



88

BSAC NITROX DECOMPRESSION TABLES

for

21% (Air), 27%, 32% and 36% Oxygen mixes

Users of the BSAC NITROX Tables are reminded that participating in sport diving using air or elevated Oxygen level gas mixes involves exposure to the risk of decompression illness and Oxygen toxicity problems. Since that exposure is affected by a number of factors, including some over which the diver has no control, the authors and publishers of the BSAC NITROX Tables cannot guarantee risk free diving to any user. Moreover, failure to adhere strictly to the Tables and prescribed procedures for their use will necessarily increase any risk to which a user might otherwise be exposed.

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DEFINITIONS USED IN THE BSAC NITROX DECOMPRESSION TABLES

ASCENT CHECK DEPTH

A point reached during the ascent where Dive Time is checked against the dive plan and appropriate decompression procedures are initiated. This depth is usually 6m but will be 9m for dives which involve stops at both 9m and 6m.

ASCENT RATE

The speed at which the diver ascends, a maximum rate of 15m/minute is allowed, up to a depth of 6m. On all dives, one minute should be taken to ascend from 6m to the surface.

ASCENT TIME

The time elapsed from leaving the bottom (assumed to be at the maximum depth reached during the dive) to arriving at 6m. It is calculated at a rate of 15m/minute, rounded up to the nearest minute and does not include decompression stops.

CURRENT TISSUE CODE

The code produced by applying a SURFACE INTERVAL to the last dive's SURFACING CODE. Used in conjunction with the DIVE GAS, it indicates the Table on which the diver can now dive.

DECOMPRESSION STOP

The time to be actually spent at the in-water decompression stop depth indicated by the relevant table.

DEPTH

The deepest depth reached during the dive, measured in metres.

DESCENT RATE

The speed at which the diver descends, a maximum rate of 30m/minute is allowed.

DIVE GAS

The Nitrogen/Oxygen (NITROX) mixture breathed by the diver for the duration of a particular dive, expressed as a percentage of Oxygen in the mixture. Oxygen % should be checked at cylinder filling and again immediately prior to diving and should be within 1% of the chosen Table %.

DIVE TIME

The time elapsed from leaving the surface to reaching 6m on the return to the surface. In the case of dives requiring stops at both 9m and 6m, it is the time elapsed from leaving the surface to arriving at 9m.

MAXIMUM OPERATING DEPTH

The maximum depth that must not be exceeded based on the partial pressure of oxygen in matrix available from the PARTIAL PRESSURE TABLE.

NITROX

These Tables cover four Nitrogen/Oxygen mixtures, NITROX 21 (21% Oxygen i.e. Air) and NITROX 27, 32 and 36 (27%, 32% and 36% Oxygen respectively).

NO-STOP DIVE

A dive for which the Table indicates no need for an in-water decompression stop(s).

PARTIAL PRESSURE TABLE

Look-up table of partial pressures of oxygen based on depth and percentage of oxygen in the DIVE GAS.

SURFACE INTERVAL

The time elapsed from surfacing at the end of one dive to leaving the surface at the beginning of the following dive.

SURFACING CODE

The code describing the diver's tissue saturation state on surfacing from a dive.

USING THE BSAC NITROX DECOMPRESSION TABLES

INTRODUCTION

Based on the well established BSAC '88 Air Decompression Tables, this version contains the Level 1 (Atmospheric Pressure greater than 984 millibar or normal sea level conditions) Air Table set, together with Table sets covering three additional NITROX mixes, 27%, 32% and 36% Oxygen. Also included is a SURFACE INTERVAL TABLE to allow for sequences of dives based on the four DIVE GAS mixes covered by the Tables. The SURFACE INTERVAL TABLE provides a simple mechanism for divers wishing to conduct sequential dives on one or several of the DIVE GASES covered by the Tables. Diving at Atmospheric Pressures of 984 millibar or below is not covered by these Tables, and divers are referred to the BSAC '88 Table set containing four Atmospheric Pressure ranges, Levels 1 to 4.

A submersible Dive Conduct slate is provided for appropriate dive planning and subsequent in-water dive control plus PO_2 and oxygen toxicity tables for advanced user reference.

BSAC believes using DIVE GAS mixtures other than air requires specific levels of experience and knowledge and strongly recommends all users to attend the specialised courses aimed at providing appropriate training for NITROX Diving.

