	2.5	
		AIR/O ₂							5	59	71:20		
130	1:40	AIR							14	232	248:20	3	
		AIR/O ₂							7	67	86:20		
Exceptional Exposure: In-Water Air/O ₂ Decompression ----- SurDO ₂ Required-----													
140	1:40	AIR							17	258	277:20	3.5	
		AIR/O ₂							9	73	94:20		
150	1:40	AIR							19	285	306:20	3.5	
		AIR/O ₂							10	80	102:20		
160	1:40	AIR							21	318	341:20	4	
		AIR/O ₂							11	86	114:20		
170	1:40	AIR							27	354	383:20	4	
		AIR/O ₂							14	90	121:20		
Exceptional Exposure: SurDO ₂ -----													
180	1:40	AIR							33	391	426:20	4.5	
		AIR/O ₂							17	96	130:20		
210	1:40	AIR							50	474	526:20	5	
		AIR/O ₂							26	110	158:20		

Table 9-9. Air Decompression Table (Continued).
(DESCENT RATE 75 FPM—ASCENT RATE 30 FPM)

Bottom Time (min)	Time to First Stop (M:S)	Gas Mix	DECOMPRESSION STOPS (FSW) Stop times (min) include travel time, except first air and first O ₂ stop									Total Ascent Time (M:S)	Chamber O ₂ Periods	Repet Group		
			100	90	80	70	60	50	40	30	20					
90 FSW																
30	3:00	AIR									0	3:00	0	I		
		AIR/O ₂									0	3:00				
35	2:20	AIR									4	7:00	0.5	J		
		AIR/O ₂									2	5:00				
40	2:20	AIR									14	17:00	0.5	L		
		AIR/O ₂									7	10:00				
In-Water Air/O ₂ Decompression or SurDO ₂ Recommended -----																
45	2:20	AIR									23	26:00	0.5	M		
		AIR/O ₂									12	15:00				
50	2:20	AIR									31	34:00	1	N		
		AIR/O ₂									17	20:00				
55	2:20	AIR									39	42:00	1	O		
		AIR/O ₂									21	24:00				
60	2:20	AIR									56	59:00	1	O		
		AIR/O ₂									24	27:00				
70	2:20	AIR									83	86:00	1.5	Z		
		AIR/O ₂									32	35:00				
Exceptional Exposure: In-Water Air Decompression ----- In-Water Air/O ₂ Decompression or SurDO ₂ Required -----																
80	2:00	AIR									5	125	132:40	2	Z	
		AIR/O ₂									3	40	50:40			
90	2:00	AIR									13	158	173:40	2	Z	
		AIR/O ₂									7	46	60:40			
100	2:00	AIR									19	185	206:40	2.5		
		AIR/O ₂									10	53	70:40			
110	2:00	AIR									25	224	251:40	3		
		AIR/O ₂									13	61	86:40			
Exceptional Exposure: In-Water Air/O ₂ Decompression ----- SurDO ₂ Required-----																
120	1:40	AIR									1	29	256	288:20	3.5	
		AIR/O ₂									1	15	70	98:40		
130	1:40	AIR									5	28	291	326:20	3.5	
		AIR/O ₂									5	15	78	110:40		
140	1:40	AIR									8	28	330	368:20	4	
		AIR/O ₂									8	15	86	126:40		
Exceptional Exposure: SurDO ₂ -----																
150	1:40	AIR									11	34	378	425:20	4.5	
		AIR/O ₂									11	17	94	139:40		
160	1:40	AIR									13	40	418	473:20	4.5	
		AIR/O ₂									13	21	100	151:40		
170	1:40	AIR									15	45	451	513:20	5	
		AIR/O ₂									15	23	106	166:40		
180	1:40	AIR									16	51	479	548:20	5.5	
		AIR/O ₂									16	26	112	176:40		
240	1:40	AIR									42	68	592	704:20	7.5	
		AIR/O ₂									42	34	159	267:00		

Table 9-9. Air Decompression Table (Continued).
(DESCENT RATE 75 FPM—ASCENT RATE 30 FPM)

Bottom Time (min)	Time to First Stop (M:S)	Gas Mix	DECOMPRESSION STOPS (FSW) Stop times (min) include travel time, except first air and first O ₂ stop								Total Ascent Time (M:S)	Chamber O ₂ Periods	Repet Group		
			100	90	80	70	60	50	40	30				20	
100 FSW															
25	3:20	AIR									0	3:20	0	H	
		AIR/O ₂									0	3:20			
30	2:40	AIR									3	6:20	0.5	J	
		AIR/O ₂									2	5:20			
35	2:40	AIR									15	18:20	0.5	L	
		AIR/O ₂									8	11:20			
In-Water Air/O ₂ Decompression or SurDO ₂ Recommended -----															
40	2:40	AIR									26	29:20	1	M	
		AIR/O ₂									14	17:20			
45	2:40	AIR									36	39:20	1	N	
		AIR/O ₂									19	22:20			
50	2:40	AIR									47	50:20	1	O	
		AIR/O ₂									24	27:20			
55	2:40	AIR									65	68:20	1.5	Z	
		AIR/O ₂									28	31:20			
60	2:40	AIR									81	84:20	1.5	Z	
		AIR/O ₂									33	35:20			
Exceptional Exposure: In-Water Air Decompression ----- In-Water Air/O ₂ Decompression or SurDO ₂ Required -----															
70	2:20	AIR									11	124	138:00	2	Z
		AIR/O ₂									6	39	53:00		
80	2:20	AIR									21	160	184:00	2.5	Z
		AIR/O ₂									11	45	64:00		
90	2:00	AIR							2	28	196	228:40	2.5		
		AIR/O ₂							2	15	52	82:00			
Exceptional Exposure: In-Water Air/O ₂ Decompression ----- SurDO ₂ Required-----															
100	2:00	AIR							9	28	241	280:40	3		
		AIR/O ₂							9	14	66	102:00			
110	2:00	AIR							14	28	278	322:40	3.5		
		AIR/O ₂							14	15	75	117:00			
120	2:00	AIR							19	28	324	373:40	4		
		AIR/O ₂							19	15	84	136:00			
Exceptional Exposure: SurDO ₂ -----															
150	1:40	AIR							3	26	46	461	538:20	5	
		AIR/O ₂							3	26	24	108	183:40		

Table 9-9. Air Decompression Table (Continued).
(DESCENT RATE 75 FPM—ASCENT RATE 30 FPM)

Bottom Time (min)	Time to First Stop (M:S)	Gas Mix	DECOMPRESSION STOPS (FSW) Stop times (min) include travel time, except first air and first O ₂ stop								Total Ascent Time (M:S)	Chamber O ₂ Periods	Repet Group		
			100	90	80	70	60	50	40	30				20	
110 FSW															
20	3:40	AIR									0	3:40	0	H	
		AIR/O ₂									0	3:40			
25	3:00	AIR									3	6:40	0.5	I	
		AIR/O ₂									2	5:40			
30	3:00	AIR									14	17:40	0.5	K	
		AIR/O ₂									7	10:40			
In-Water Air/O ₂ Decompression or SurDO ₂ Recommended -----															
35	3:00	AIR									27	30:40	1	M	
		AIR/O ₂									14	17:40			
40	3:00	AIR									39	42:40	1	N	
		AIR/O ₂									20	23:40			
45	3:00	AIR									50	53:40	1	O	
		AIR/O ₂									26	29:40			
50	3:00	AIR									71	74:40	1.5	Z	
		AIR/O ₂									31	34:40			
Exceptional Exposure: In-Water Air Decompression ----- In-Water Air/O ₂ Decompression or SurDO ₂ Required -----															
55	2:40	AIR									5	85	93:20	1.5	Z
		AIR/O ₂									3	33	44:20		
60	2:40	AIR									13	111	127:20	2	Z
		AIR/O ₂									7	36	51:20		
70	2:40	AIR									26	155	184:20	2.5	Z
		AIR/O ₂									13	43	64:20		
80	2:20	AIR							9	28	200	240:00	2.5		
		AIR/O ₂							9	15	53	90:20			
Exceptional Exposure: In-Water Air/O ₂ Decompression ----- SurDO ₂ Required-----															
90	2:20	AIR							17	29	248	297:00	3.5		
		AIR/O ₂							17	15	67	112:20			
100	2:20	AIR							25	28	295	351:00	3.5		
		AIR/O ₂							25	15	78	131:20			
110	2:00	AIR							5	26	28	353	414:40	4	
		AIR/O ₂							5	26	15	90	154:00		
Exceptional Exposure: SurDO ₂ -----															
120	2:00	AIR							10	26	35	413	486:40	4.5	
		AIR/O ₂							10	26	18	101	173:00		
180	1:40	AIR							3	23	47	68	593	736:20	7.5
		AIR/O ₂							3	23	47	34	159	298:00	