STARTING A SERIES OF DIVES

Before planning a dive the CURRENT TISSUE CODE must be known. This depends on the diver's previous exposure to pressure both atmospheric and underwater. If no diving has taken place in the previous 16 hours, and there have been no significant changes in atmospheric pressure, then a CURRENT TISSUE CODE of A can be assumed. If diving has occurred then either the SURFACE INTERVAL TABLE must be used or a 16 hour SURFACE INTERVAL wait must be imposed. The Level 1 to 4 '88 Table set shows how to account for atmospheric pressure changes, but if changes have been experienced, such as produced by a short (less than 90 minute flight) then a CURRENT TISSUE CODE of B should be adopted for a period of 10 hours.

PLANNING A DIVE

Choose the Table set corresponding to the Oxygen % of the intended DIVE GAS and then choose the Table corresponding to your CURRENT TISSUE CODE, typically Table A for the first dive of a series. Look down the DEPTH column to the maximum depth you intend to reach during the dive. If that depth is not exactly shown then choose the next deeper depth. The DIVE TIME section gives a range of times. Look along the target depth row to find the time which is equal to or next greater than your planned DIVE TIME. If your DIVE TIME is to the left of the No-stop line then no in-water decompression stops are required. Otherwise staged stops will be required as part of the ascent and these are indicated in the DECOMPRESSION STOP section below. Look down the chosen DIVE TIME column to find the time and depth of the required stop(s). Below this section you will find the SURFACING CODE section and you should note the SURFACING CODE for the planned dive.

PLANNING A SECOND DIVE

Following any dive always verify that the SURFACING CODE planned was achieved. Knowing the elapsed SURFACE INTERVAL since the first dive, use the SURFACE INTERVAL TABLE to obtain your CURRENT TISSUE CODE. This code indicates the Table on which your second dive is to be planned and it should be used in PLANNING A DIVE above. If a change in DIVE GAS is to be made for the second Dive, then choose the appropriate NITROX Table set and the CURRENT TISSUE CODE again indicates which Table in that set should be used. BSAC recommends that if changes in DIVE GAS are made in a sequence of dives, the change should always be to a richer Oxygen mix, for example Air for the first dive and NITROX 27% for the second.

PLANNING SUBSEQUENT DIVES

Subsequent dives are planned in exactly the manner of a second dive. Use the SURFACING CODE of the previous dive and the SURFACE INTERVAL TABLE to obtain your CURRENT TISSUE CODE. This CURRENT TISSUE CODE together with your planned DIVE GAS indicates which Table should be used for dive planning.

Note: The section *SAFER DIVING* gives further advice on conducting a series of dives.

USING THE BSAC NITROX DECOMPRESSION TABLES

FLYING AND DIVING

Diving using these Tables following short flights of 90 minutes or less requires that a CURRENT TISSUE CODE of B is assumed. Table B of the appropriate DIVE GAS is used unless a SURFACE INTERVAL of 10 hours has elapsed since landing.

Flying or ascending to altitude by other means following diving using these Tables demands a CURRENT TISSUE CODE of A or B. Waiting for a CURRENT TISSUE CODE of A will increase the diver's safety margin should there be any pressurisation difficulties during the flight.

SAFER DIVING

Because of the wide variations in human physiology and the large number of factors that can affect your susceptibility to decompression illness, no Table can guarantee to protect you against all risk. Whenever diving, please take the following into account.

- 1 The maximum recommended depth for sports diving using air is 50m and when carrying out two or more dives in one day, perform the deepest dive first.
- 2 It is recommended that no more than 3 dives be performed in any 24 hours and any dive series involving consecutive days diving to 30m+ should be limited to four days, after which a 24-hour break should be taken.
- 3 It is advisable to limit any diving within a 24-hour period to dives requiring a total of 20 minutes decompression stops.
- 4 Always be in control of your buoyancy, especially during the ascent, and observe the maximum recommended speeds 15m/minute to 6m and then 1 minute to the surface.
- 5 It is permissible to conduct slower descents and ascents, whilst remaining within the dive profile envelope but multiple 'sawtooth' ascents and descents should be avoided.
- 6 Be aware that smoking, alcohol or drug consumption, tiredness, dehydration, age, increased body fat and any medical condition affecting the circulatory or respiratory systems are thought to increase your risk of decompression illness. So too can excessive physical exertion during or immediately after a dive.
- 7 A maximum PO_2 of 1.40 is recommended, which should be further reduced if exertion is planned during the dive.
8. When diving with raised PO_2 mixtures, dive well within depth limits. Take great care not to exceed a PO_2 of 1.40 by inadvertently exceeding your depth limit.
9. Exposure times to raised PO_2 mixtures should be tracked and the guide limits of the NOAA Oxygen exposure table followed.
- 10 Equipment for use with NITROX below 40% Oxygen should be Oxygen compatible. Additionally cylinders and cylinder valves should be fit, cleaned for Oxygen service and dedicated to use with NITROX.
- 11 NITROX mixes should be carefully analysed on filling and again just prior to the start of the dive.

Note As a practical measure all DIVE TIMES in excess of 480 minutes have been truncated to that value and are shown in italics.

The symbol ● indicates that you must move to the next column on the right which includes a valid DIVE TIME and decompression solution. Small increases in DIVE TIME in such areas of the Table produce large changes in decompression requirements and show extra caution is needed.

These Tables are designed for Sports Diving and assume an appropriate activity level. Additional caution is required either when the dives are more demanding, i.e. if exertion is planned or in particularly cold conditions, or when the physical condition/habits of the divers are less than optimum for the dives to be undertaken.

USING THE DIVE CONDUCT SLATE

Correct usage of the BSAC NITROX Tables minimises decision making at depth, with the concept of Dive Time being measured up to arrival at ASCENT CHECK DEPTH. This means important checks and decisions should be made in relatively shallow and comfortable conditions. As always, to aid underwater decision making, it is important that as much planning as possible takes place before the dive. The Dive Conduct Slate is designed to help in that process by providing a quick reminder of the planned dive and a number of contingency guidelines should things not go to plan.

Each dive has its own special requirements but on many the following contingencies are appropriate – a dive where the planned time is just exceeded – a dive where the planned maximum depth is just exceeded – a worst case scenario such as the longest decompression solution possible on the gas carried by the diver.

Start Tissue Code	<input type="text"/>	%Oxygen in mix pre-dive	<input type="text"/>	MAXIMUM OPERATING DEPTH	<input type="text"/>
	DEPTH	DIVE TIME	IN-WATER STOPS		PO₂
			9M STOP TIME	6M STOP TIME	
PLAN					
JUST LONGER					
JUST DEEPER					
WORST CASE					
ASCENT CHECK DEPTH	<input type="text"/>	SURFACING CODE	<input type="text"/>	SURFACING TIME	<input type="text"/>

Note: In no case should the MAXIMUM OPERATING DEPTH for the DIVE GAS being breathed be exceeded.

This SURFACE INTERVAL TABLE shows how your body tissues gradually release excess gas over periods of time, whilst you remain at sea level. Enter the left hand column with the SURFACING CODE from your last dive and move to the right along that row for your SURFACE INTERVAL and your CURRENT TISSUE CODE is indicated.

SURFACE INTERVAL TABLE 21%, 27%, 32% & 36% OXYGEN MIXES

Last Dive SURFACING CODE	Minutes					Hours						
	15	30	60	90	2	3	4	10	12	14	15	16
G	G	F	E	D	C	B	A	A	A	A	A	A
F	F	E	D	C	C	B	A	A	A	A	A	A
E	E	D	C	C	B	A	A	A	A	A	A	A
D	D	C	C	B	A	A	A	A	A	A	A	A
C	C	C	B	A	A	A	A	A	A	A	A	A
B	B	B	A	A	A	A	A	A	A	A	A	A
A	A	A	A	A	A	A	A	A	A	A	A	A

AIR (21% OXYGEN) LEVEL 1 (greater than 984 millibar)

TABLE A

DEPTH (metres)	ASCENT (mins)	DIVE TIME (mins)													
		No-Stop Dives						Decompression Stop Dives							
3	(1)	– 166 480													
6	(1)	– 36 166 480													
9	1	– 17	67	167	203	243	311	328	336	348	356	363	370	376	
12	1	– 10	37	87	104	122	156	169	177	183	188	192	197	201	
15	1	– 6	24	54	64	74	98	109	116	121	125	129	133	136	
18	1	–	17	37	44	51	68	78	84	88	92	95	98	101	
DECOMPRESSION STOPS (mins) at 6 metres							1	3	6	9	12	15	18	21	
SURFACING CODE		<i>B</i>	<i>C</i>	<i>D</i>	<i>E</i>	<i>F</i>	<i>G</i>	<i>G</i>	<i>G</i>	<i>G</i>	<i>G</i>	<i>G</i>	<i>G</i>	<i>G</i>	