Table 9-9. Air Decompression Table (Continued).
(DESCENT RATE 75 FPM—ASCENT RATE 30 FPM)

Bottom Time (min)	Time to First Stop (M:S)	Gas Mix	DECOMPRESSION STOPS (FSW) Stop times (min) include travel time, except first air and first O ₂ stop								Total Ascent Time (M:S)	Chamber O ₂ Periods	Repet Group		
			100	90	80	70	60	50	40	30				20	
120 FSW															
15	4:00	AIR									0	4:00	0	F	
		AIR/O ₂									0	4:00			
20	3:20	AIR									2	6:00	0.5	H	
		AIR/O ₂									1	5:00			
25	3:20	AIR									8	12:00	0.5	J	
		AIR/O ₂									4	8:00			
In-Water Air/O ₂ Decompression or SurDO ₂ Recommended -----															
30	3:20	AIR									24	28:00	0.5	L	
		AIR/O ₂									13	17:00			
35	3:20	AIR									38	42:00	1	N	
		AIR/O ₂									20	24:00			
40	3:20	AIR									51	55:00	1	O	
		AIR/O ₂									27	31:00			
45	3:20	AIR									72	76:00	1.5	Z	
		AIR/O ₂									33	37:00			
Exceptional Exposure: In-Water Air Decompression ----- In-Water Air/O ₂ Decompression or SurDO ₂ Required -----															
50	3:00	AIR									9	86	98:40	1.5	Z
		AIR/O ₂									5	33	46:40		
55	3:00	AIR									19	116	138:40	2	Z
		AIR/O ₂									10	35	53:40		
60	3:00	AIR									27	142	172:40	2	Z
		AIR/O ₂									14	39	61:40		
70	2:40	AIR							12	29	189	233:20	2.5		
		AIR/O ₂							12	15	50	85:40			
Exceptional Exposure: In-Water Air/O ₂ Decompression ----- SurDO ₂ Required-----															
80	2:40	AIR							24	28	246	301:20	3		
		AIR/O ₂							24	14	67	118:40			
90	2:20	AIR							7	26	28	303	367:00	3.5	
		AIR/O ₂							7	26	15	79	140:20		
100	2:20	AIR							14	26	28	372	443:00	4	
		AIR/O ₂							14	26	15	94	167:20		
Exceptional Exposure: SurDO ₂ -----															
110	2:20	AIR							21	25	38	433	520:00	5	
		AIR/O ₂							21	25	20	104	188:20		
120	2:00	AIR					3	23	25	47	480	580:40	5.5		
		AIR/O ₂					3	23	25	24	113	211:00			

Table 9-9. Air Decompression Table (Continued).
(DESCENT RATE 75 FPM—ASCENT RATE 30 FPM)

Bottom Time (min)	Time to First Stop (M:S)	Gas Mix	DECOMPRESSION STOPS (FSW) Stop times (min) include travel time, except first air and first O ₂ stop								Total Ascent Time (M:S)	Chamber O ₂ Periods	Repet Group			
			100	90	80	70	60	50	40	30				20		
130 FSW																
10	4:20	AIR									0	4:20	0	E		
		AIR/O ₂									0	4:20				
15	3:40	AIR									1	5:20	0.5	G		
		AIR/O ₂									1	5:20				
20	3:40	AIR									4	8:20	0.5	I		
		AIR/O ₂									2	6:20				
In-Water Air/O ₂ Decompression or SurDO ₂ Recommended -----																
25	3:40	AIR									17	21:20	0.5	K		
		AIR/O ₂									9	13:20				
30	3:40	AIR									34	38:20	1	M		
		AIR/O ₂									18	22:20				
35	3:40	AIR									49	53:20	1	N		
		AIR/O ₂									26	30:20				
40	3:20	AIR								3	67	74:00	1.5	Z		
		AIR/O ₂								2	31	37:00				
Exceptional Exposure: In-Water Air Decompression ----- In-Water Air/O ₂ Decompression or SurDO ₂ Required -----																
45	3:20	AIR								12	84	100:00	1.5	Z		
		AIR/O ₂								6	33	48:00				
50	3:20	AIR								22	116	142:00	2	Z		
		AIR/O ₂								11	35	55:00				
55	3:00	AIR							4	28	145	180:40	2	Z		
		AIR/O ₂							4	15	39	67:00				
60	3:00	AIR							12	28	170	213:40	2.5	Z		
		AIR/O ₂							12	15	45	81:00				
Exceptional Exposure: In-Water Air/O ₂ Decompression ----- SurDO ₂ Required-----																
70	2:40	AIR							1	26	28	235	293:20	3		
		AIR/O ₂							1	26	14	63	117:40			
80	2:40	AIR							12	26	28	297	366:20	3.5		
		AIR/O ₂							12	26	15	78	144:40			
90	2:40	AIR							21	26	28	374	452:20	4		
		AIR/O ₂							21	26	15	94	174:40			
Exceptional Exposure: SurDO ₂ -----																
100	2:20	AIR							6	23	26	38	444	540:00	5	
		AIR/O ₂							6	23	26	20	106	204:20		
120	2:20	AIR							17	23	28	57	533	661:00	6	
		AIR/O ₂							17	23	28	29	130	255:20		
180	2:00	AIR							13	21	45	57	94	658	890:40	9
		AIR/O ₂							13	21	45	57	46	198	417:20	

Table 9-9. Air Decompression Table (Continued).
(DESCENT RATE 75 FPM—ASCENT RATE 30 FPM)

Bottom Time (min)	Time to First Stop (M:S)	Gas Mix	DECOMPRESSION STOPS (FSW) Stop times (min) include travel time, except first air and first O ₂ stop									Total Ascent Time (M:S)	Chamber O ₂ Periods	Repet Group	
			100	90	80	70	60	50	40	30	20				
140 FSW															
10	4:40	AIR									0	4:40	0	E	
		AIR/O ₂									0	4:40			
15	4:00	AIR									2	6:40	0.5	H	
		AIR/O ₂									1	5:40			
20	4:00	AIR									7	11:40	0.5	J	
		AIR/O ₂									4	8:40			
In-Water Air/O ₂ Decompression or SurDO ₂ Recommended -----															
25	4:00	AIR									26	30:40	1	L	
		AIR/O ₂									14	18:40			
30	4:00	AIR									44	48:40	1	N	
		AIR/O ₂									23	27:40			
35	3:40	AIR								4	59	67:20	1.5	O	
		AIR/O ₂								2	30	36:20			
Exceptional Exposure: In-Water Air/O ₂ Decompression ----- In-Water Air/O ₂ Decompression or SurDO ₂ Required -----															
40	3:40	AIR									11	80	95:20	1.5	Z
		AIR/O ₂									6	33	48:20		
45	3:20	AIR							3	21	113	141:00	2	Z	
		AIR/O ₂							3	11	34	57:20			
50	3:20	AIR							7	28	145	184:00	2	Z	
		AIR/O ₂							7	14	40	70:20			
55	3:20	AIR							16	28	171	219:00	2.5	Z	
		AIR/O ₂							16	15	45	85:20			
Exceptional Exposure: In-Water Air/O ₂ Decompression ----- SurDO ₂ Required-----															
60	3:00	AIR							2	23	28	209	265:40	3	
		AIR/O ₂							2	23	15	55	109:00		
70	3:00	AIR							14	25	28	276	346:40	3.5	
		AIR/O ₂							14	25	15	74	142:00		
80	2:40	AIR						2	24	25	29	362	445:20	4	
		AIR/O ₂						2	24	25	15	91	175:40		
Exceptional Exposure: SurDO ₂ -----															
90	2:40	AIR						12	23	26	38	443	545:20	5	
		AIR/O ₂						12	23	26	19	107	210:40		

Table 9-9. Air Decompression Table (Continued).
(DESCENT RATE 75 FPM—ASCENT RATE 30 FPM)