21	1	–	13	28	32	37	51	59	65	68	72	75	77
24	2	–	11	22	26	30	41	49	53	56	59	62	64
27	2	–	8	18	21	24	34	41	45	47	50	52	55
30	2	–	7	15	17	20	29	35	39	41	43	45	47
33	2	–	13	15	17	25	30	34	36	38	40	42	
36	2	–	11	12	14	22	27	30	32	34	36	37	
39	3	–	10	12	13	20	25	29	30	32	33	35	
DECOMPRESSION STOPS (mins) at 9 metres							1	1	1	1	2		
at 6 metres							1	3	6	9	12	15	18
SURFACING CODE		<i>B</i>	<i>C</i>	<i>D</i>	<i>E</i>	<i>F</i>	<i>G</i>	<i>G</i>	<i>G</i>	<i>G</i>	<i>G</i>	<i>G</i>	<i>G</i>

42	3	–	9	10	12	21	23	26	28	29	31	32	
45	3	–	8	9	10	19	22	24	26	27	28	30	
48	3	–	8	9	18	21	23	24	25	26	28		
51	3	–	8	17	19	21	22	24	25	26			
DECOMPRESSION STOPS (mins) at 9 metres							1	1	1	2	2	3	
at 6 metres							2	3	6	9	12	15	18
SURFACING CODE		<i>B</i>	<i>C</i>	<i>D</i>	<i>E</i>	<i>F</i>	<i>G</i>	<i>G</i>	<i>G</i>	<i>G</i>	<i>G</i>	<i>G</i>	

ASCENT RATE – 15 metres per minute. Take 1 minute from 6m to surface.

DIVE TIME – time from leaving surface to arriving at 6m on return to surface, or arrival at 9m on 2 Stop dives.

If the Surfacing Code is in *italic* then there is no dive possible producing this code.

These Tables are designed for Sports Diving and assume an appropriate activity level. More demanding dives, if exertion is planned or particularly cold conditions or divers whose physical condition/habits are a concern require extra caution.

AIR (21% OXYGEN) LEVEL 1 (greater than 984 millibar) TABLE B

DEPTH (metres)	ASCENT (mins)	DIVE TIME (mins)												
		No-Stop Dives					Decompression Stop Dives							
3	(1)	– 480												
6	(1)	– 80 480												
9	1	27	113	148	188	255	272	284	292	300	307	314	321	
12	1	– 14	52	67	84	116	129	137	143	148	152	156	160	
15	1	– 8	31	40	48	69	79	86	90	94	98	101	105	
18	1	– 21 27 32					47	55	61	64	68	71	74	76
DECOMPRESSION STOPS (mins) at 6 metres						1	3	6	9	12	15	18	21	
SURFACING CODE						B	C	D	E	F	G	G	G	G

21	1	– 15 19 23					35	42	47	50	52	55	57	
24	2	– 12 15 19					28	35	39	41	43	45	47	
27	2	– 10	12	15		23	29	33	35	36	38	40		
30	2	– 8	10	12		20	25	28	30	32	33	35		
33	2	– 8 10					17	22	25	26	28	29	31	
36	2	– 7 8					15	20	22	24	25	26	28	
39	3	– 8					14	19	21	23	24	25	26	
DECOMPRESSION STOPS (mins) at 9 metres								1	1	1	1	2		
at 6 metres						1	3	6	9	12	15	18		
SURFACING CODE						B	C	D	E	F	G	G	G	G

42	3	–					15	17	20	21	22	23	24	
45	3	–					14	17	18	19	20	21	22	
48	3	–					13	16	17	18	19	20	21	
51	3	–					12	15	16	17	18	19		
DECOMPRESSION STOPS (mins) at 9 metres							1	1	1	2	2	3		
at 6 metres						2	3	6	9	12	15	18		
SURFACING CODE						B	C	D	E	F	G	G	G	G

AIR (21% OXYGEN) LEVEL 1 (greater than 984 millibar) TABLE C

DEPTH (metres)	ASCENT (mins)	DIVE TIME (mins)													
		No-Stop Dives						Decompression Stop Dives							
3	(1)	– 480													
6	(1)	– 359 480													
9	1	– 49 79 116						182	199	211	220	227	234	241	248
12	1	– 20 31 44						71	83	90	95	100	104	108	112
15	1	– 11 17 24						40	48	54	57	61	64	67	70
18	1	– 7 11 15						27	34	38	40	43	45	47	50
DECOMPRESSION STOPS (mins) at 6 metres							1	3	6	9	12	15	18	21	
SURFACING CODE		<i>B</i>	<i>C</i>	<i>D</i>	<i>E</i>	<i>F</i>	G	G	G	G	G	G	G	G	

21	1	– 7 10						20	26	29	31	33	35	37
24	2	– 8						16	22	25	26	28	29	31
27	2	–						13	18	21	22	24	25	26
30	2	–						11	16	18	19	20	22	23
33	2	–						10	14	16	17	18	19	20
36	2	–						8	12	14	15	16	17	18
39	3	–						8	12	14	15	16	17	18
DECOMPRESSION STOPS (mins) at 9 metres														
at 6 metres							1	3	6	9	12	15	18	
SURFACING CODE		<i>B</i>	<i>C</i>	<i>D</i>	<i>E</i>	<i>F</i>	G	G	G	G	G	G	G	

42	3	–						10	●	13	14	15	16	
45	3	–						9	●	12	●	14	●	15
48	3	–						8	●	12	●	13	14	
51	3	–						8	10	11	12	●	13	
DECOMPRESSION STOPS (mins) at 9 metres														
at 6 metres							1	1	1	2	2	3		
							2	3	6	9	12	15	18	
SURFACING CODE		<i>B</i>	<i>C</i>	<i>D</i>	<i>E</i>	<i>F</i>	G	G	G	G	G	G	G	

ASCENT RATE – 15 metres per minute. Take 1 minute from 6m to surface.

DIVE TIME – time from leaving surface to arriving at 6m on return to surface, or arrival at 9m on 2 Stop dives.

If the Surfacing Code is in *italic* then there is no dive possible producing this code.

These Tables are designed for Sports Diving and assume an appropriate activity level. More demanding dives, if exertion is planned or particularly cold conditions or divers whose physical condition/habits are a concern require extra caution.

AIR (21% OXYGEN) LEVEL 1 (greater than 984 millibar) TABLE D

DEPTH (metres)	ASCENT (mins)	DIVE TIME (mins)											
		No-Stop Dives					Decompression Stop Dives						
3	(1)	480	231	-									
6	(1)		-	480									
9	1		-	8	29	81	96	107	115	122	129	136	143
12	1		-	8		26	33	38	42	45	48	51	54
15	1		-			14	19	23	25	27	28	30	32
18	1		-			9	14	16	18	19	20	22	23
21	1		-			6	10	13	14	15	16	17	18
24	2		-				9	11	12	13	14	15	16
27	2		-				8	10	11	●	12	13	
30	2		-				7	9	●	10	11	●	12
33	2		-					8	●	9	●	10	
36	2		-					7	8	●	9		
39	3		-					8	●	9			
DECOMPRESSION STOPS (mins) at 6 metres						1	3	6	9	12	15	18	21
SURFACING CODE						B	C	D	E	F	G	G	G

42	3		-					8	●	●	9		
45	3		-						8	●	●	9	
48	3		-							8			
DECOMPRESSION STOPS (mins) at 9 metres at 6 metres								1	1	1	1	1	1
								9	12	15	18	21	
SURFACING CODE						B	C	D	E	F	G	G	G

AIR (21% OXYGEN) LEVEL 1 (greater than 984 millibar) TABLE E

DEPTH (metres)	ASCENT (mins)	DIVE TIME (mins)											
		No-Stop Dives					Decompression Stop Dives						
3	(1)	480	271	8	-								
6	(1)		-	480									
9	1		-	9		50	63	73	81	88	94	101	107
12	1		-			14	22	26	28	31	33	36	38
15	1		-			8	13	16	17	19	20	21	23
18	1		-				9	11	12	13	14	15	16
21	1		-				7	9	10	●	11	12	13
24	2		-				7	8	9	10	●	11	12
27	2		-					7	8	●	9	●	10
30	2		-						7	●	8	●	9
33	2		-							7	●	8	
36	2		-								7		
DECOMPRESSION STOPS (mins) at 6 metres						1	3	6	9	12	15	18	21
SURFACING CODE						B	C	D	E	F	G	G	G

AIR (21% OXYGEN) LEVEL 1 (greater than 984 millibar) TABLE F

DEPTH (metres)	ASCENT (mins)	DIVE TIME (mins)													
		No-Stop Dives					Decompression Stop Dives								
3	(1)	480	303	25	5	–									
6	(1)	480				339	–								
9	1	–				23	33	40	46	52	57	63	69		
12	1	–				6	11	14	16	18	20	22	24		
15	1	–				–	7	9	10	11	12	13	14		
18	1	–				–	6	7	8	9	10				
21	1	–				–	–	6	●	7	8				
24	2	–				–				7	●	8			
27	2	–				–				–		7			
DECOMPRESSION STOPS (mins) at 6 metres					1	3	6	9	12	15	18	21			
SURFACING CODE		B	C	D	E	F	G	G	G	G	G	G	G		

● Indicates that the user should move to the column on the right, i.e. the next dive time.