Bottom Time (min)	Time to First Stop (M:S)	Gas Mix	DECOMPRESSION STOPS (FSW) Stop times (min) include travel time, except first air and first O ₂ stop								Total Ascent Time (M:S)	Chamber O ₂ Periods	Repet Group							
			100	90	80	70	60	50	40	30				20						
150 FSW																				
5	5:00	AIR									0	5:00	0	C						
		AIR/O ₂									0	5:00								
10	4:20	AIR									1	6:00	0.5	F						
		AIR/O ₂									1	6:00								
15	4:20	AIR									3	8:00	0.5	H						
		AIR/O ₂									2	7:00								
20	4:20	AIR									14	19:00	0.5	K						
		AIR/O ₂									8	13:00								
In-Water Air/O ₂ Decompression or SurDO ₂ Recommended -----																				
25	4:20	AIR									35	40:00	1	M						
		AIR/O ₂									19	24:00								
30	4:00	AIR									3	51	58:40	1.5	O					
		AIR/O ₂									2	26	32:40							
35	4:00	AIR									11	72	87:40	1.5	Z					
		AIR/O ₂									6	31	46:40							
Exceptional Exposure: In-Water Air Decompression ----- In-Water Air/O ₂ Decompression or SurDO ₂ Required -----																				
40	3:40	AIR									4	18	102	128:20	2	Z				
		AIR/O ₂									4	9	34	56:40						
45	3:40	AIR									10	25	140	179:20	2	Z				
		AIR/O ₂									10	13	39	71:40						
50	3:20	AIR									3	15	28	170	220:00	2.5	Z			
		AIR/O ₂									3	15	15	45	87:20					
Exceptional Exposure: In-Water Air/O ₂ Decompression ----- SurDO ₂ Required-----																				
55	3:20	AIR									6	22	28	211	271:00	3				
		AIR/O ₂									6	22	15	56	113:20					
60	3:20	AIR									11	26	28	248	317:00	3				
		AIR/O ₂									11	26	15	66	132:20					
70	3:00	AIR									3	24	25	28	330	413:40	4			
		AIR/O ₂									3	24	25	15	84	170:00				
Exceptional Exposure: SurDO ₂ -----																				
80	3:00	AIR									15	23	26	35	430	532:40	4.5			
		AIR/O ₂									15	23	26	18	104	205:00				
90	2:40	AIR									3	22	23	26	47	496	620:20	5.5		
		AIR/O ₂									3	22	23	26	24	118	239:40			
120	2:20	AIR									3	20	22	23	50	75	608	804:00	8	
		AIR/O ₂									3	20	22	23	50	37	168	355:40		
180	2:00	AIR									2	19	20	42	48	79	121	694	1027:40	10.5
		AIR/O ₂									2	19	20	42	48	79	58	222	537:20	

Table 9-9. Air Decompression Table (Continued).
(DESCENT RATE 75 FPM—ASCENT RATE 30 FPM)

Bottom Time (min)	Time to First Stop (M:S)	Gas Mix	DECOMPRESSION STOPS (FSW) Stop times (min) include travel time, except first air and first O ₂ stop									Total Ascent Time (M:S)	Chamber O ₂ Periods	Repet Group				
			100	90	80	70	60	50	40	30	20							
160 FSW																		
5	5:20	AIR									0	5:20	0	C				
		AIR/O ₂									0	5:20						
10	4:40	AIR									1	6:20	0.5	F				
		AIR/O ₂									1	6:20						
15	4:40	AIR									5	10:20	0.5	I				
		AIR/O ₂									3	8:00						
In-Water Air/O ₂ Decompression or SurDO ₂ Recommended -----																		
20	4:40	AIR									22	27:20	0.5	L				
		AIR/O ₂									12	17:20						
25	4:20	AIR								3	41	49:00	1	N				
		AIR/O ₂								2	21	28:00						
30	4:00	AIR								1	8	60	73:40	1.5	O			
		AIR/O ₂								1	5	28	39:00					
Exceptional Exposure: In-Water Air Decompression ----- In-Water Air/O ₂ Decompression or SurDO ₂ Required -----																		
35	4:00	AIR								4	14	84	106:40	1.5	Z			
		AIR/O ₂								4	8	32	54:00					
40	4:00	AIR								12	20	130	166:40	2	Z			
		AIR/O ₂								12	11	37	70:00					
45	3:40	AIR								5	13	28	164	214:20	2.5	Z		
		AIR/O ₂								5	13	14	44	85:40				
Exceptional Exposure: In-Water Air/O ₂ Decompression ----- SurDO ₂ Required-----																		
50	3:40	AIR								10	19	28	207	268:20	3			
		AIR/O ₂								10	19	15	54	112:40				
55	3:20	AIR								2	12	26	28	248	320:00	3		
		AIR/O ₂								2	12	26	14	67	135:20			
60	3:20	AIR								5	18	25	29	290	371:00	3.5		
		AIR/O ₂								5	18	25	15	77	154:20			
Exceptional Exposure: SurDO ₂ -----																		
70	3:20	AIR								15	23	26	29	399	496:00	4.5		
		AIR/O ₂								15	23	26	15	99	197:20			
80	3:00	AIR								6	21	24	25	44	482	605:40	5.5	
		AIR/O ₂								6	21	24	25	23	114	237:00		

Table 9-9. Air Decompression Table (Continued).
(DESCENT RATE 75 FPM—ASCENT RATE 30 FPM)

Bottom Time (min)	Time to First Stop (M:S)	Gas Mix	DECOMPRESSION STOPS (FSW) Stop times (min) include travel time, except first air and first O ₂ stop								Total Ascent Time (M:S)	Chamber O ₂ Periods	Repet Group							
			100	90	80	70	60	50	40	30				20						
170 FSW																				
5	5:40	AIR									0	5:40	0	D						
		AIR/O ₂									0	5:40								
10	5:00	AIR									2	7:40	0.5	G						
		AIR/O ₂									1	6:40								
15	5:00	AIR									7	12:40	0.5	J						
		AIR/O ₂									4	9:40								
In-Water Air/O ₂ Decompression or SurDO ₂ Recommended -----																				
20	4:40	AIR									1	29	35:20	1	L					
		AIR/O ₂									1	15	21:20							
25	4:20	AIR									1	6	46	58:00	1	N				
		AIR/O ₂									1	4	23	33:20						
Exceptional Exposure: In-Water Air Decompression ----- In-Water Air/O ₂ Decompression or SurDO ₂ Required -----																				
30	4:20	AIR									5	11	72	93:00	1.5	Z				
		AIR/O ₂									5	6	29	45:20						
35	4:00	AIR									2	9	17	113	145:40	2	Z			
		AIR/O ₂									2	9	9	35	65:00					
40	4:00	AIR									6	13	23	155	201:40	2.5	Z			
		AIR/O ₂									6	13	12	43	84:00					
Exceptional Exposure: In-Water Air/O ₂ Decompression ----- SurDO ₂ Required-----																				
45	4:00	AIR									12	16	28	194	254:40	2.5				
		AIR/O ₂									12	16	15	51	109:00					
50	3:40	AIR									5	12	23	28	243	315:20	3			
		AIR/O ₂									5	12	23	15	65	134:40				
55	3:40	AIR									9	16	25	28	287	369:20	3.5			
		AIR/O ₂									9	16	25	15	76	155:40				
60	3:20	AIR									2	11	21	26	28	344	436:00	4		
		AIR/O ₂									2	11	21	26	15	87	181:20			
Exceptional Exposure: SurDO ₂ -----																				
70	3:20	AIR									7	19	24	25	39	454	572:00	5		
		AIR/O ₂									7	19	24	25	20	109	228:20			
80	3:20	AIR									17	22	23	26	53	525	670:00	6		
		AIR/O ₂									17	22	23	26	27	128	267:20			
90	3:00	AIR									7	20	22	23	37	66	574	752:40	7	
		AIR/O ₂									7	20	22	23	37	33	148	318:20		
120	2:40	AIR									9	19	20	22	42	60	94	659	928:20	9
		AIR/O ₂									9	19	20	22	42	60	46	198	454:00	
180	2:20	AIR	10	18	19	40	43	70	97	156	703	1159:00	11.5							
		AIR/O ₂	10	18	19	40	43	70	97	75	228	648:00								

Table 9-9. Air Decompression Table (Continued).
(DESCENT RATE 75 FPM—ASCENT RATE 30 FPM)