AIR (21% OXYGEN) LEVEL 1 (greater than 984 millibar) TABLE G

DEPTH (metres)	ASCENT (mins)	DIVE TIME (mins)													
		No-Stop Dives					Decompression Stop Dives								
3	(1)	480	332	45	19	7	–								
6	(1)	480				81	–								
9	1	–				9	12	16	19	23	27				
12	1	–				–	6	7	8	10					
15	1	–				–				–	6				
DECOMPRESSION STOPS (mins) at 6 metres					6	9	12	15	18	21					
SURFACING CODE		B	C	D	E	F	G	G	G	G	G	G			

Note there are some dives possible on Table G that produce a SURFACING CODE of G but do not require in-water decompression stops.

27% OXYGEN - LEVEL 1 (greater than 984 millibar) TABLE A

DEPTH (metres)	ASCENT (mins)	DIVE TIME (mins)													
		No-Stop Dives						Decompression Stop Dives							
3	(1)	– 396 480													
6	(1)	– 53 263 480													
9	1	– 22 92 237 295 368 480													
12	1	– 12 48 114 137 162						208	226	239	248	256	263	271	278
15	1	– 8 30 68 81 95						125	139	148	155	161	166	171	176
18	1	– 21 46 54 63						84	96	105	110	115	119	123	128
21	1	– 15 33 39 45						62	72	79	84	88	92	95	99
24	2	– 13 27 31 35						49	58	64	68	71	75	78	81
DECOMPRESSION STOPS (mins) at 6 metres							1	3	6	9	12	15	18	21	
SURFACING CODE		B	C	D	E	F	G	G	G	G	G	G	G	G	

27	2	– 10 21 25 28						40	48	53	56	59	62	66
30	2	– 8 18 20 23						33	40	45	48	51	54	56
DECOMPRESSION STOPS (mins) at 9 metres							1 1							
DECOMPRESSION STOPS (mins) at 6 metres							1	3	6	9	12	15	18	
SURFACING CODE		B	C	D	E	F	G	G	G	G	G	G	G	

33	2	– 7 15 17 19						28	35	39	42	44	47	49
36	2	– 12 14 16						25	31	35	38	40	42	44
39	3	– 12 13 15						23	29	33	35	37	38	41
42	3	– 10 12 13						21	26	30	32	33	35	37
DECOMPRESSION STOPS (mins) at 9 metres							1 1 1 1 2							
DECOMPRESSION STOPS (mins) at 6 metres							1	3	6	9	12	15	18	
SURFACING CODE		B	C	D	E	F	G	G	G	G	G	G	G	

27% OXYGEN LEVEL 1 (greater than 984 millibar) TABLE B

DEPTH (metres)	ASCENT (mins)	DIVE TIME (mins)													
		No-Stop Dives						Decompression Stop Dives							
3	(1)	– 480													
6	(1)	– 151 480													
9	1	– 38 172 230 302 454 480													
12	1	– 18 71 93 117						162	180	192	201	211	217	224	232
15	1	– 10 40 51 63						90	104	113	119	125	130	136	140
18	1	– 6 26 33 40						59	70	77	82	87	91	95	99
21	1	– 19 23 28						43	52	58	62	65	69	72	75
24	2	– 15 19 22						34	42	46	50	53	56	59	61
27	2	– 12 15 18						27	34	39	41	44	46	49	
DECOMPRESSION STOPS (mins) at 6 metres							1	3	6	9	12	15	18	21	
SURFACING CODE		B	C	D	E	F	G	G	G	G	G	G	G	G	

30	2	– 9 12 14						23	29	33	35	37	40	42
33	2	– 8 10 12						20	25	29	31	33	35	37
36	2	– 8 10						17	22	26	28	29	31	33
DECOMPRESSION STOPS (mins) at 9 metres							1 1 1 1							
DECOMPRESSION STOPS (mins) at 6 metres							1	3	6	9	12	15	18	
SURFACING CODE		B	C	D	E	F	G	G	G	G	G	G	G	