Bottom Time (min)	Time to First Stop (M:S)	Gas Mix	DECOMPRESSION STOPS (FSW) Stop times (min) include travel time, except first air and first O ₂ stop								Total Ascent Time (M:S)	Chamber O ₂ Periods	Repet Group							
			100	90	80	70	60	50	40	30				20						
180 FSW																				
5	6:00	AIR									0	6:00	0	D						
		AIR/O ₂									0	6:00								
10	5:20	AIR									3	9:00	0.5	G						
		AIR/O ₂									2	8:00								
15	5:20	AIR									11	17:00	0.5	J						
		AIR/O ₂									6	12:00								
In-Water Air/O ₂ Decompression or SurDO ₂ Recommended -----																				
20	5:00	AIR									4	34	43:40	1	M					
		AIR/O ₂									2	18	25:40							
25	4:40	AIR									4	7	54	70:20	1.5	O				
		AIR/O ₂									4	4	26	39:40						
Exceptional Exposure: In-Water Air Decompression ----- In-Water Air/O ₂ Decompression or SurDO ₂ Required -----																				
30	4:20	AIR									2	7	14	83	111:00	1.5	Z			
		AIR/O ₂									2	7	7	31	57:20					
35	4:20	AIR									5	13	19	138	180:00	2	Z			
		AIR/O ₂									5	13	10	40	78:20					
Exceptional Exposure: In-Water Air/O ₂ Decompression ----- SurDO ₂ Required-----																				
40	4:00	AIR									2	11	12	28	175	232:40	2.5	Z		
		AIR/O ₂									2	11	12	14	47	96:00				
45	4:00	AIR									7	11	20	28	231	301:40	3			
		AIR/O ₂									7	11	20	15	61	129:00				
50	3:40	AIR									1	11	13	25	28	276	358:20	3.5		
		AIR/O ₂									1	11	13	25	15	74	153:40			
55	3:40	AIR									5	11	19	26	28	336	429:20	4		
		AIR/O ₂									5	11	19	26	14	87	181:40			
Exceptional Exposure: SurDO ₂ -----																				
60	3:40	AIR									8	13	24	25	31	405	510:20	4.5		
		AIR/O ₂									8	13	24	25	16	100	205:40			
70	3:20	AIR									3	13	21	24	25	48	498	636:00	5.5	
		AIR/O ₂									3	13	21	24	25	25	118	253:20		

Table 9-9. Air Decompression Table (Continued).
(DESCENT RATE 75 FPM—ASCENT RATE 30 FPM)

Bottom Time (min)	Time to First Stop (M:S)	Gas Mix	DECOMPRESSION STOPS (FSW) Stop times (min) include travel time, except first air and first O ₂ stop								Total Ascent Time (M:S)	Chamber O ₂ Periods	Repet Group						
			100	90	80	70	60	50	40	30				20					
190 FSW																			
5	6:20	AIR									0	6:20	0	D					
		AIR/O ₂									0	6:20							
10	5:40	AIR									4	10:20	0.5	H					
		AIR/O ₂									2	8:20							
In-Water Air/O ₂ Decompression or SurDO ₂ Recommended -----																			
15	5:40	AIR									17	23:20	0.5	K					
		AIR/O ₂									9	15:20							
20	5:00	AIR								1	7	37	50:40	1	N				
		AIR/O ₂									1	4	19	30:00					
25	4:40	AIR								2	6	9	67	89:20	1.5	Z			
		AIR/O ₂								2	6	5	28	46:40					
Exceptional Exposure: In-Water Air Decompression ----- In-Water Air/O ₂ Decompression or SurDO ₂ Required -----																			
30	4:40	AIR								6	8	14	111	144:20	2	Z			
		AIR/O ₂									6	8	8	35	67:40				
35	4:20	AIR								3	8	13	22	160	211:00	2.5	Z		
		AIR/O ₂								3	8	13	12	44	90:20				
Exceptional Exposure: In-Water Air/O ₂ Decompression ----- SurDO ₂ Required-----																			
40	4:20	AIR								7	12	14	29	210	277:00	3			
		AIR/O ₂									7	12	14	15	56	119:20			
45	4:00	AIR								2	11	12	23	28	262	342:40	3.5		
		AIR/O ₂								2	11	12	23	15	70	148:00			
50	4:00	AIR								7	11	16	26	28	321	413:40	4		
		AIR/O ₂								7	11	16	26	15	83	178:00			
Exceptional Exposure: SurDO ₂ -----																			
55	3:40	AIR								2	10	10	24	25	30	396	501:20	4.5	
		AIR/O ₂									2	10	10	24	25	16	98	204:40	
60	3:40	AIR								5	10	16	24	25	40	454	578:20	5	
		AIR/O ₂								5	10	16	24	25	21	108	233:40		
90	3:20	AIR								11	19	20	21	28	51	83	626	863:00	8.5
		AIR/O ₂								11	19	20	21	28	51	42	177	408:40	
120	3:00	AIR	15	17	19	20	37	46	79	113	691	113	691	1040:40	10.5				
		AIR/O ₂	15	17	19	20	37	46	79		55	219		550:20					

Table 9-9. Air Decompression Table (Continued).
(DESCENT RATE 75 FPM—ASCENT RATE 30 FPM)

Bottom Time (min)	Time to First Stop (M:S)	Gas Mix	DECOMPRESSION STOPS (FSW) Stop times (min) include travel time, except first air and first O ₂ stop								Total Ascent Time (M:S)	Chamber O ₂ Periods	Repet Group		
			100	90	80	70	60	50	40	30				20	
200 FSW															
Exceptional Exposure -----															
5	6:00	AIR									1	7:40	0.5		
		AIR/O ₂									1	7:40			
10	6:00	AIR									5	11:40	0.5		
		AIR/O ₂									3	9:40			
15	5:40	AIR								2	22	30:20	0.5		
		AIR/O ₂								1	11	18:20			
20	5:20	AIR								5	6	43	60:00	1	
		AIR/O ₂								5	4	21	36:20		
25	5:00	AIR								5	6	11	78	105:40	1.5
		AIR/O ₂								5	6	6	29	52:00	
30	4:40	AIR						4	5	11	18	136	179:20	2	
		AIR/O ₂						4	5	11	9	40	79:40		
35	4:20	AIR				1	6	10	13	26	179	240:00	2.5		
		AIR/O ₂				1	6	10	13	13	49	102:20			
40	4:20	AIR				3	10	12	18	28	243	319:00	3		
		AIR/O ₂				3	10	12	18	15	65	138:20			
45	4:20	AIR				8	11	12	26	28	300	390:00	3.5		
		AIR/O ₂				8	11	12	26	15	79	166:20			
50	4:00	AIR			3	10	11	20	26	28	377	479:40	4.5		
		AIR/O ₂			3	10	11	20	26	15	95	200:00			
210 FSW															
Exceptional Exposure -----															
5	6:20	AIR									1	8:00	0.5		
		AIR/O ₂									1	8:00			
10	6:20	AIR									6	13:00	0.5		
		AIR/O ₂									3	10:00			
15	6:00	AIR								5	26	37:40	1		
		AIR/O ₂								3	13	22:40			
20	5:20	AIR							2	6	7	50	71:00	1.5	
		AIR/O ₂							2	6	4	24	42:20		
25	5:00	AIR					2	6	7	13	94	127:40	1.5		
		AIR/O ₂					2	6	7	7	32	65:00			
30	4:40	AIR				2	5	6	13	21	156	208:20	2		
		AIR/O ₂				2	5	6	13	11	43	90:40			
35	4:40	AIR				5	6	12	14	28	214	284:20	3		
		AIR/O ₂				5	6	12	14	14	58	124:40			
40	4:20	AIR				2	6	11	12	22	28	271	357:00	3.5	
		AIR/O ₂				2	6	11	12	22	15	74	157:20		
45	4:20	AIR				4	10	11	16	25	29	347	447:00	4	
		AIR/O ₂				4	10	11	16	25	15	89	190:20		
50	4:20	AIR				9	10	11	23	26	35	426	545:00	4.5	
		AIR/O ₂				9	10	11	23	26	18	104	221:20		


Table 9-9. Air Decompression Table (Continued).
(DESCENT RATE 75 FPM—ASCENT RATE 30 FPM)