27% OXYGEN - LEVEL 1 (greater than 984 millibar)
TABLE C

DEPTH (metres)	ASCENT (mins)	DIVE TIME (mins)															
		No-Stop Dives						Decompression Stop Dives									
3	(1)	480 -															
6	(1)	- 480															
9	1	- 84 140 212						364	416	461	480						
12	1	- 29 45 64						106	123	135	142	152	160	167	174		
15	1	- 15 23 32						53	66	74	79	84	89	94	99		
18	1	- 9 14 20						36	43	49	53	57	60	64	67		
21	1	- 6 9 13						25	32	36	39	42	45	48	50		
24	2	- 7 10						20	27	30	32	34	37	39	41		
27	2	- 8						16	22	25	27	29	31	32	34		
30	2	-						13	18	21	23	25	26	28			
DECOMPRESSION STOPS (mins) at 6 metres							1	3	6	9	12	15	18	21			
SURFACING CODE		B	C	D	E	F	G	G	G	G	G	G	G	G			

33	2	-						11	16	19	20	22	23	25
36	2	-						10	14	17	18	20	21	22
DECOMPRESSION STOPS (mins) at 9 metres														
at 6 metres							1	3	6	9	12	15	18	
SURFACING CODE		B	C	D	E	F	G	G	G	G	G	G	G	

27% OXYGEN - LEVEL 1 (greater than 984 millibar)
TABLE D

DEPTH (metres)	ASCENT (mins)	DIVE TIME (mins)													
		No-Stop Dives						Decompression Stop Dives							
3	(1)	480 121 -													
6	(1)	- 480													
9	1	- 19 69						216	268	314	352	394	441	480	
12	1	- 14						41	54	64	71	78	85	92	99
15	1	-						20	27	33	37	40	44	48	51
18	1	-						12	18	22	24	27	29	32	34
21	1	-						8	13	16	18	20	22	24	25
24	2	-						7	12	14	16	17	18	20	21
27	2	-						-	10	12	13	14	16	17	18
30	2	-						-	8	11	12	13	●	14	15
33	2	-						-	7	9	10	11	12	13	
DECOMPRESSION STOPS (mins) at 6 metres							1	3	6	9	12	15	18	21	
SURFACING CODE		B	C	D	E	F	G	G	G	G	G	G	G	G	

36	2	-						-	7	8	9	10	11	12
DECOMPRESSION STOPS (mins) at 9 metres														
at 6 metres							3	6	9	12	15	18		
SURFACING CODE		B	C	D	E	F	G	G	G	G	G	G	G	

27% OXYGEN - LEVEL 1 (greater than 984 millibar)
TABLE E

DEPTH (metres)	ASCENT (mins)	DIVE TIME (mins)											
		No-Stop Dives					Decompression Stop Dives						
3	(1)	480	151	5	-								
6	(1)	480	72	-									
9	1			-	27	158	210	255	294	336	383	439	480
12	1				-	25	36	45	51	57	63	70	76
15	1				-	12	19	23	26	29	32	35	39
18	1				-	7	12	16	18	19	21	24	26
21	1				-	-	9	12	13	15	16	18	19
24	2				-	-	8	10	12	13	14	15	16
27	2				-	-	7	9	10	11	12	13	14
30	2				-	-	8	9	10	●	11	12	
33	2				-	-	7	8	9	●	10	11	
DECOMPRESSION STOPS (mins) at 6 metres						1	3	6	9	12	15	18	21
SURFACING CODE		B	C	D	E	F	G	G	G	G	G	G	G

36	2				-	-	7	8	●	9			
DECOMPRESSION STOPS (mins) at 9 metres													1
at 6 metres								9	12	15	18		
SURFACING CODE		B	C	D	E	F	G	G	G	G	G	G	G

27% OXYGEN - LEVEL 1 (greater than 984 millibar)
TABLE F

DEPTH (metres)	ASCENT (mins)	DIVE TIME (mins)											
		No-Stop Dives					Decompression Stop Dives						
3	(1)	480	177	17	5	-							
6	(1)	480	149	31	-								
9	1				-	88	138	183	221	263	310	366	436
12	1				-	12	21	27	32	37	42	48	54
15	1				-	-	11	14	17	19	22	24	27
18	1				-	-	7	10	11	13	15	16	18
21	1				-	-	7	9	10	11	12	14	
24	2				-	-	7	8	9	10	11	12	
27	2				-	-	7	8	●	9	10		
30	2				-	-		7	●	8	9		
33	2				-	-			7	●	8		
36	2				-	-					7		
DECOMPRESSION STOPS (mins) at 6 metres						1	3	6	9	12	15	18	21
SURFACING CODE		B	C	D	E	F	G	G	G	G	G	G	G

● Indicates that the user should move to the column on the right, i.e. the next dive time.