Bottom Time (min)	Time to First Stop (M:S)	Gas Mix	DECOMPRESSION STOPS (FSW)								Total Ascent Time (M:S)	Chamber O ₂ Periods	Repet Group		
			100	90	80	70	60	50	40	30				20	
220 FSW															
Exceptional Exposure -----															
5	6:40	AIR									2	9:20	0.5		
		AIR/O ₂									1	8:20			
10	6:40	AIR									8	15:20	0.5		
		AIR/O ₂									4	11:20			
15	6:00	AIR								1	7	30	44:40	1	
		AIR/O ₂								1	4	15	27:00		
20	5:40	AIR								5	6	7	63	87:20	1.5
		AIR/O ₂								5	6	4	27	48:40	
25	5:20	AIR						5	6	8	14	119	158:00	2	
		AIR/O ₂						5	6	8	7	38	75:20		
30	5:00	AIR				5	5	8	13	24	174	234:40	2.5		
		AIR/O ₂				5	5	8	13	13	47	102:00			
35	4:40	AIR			3	5	9	11	18	28	244	323:20	3		
		AIR/O ₂			3	5	9	11	18	15	66	142:40			
40	4:20	AIR		1	4	9	11	11	26	28	312	407:00	4		
		AIR/O ₂		1	4	9	11	11	26	15	82	179:20			
250 FSW															
Exceptional Exposure -----															
5	7:40	AIR									3	11:20	0.5		
		AIR/O ₂									2	10:20			
10	7:20	AIR									2	15	25:00	0.5	
		AIR/O ₂									1	8	17:00		
15	6:40	AIR						3	7	7	41	65:20	1		
		AIR/O ₂						3	7	4	21	42:40			
20	6:00	AIR				2	6	5	7	12	106	144:40	2		
		AIR/O ₂				2	6	5	7	6	35	73:00			
25	5:40	AIR			4	5	5	7	13	24	175	239:20	2.5		
		AIR/O ₂			4	5	5	7	13	13	47	105:40			
30	5:20	AIR		4	4	5	9	11	20	28	257	344:00	3.5		
		AIR/O ₂		4	4	5	9	11	20	14	70	153:20			
35	5:00	AIR		2	5	4	10	11	14	25	29	347	452:40	4	
		AIR/O ₂		2	5	4	10	11	14	25	15	89	196:00		
300 FSW															
Exceptional Exposure -----															
5	9:20	AIR									6	16:00	0.5		
		AIR/O ₂									3	13:00			
10	8:20	AIR							2	5	7	32	55:00	1	
		AIR/O ₂							2	5	4	16	36:20		
15	7:20	AIR			1	4	5	6	6	10	102	142:00	1.5		
		AIR/O ₂			1	4	5	6	6	5	35	75:20			
20	6:40	AIR		1	4	5	5	5	6	14	28	196	271:20	2.5	
		AIR/O ₂		1	4	5	5	5	6	14	15	52	124:40		
25	6:40	AIR		7	4	5	5	10	12	25	29	305	409:00	3.5	
		AIR/O ₂		7	4	5	5	10	12	25	15	80	180:20		

Table 10-1. Equivalent Air Depth Table.

Diver's Actual Depth (fsw)	EAD Feet															
	25% O ₂	26% O ₂	27% O ₂	28% O ₂	29% O ₂	30% O ₂	31% O ₂	32% O ₂	33% O ₂	34% O ₂	35% O ₂	36% O ₂	37% O ₂	38% O ₂	39% O ₂	40% O ₂
20	20	20	20	20	20	20	20	15	15	15	15	15	10	10	10	10
30	30	30	30	30	30	30	30	25	25	25	20	20	20	20	20	20
40	40	40	40	40	40	40	40	35	30	30	30	30	30	30	25	25
50	50	50	50	50	50	50	50	40	40	40	40	40	35	35	35	35
60	60	60	60	60	60	60	50	50	50	50	50	50	50	50	40	40
70	70	70	70	70	70	60	60	60	60	60	60	60	50	50	50	50
80	80	80	80	80	70	70	70	70	70	70	70	60	60	60	60	60
90	90	90	90	90	80	80	80	80	80	80	70	70	70	70	70	70
100	100	100	100	90	90	90	90	90	90	80	80	80	80	80	80	70
110	110	110	110	100	100	100	100	100	100	90	90	90	90	90	90	90
120	120	120	120	110	110	110	110	110	110	100	100	100	100	100	100	100
130	130	130	120	120	120	120	120	120	120	110	110	110	110	110	110	110
140	140	140	130	130	130	130	130	130	130	120	120	120	120	120	120	120
150	150	150	140	140	140	140	140	140	140	130	130	130	130	130	130	130
160	160	160	160	160	160	160	160	160	160	160	160	160	160	160	160	160

EAD = Equivalent Air Depth - For Decompression Table Selection Only Rounded to Next Greater Depth

 = 1.4 ata Normal working limit.

 = Depth exceeds the normal working limit, requires the Commanding Officer's authorization and surface-supplied equipment. Repetitive dives are not authorized. Times listed in parentheses indicate maximum allowable exposure.

Note¹: Depths not listed are considered beyond the safe limits of NITROX diving.

Note²: The EAD, 1.4 ata Normal Working Limit Line and Maximum Allowable Exposure Time for dives deeper than the Normal Working Limit Line are calculated assuming the diver rounds the oxygen percentage in the gas mixture using the standard rounding rule discussed in [paragraph 10-4.1](#). The calculations also take into account the allowable ± 0.5 percent error in gas analysis.

Treatment Table 5

1. Descent rate - 20 ft/min.
2. Ascent rate - Not to exceed 1 ft/min. Do not compensate for slower ascent rates. Compensate for faster rates by halting the ascent.
3. Time on oxygen begins on arrival at 60 feet.
4. If oxygen breathing must be interrupted because of CNS Oxygen Toxicity, allow 15 minutes after the reaction has entirely subsided and resume schedule at point of interruption (see [paragraph 20-7.11.1.1](#))
5. Treatment Table may be extended two oxygen-breathing periods at the 30-foot stop. No air break required between oxygen-breathing periods or prior to ascent.
6. Tender breathes 100 percent O₂ during ascent from the 30-foot stop to the surface. If the tender had a previous hyperbaric exposure in the previous 18 hours, an additional 20 minutes of oxygen breathing is required prior to ascent.

Treatment Table 5 Depth/Time Profile

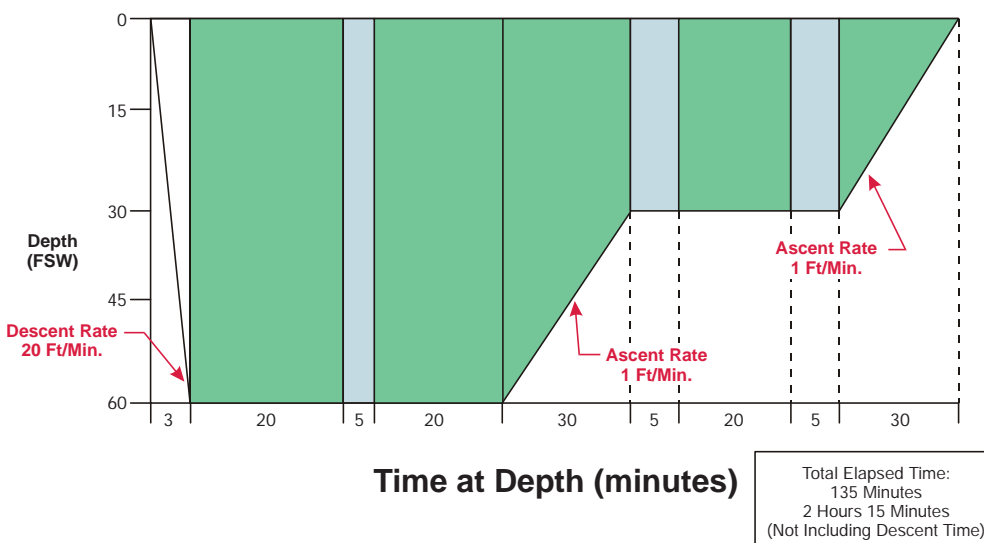


Figure 20-4. Treatment Table 5.

Treatment Table 6

1. Descent rate - 20 ft/min.
2. Ascent rate - Not to exceed 1 ft/min. Do not compensate for slower ascent rates. Compensate for faster rates by halting the ascent.
3. Time on oxygen begins on arrival at 60 feet.
4. If oxygen breathing must be interrupted because of CNS Oxygen Toxicity, allow 15 minutes after the reaction has entirely subsided and resume schedule at point of interruption (see [paragraph 20-7.11.1.1](#)).
5. Table 6 can be lengthened up to 2 additional 25-minute periods at 60 feet (20 minutes on oxygen and 5 minutes on air), or up to 2 additional 75-minute periods at 30 feet (15 minutes on air and 60 minutes on oxygen), or both.
6. Tender breathes 100 percent O₂ during the last 30 min. at 30 fsw and during ascent to the surface for an unmodified table or where there has been only a single extension at 30 or 60 feet. If there has been more than one extension, the O₂ breathing at 30 feet is increased to 60 minutes. If the tender had a hyperbaric exposure within the past 18 hours an additional 60-minute O₂ period is taken at 30 feet.

Treatment Table 6 Depth/Time Profile

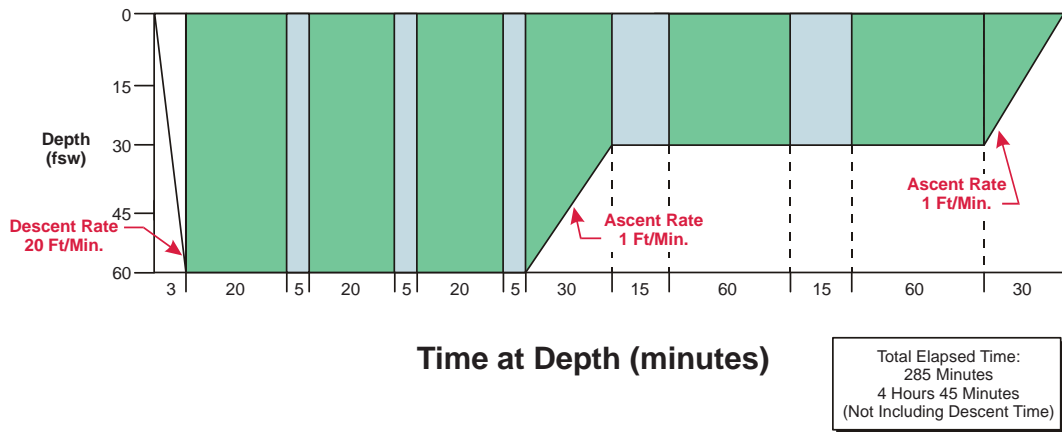


Figure 20-5. Treatment Table 6.

Treatment Table 6A

1. Descent rate - 20 ft/min.
2. Ascent rate - 165 fsw to 60 fsw not to exceed 3 ft/min, 60 fsw and shallower, not to exceed 1 ft/min. Do not compensate for slower ascent rates. Compensate for faster rates by halting the ascent.
3. Time at treatment depth does not include compression time.
4. Table begins with initial compression to depth of 60 fsw. If initial treatment was at 60 feet, up to 20 minutes may be spent at 60 feet before compression to 165 fsw. Contact a Diving Medical Officer.
5. If a chamber is equipped with a high-O₂ treatment gas, it may be administered at 165 fsw and shallower, not to exceed 3.0 ata O₂ in accordance with [paragraph 20-7.10](#). Treatment gas is administered for 25 minutes interrupted by 5 minutes of air. Treatment gas is breathed during ascent from the treatment depth to 60 fsw.
6. Deeper than 60 feet, if treatment gas must be interrupted because of CNS oxygen toxicity, allow 15 minutes after the reaction has entirely subsided before resuming treatment gas. The time off treatment gas is counted as part of the time at treatment depth. If at 60 feet or shallower and oxygen breathing must be interrupted because of CNS oxygen toxicity, allow 15 minutes after the reaction has entirely subsided and resume schedule at point of interruption (see [paragraph 20-7.11.1.1](#)).
7. [Table 6A](#) can be lengthened up to 2 additional 25-minute periods at 60 feet (20 minutes on oxygen and 5 minutes on air), or up to 2 additional 75-minute periods at 30 feet (60 minutes on oxygen and 15 minutes on air), or both.
8. Tender breathes 100 percent O₂ during the last 60 minutes at 30 fsw and during ascent to the surface for an unmodified table or where there has been only a single extension at 30 or 60 fsw. If there has been more than one extension, the O₂ breathing at 30 fsw is increased to 90 minutes. If the tender had a hyperbaric exposure within the past 18 hours, an additional 60 minute O₂ breathing period is taken at 30 fsw.
9. If significant improvement is not obtained within 30 minutes at 165 feet, consult with a Diving Medical Officer before switching to [Treatment Table 4](#).

Treatment Table 6A Depth/Time Profile

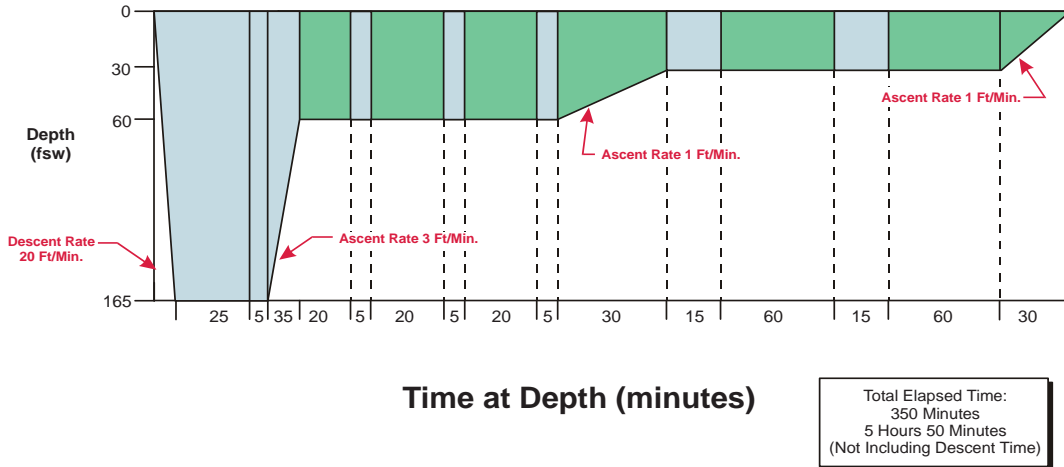


Figure 20-6. Treatment Table 6A.

Treatment Table 4

1. Descent rate - 20 ft/min.
2. Ascent rate - 1 ft/min.
3. Time at 165 feet includes compression.
4. If only air is available, decompress on air. If oxygen is available, patient begins oxygen breathing upon arrival at 60 feet with appropriate air breaks. Both tender and patient breathe oxygen beginning 2 hours before leaving 30 feet. (see [paragraph 20-5.5](#)).
5. Ensure life-support considerations can be met before committing to a Table 4. (see [paragraph 20-7.5](#)) Internal chamber temperature should be below 85° F.
6. If oxygen breathing is interrupted, no compensatory lengthening of the table is required.
7. If switching from [Treatment Table 6A](#) or [3](#) at 165 feet, stay a maximum of 2 hours at 165 feet before decompressing.
8. If the chamber is equipped with a high-O₂ treatment gas, it may be administered at 165 fsw, not to exceed 3.0 ata O₂. Treatment gas is administered for 25 minutes interrupted by 5 minutes of air.

Treatment Table 4 Depth/Time Profile

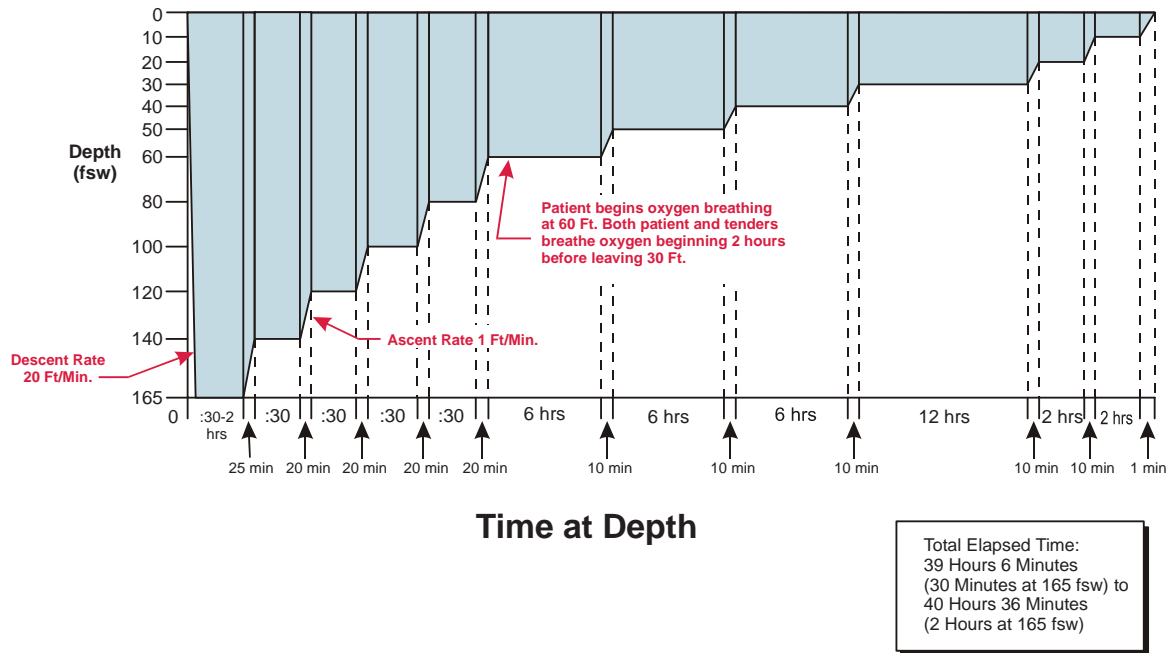


Figure 20-7. Treatment Table 4.

Treatment Table 7

1. Table begins upon arrival at 60 feet. Arrival at 60 feet is accomplished by initial treatment on [Table 6, 6A or 4](#). If initial treatment has progressed to a depth shallower than 60 feet, compress to 60 feet at 20 ft/min to begin Table 7.
2. Maximum duration at 60 feet is unlimited. Remain at 60 feet a minimum of 12 hours unless overriding circumstances dictate earlier decompression.
3. Patient begins oxygen breathing periods at 60 feet. Tender need breathe only chamber atmosphere throughout. If oxygen breathing is interrupted, no lengthening of the table is required.
4. Minimum chamber O₂ concentration is 19 percent. Maximum CO₂ concentration is 1.5 percent SEV (11.4 mmHg). Maximum chamber internal temperature is 85°F ([paragraph 20-7.5](#)).
5. Decompression starts with a 2-foot upward excursion from 60 to 58 feet. Decompress with stops every 2 feet for times shown in profile below. Ascent time between stops is approximately 30 seconds. Stop time begins with ascent from deeper to next shallower step. Stop at 4 feet for 4 hours and then ascend to the surface at 1 ft/min.
6. Ensure chamber life-support requirements can be met before committing to a [Treatment Table 7](#).
7. A Diving Medical Officer should be consulted before committing to this treatment table.

Treatment Table 7 Depth/Time Profile

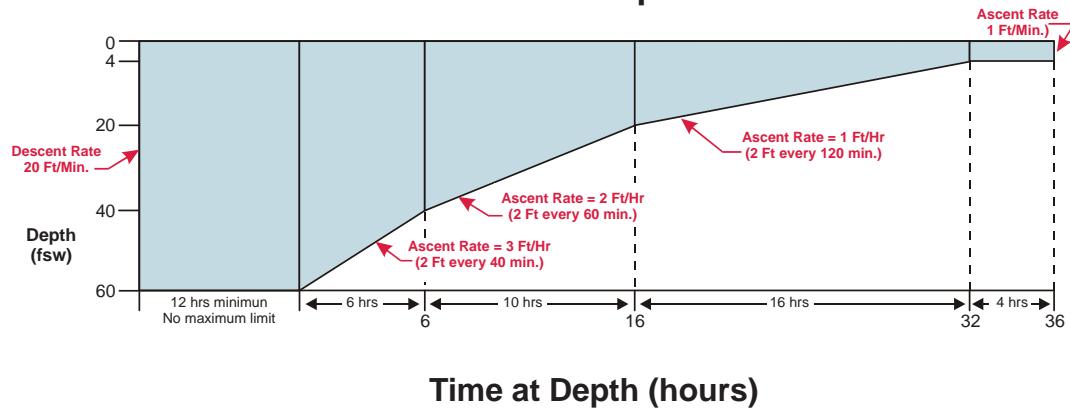


Figure 20-8. Treatment Table 7.

Treatment Table 8

1. Enter the table at the depth which is exactly equal to or next greater than the deepest depth attained in the recompression. The descent rate is as fast as tolerable.
2. The maximum time that can be spent at the deepest depth is shown in the second column. The maximum time for 225 fsw is 30 minutes; for 165 fsw, 3 hours. For an asymptomatic diver, the maximum time at depth is 30 minutes for depths exceeding 165 fsw and 2 hours for depths equal to or shallower than 165 fsw.
3. Decompression is begun with a 2-fsw reduction in pressure if the depth is an even number. Decompression is begun with a 3-fsw reduction in pressure if the depth is an odd number. Subsequent stops are carried out every 2 fsw. Stop times are given in column three. The stop time begins when leaving the previous depth. Ascend to the next stop in approximately 30 seconds.
4. Stop times apply to all stops within the band up to the next quoted depth. For example, for ascent from 165 fsw, stops for 12 minutes are made at 162 fsw and at every two-foot interval to 140 fsw. At 140 fsw, the stop time becomes 15 minutes. When traveling from 225 fsw, the 166-foot stop is 5 minutes; the 164-foot stop is 12 minutes. Once begun, decompression is continuous. For example, when decompressing from 225 feet, ascent is not halted at 165 fsw for 3 hours. However, ascent may be halted at 60 fsw and shallower for any desired period of time.
5. While deeper than 165 fsw, a helium-oxygen mixture with 16-36 percent oxygen may be breathed by mask to reduce narcosis. A 64/36 helium-oxygen mixture is the preferred treatment gas. At 165 fsw and shallower, a HeO₂ or N₂O₂ mix with a ppO₂ not to exceed 3.0 ata may be given to the diver as a treatment gas. At 60 fsw and shallower, pure oxygen may be given to the divers as a treatment gas. For all treatment gases (HeO₂, N₂O₂, and O₂), a schedule of 25 minutes on gas and 5 minutes on chamber air should be followed for a total of four cycles. Additional oxygen may be given at 60 fsw after a 2-hour interval of chamber air. See [Treatment Table 7](#) for guidance. If high O₂ breathing is interrupted, no lengthening of the table is required.
6. To avoid loss of the chamber seal, ascent may be halted at 4 fsw and the total remaining stop time of 240 minutes taken at this depth. Ascend directly to the surface upon completion of the required time.
7. Total ascent time from 225 fsw is 56 hours, 29 minutes. For a 165-fsw recompression, total ascent time is 53 hours, 52 minutes, and for a 60-fsw recompression, 36 hours, 0 minutes.

Depth (fsw)	Max Time at Initial Treatment Depth (hours)	2-fsw Stop Times (minutes)
225	0.5	5
165	3	12
140	5	15
120	8	20
100	11	25
80	15	30
60	Unlimited	40
40	Unlimited	60
20	Unlimited	120

Figure 20-9. Treatment Table 8.

Treatment Table 9

1. Descent rate - 20 ft/min.
2. Ascent rate - 20 ft/min. Rate may be slowed to 1 ft/min depending upon the patient's medical condition.
3. Time at 45 feet begins on arrival at 45 feet.
4. If oxygen breathing must be interrupted because of CNS Oxygen Toxicity, oxygen breathing may be restarted 15 minutes after all symptoms have subsided. Resume schedule at point of interruption (see [paragraph 20-7.11.1.1](#)).
5. Tender breathes 100 percent O₂ during last 15 minutes at 45 feet and during ascent to the surface regardless of ascent rate used.
6. Patient may breathe air or oxygen during ascent.
7. If patient cannot tolerate oxygen at 45 feet, this table can be modified to allow a treatment depth of 30 feet. The oxygen breathing time can be extended to a maximum of 3 to 4 hours.

Treatment Table 9 Depth/Time Profile

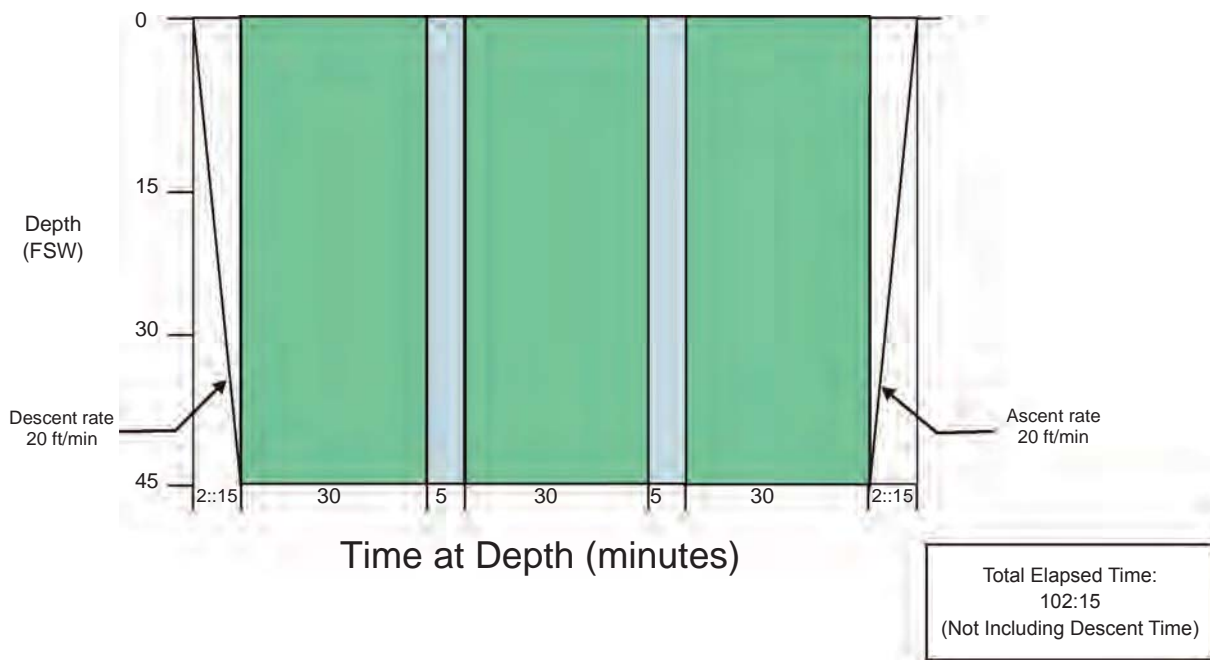


Figure 20-10. Treatment Table 9.

Air Treatment Table 1A

1. Descent rate - 20 ft/min.
2. Ascent rate - 1 ft/min.
3. Time at 100 feet includes time from the surface.

Treatment Table 1A Depth/Time Profile

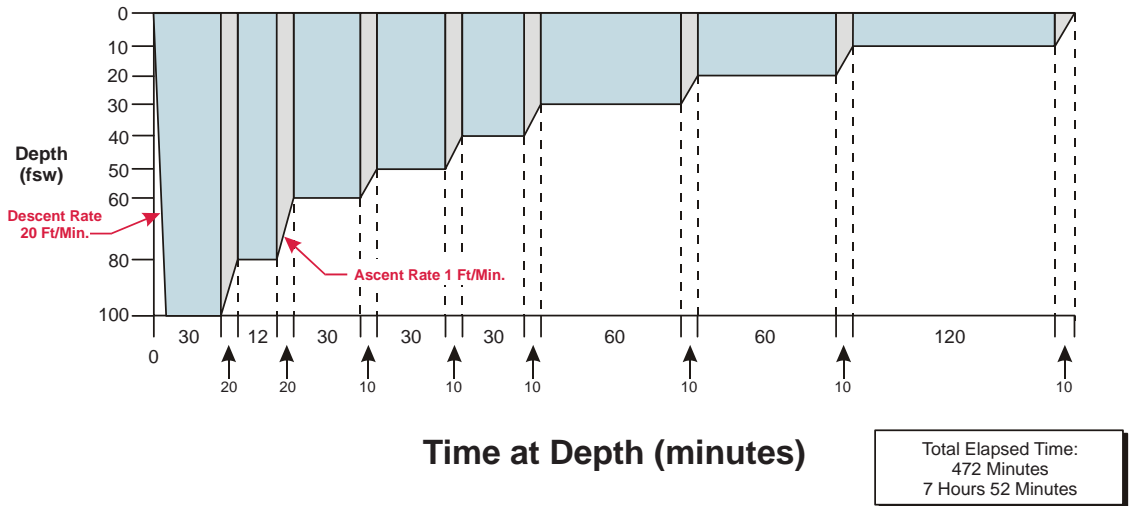


Figure 20-11. Air Treatment Table 1A.

Air Treatment Table 2A

1. Descent rate - 20 ft/min.
2. Ascent rate - 1 ft/min.
3. Time at 165 feet includes time from the surface.

Treatment Table 2A Depth/Time Profile

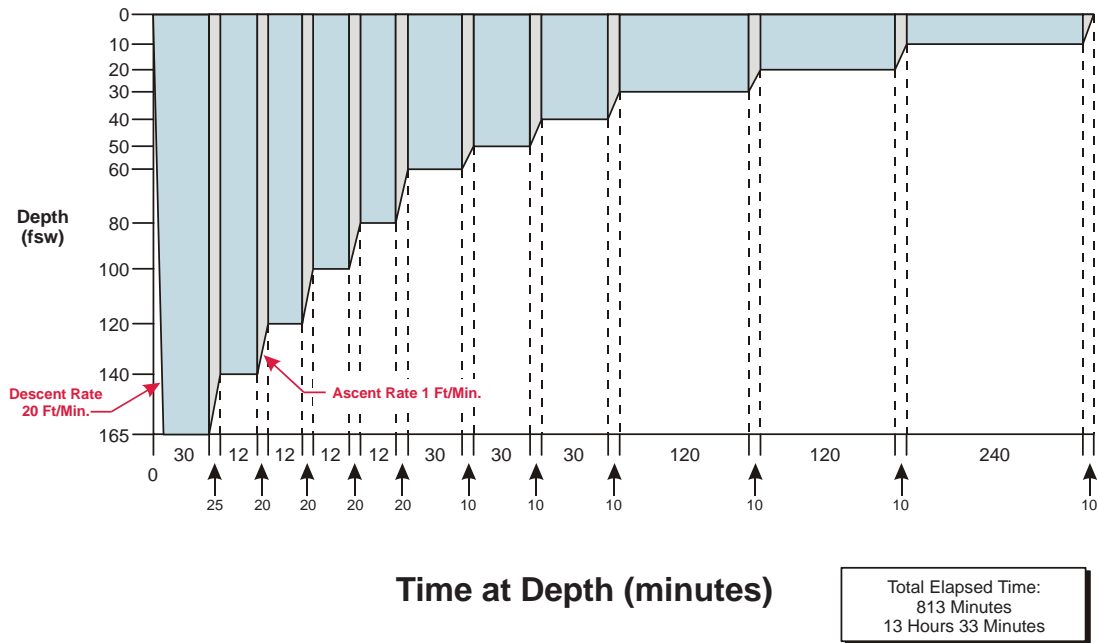


Figure 20-12. Air Treatment Table 2A.

Air Treatment Table 3

1. Descent rate - 20 ft/min.
2. Ascent rate - 1 ft/min.
3. Time at 165 feet-includes time from the surface.

Treatment Table 3 Depth/Time Profile

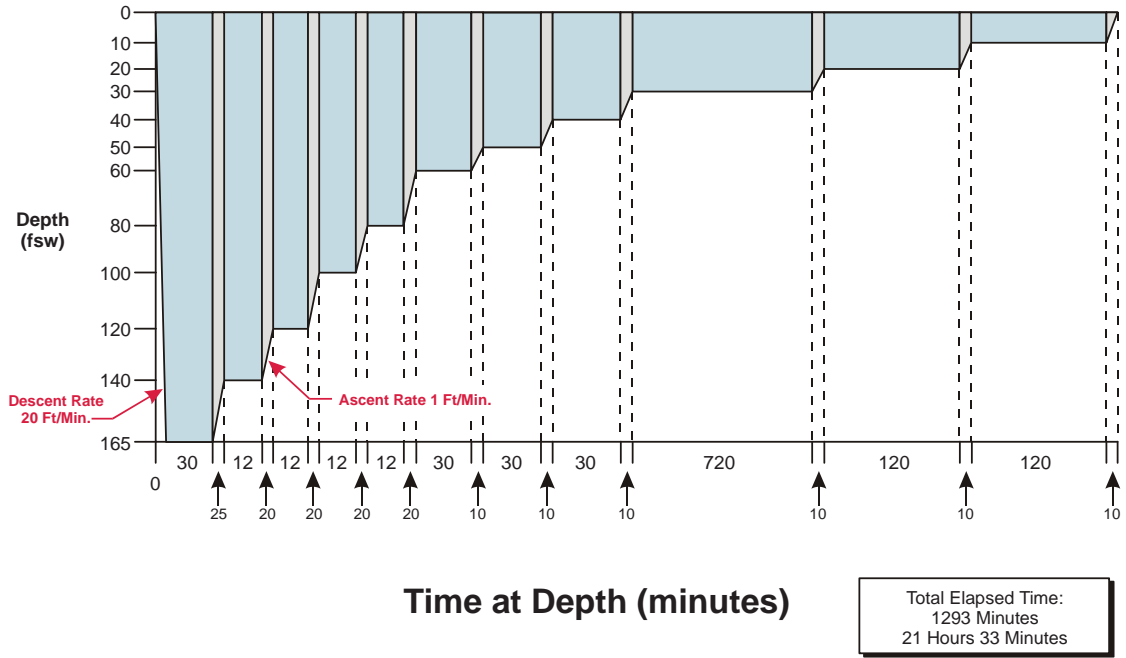


Figure 20-13. Air Treatment Table 3.