27% OXYGEN - LEVEL 1 (greater than 984 millibar) TABLE G

DEPTH (metres)	ASCENT (mins)	DIVE TIME (mins)											
		No-Stop Dives					Decompression Stop Dives						
3	(1)	480	201	31	13	5	–						
6	(1)	480	211	80	20	–							
9	1	–					40	77	114	154	202	258	327
12	1	–					6	10	14	17	21	25	30
15	1	–					6	7	9	11	13	15	
18	1	–						6	8	9	10		
21	1	–							6	7	8		
24	2	–									7		
DECOMPRESSION STOPS (mins) at 6 metres						3	6	9	12	15	18	21	
SURFACING CODE		B	C	D	E	F	G	G	G	G	G	G	

Note there are dives on some Tables that produce a SURFACING CODE of G but do not require in-water decompression stops.

This SURFACE INTERVAL TABLE shows how your body tissues gradually release excess gas over periods of time, whilst you remain at sea level. Enter the left hand column with the SURFACING CODE from your last dive and move to the right along that row for your SURFACE INTERVAL and your CURRENT TISSUE CODE is indicated.

SURFACE INTERVAL TABLE 21%, 27%, 32% & 36% OXYGEN MIXES

Last Dive SURFACING CODE	Minutes									Hours					
	15	30	60	90	2	3	4	10	12	14	15	16			
G	G	F	E	D	C			B				A			
F	F	E	D		C			B				A			
E	E	D		C			B					A			
D		D		C			B					A			
C		C			B							A			
B			B									A			
A				A											

32% OXYGEN LEVEL 1 (greater than 984 millibar) TABLE A

DEPTH (metres)	ASCENT (mins)	DIVE TIME (mins)													
		No-Stop Dives					Decompression Stop Dives								
3	(1)	- 480													
6	(1)	- 86 480													
9	1	- 31 133 384 480													
12	1	16	63	157	190	227	299	330	353	371	388	405	423	441	
15	1	10	38	89	107	125	165	184	197	206	215	223	231	239	
18	1	6	26	58	69	80	108	123	134	141	147	153	159	165	
21	1	19	41	48	56		77	90	99	105	110	115	120	125	
24	2	-	15	32	37	43	59	71	78	83	88	92	96	100	
27	2	-	12	26	30	34	48	57	64	68	72	76	79	83	
DECOMPRESSION STOPS (mins) at 6 metres							1	3	6	9	12	15	18	21	
SURFACING CODE		B	C	D	E	F	G	G	G	G	G	G	G	G	
30	2	-	10	21	24	28	39	48	53	57	61	64	67		
33	2	-	8	17	20	23	33	41	46	49	52	55	58		
36	2	-	7	15	17	19	29	36	40	43	46	49	51		
DECOMPRESSION STOPS (mins) at 9 metres									1	1	1	1			
at 6 metres							1	3	6	9	12	15	18		
SURFACING CODE		B	C	D	E	F	G	G	G	G	G	G	G	G	

32% OXYGEN LEVEL 1 (greater than 984 millibar) TABLE B

DEPTH (metres)	ASCENT (mins)	DIVE TIME (mins)													
		No-Stop Dives					Decompression Stop Dives								
3	(1)	- 480													
6	(1)	- 442 480													
9	1	- 60 305 458 480													
12	1	25	104	137	173		245	276	299	317	334	351	369	387	
15	1	14	54	69	86		124	143	156	165	174	182	190	198	
18	1	9	34	43	52		77	92	101	108	115	121	127	132	
21	1	6	24	30	36		54	65	73	79	84	89	93	98	
24	2	-	18	23	27		41	51	57	62	66	70	74	78	
27	2	-	14	18	21		33	41	47	50	54	57	60		
DECOMPRESSION STOPS (mins) at 6 metres							1	3	6	9	12	15	18	21	
SURFACING CODE		B	C	D	E	F	G	G	G	G	G	G	G	G	
30	2	-	11	14	17		27	35	39	42	45	48	51		
33	2	-	9	12	14		23	30	34	37	39	41	44		
36	2	-	8	10	12		20	26	30	32	34	36	39		
DECOMPRESSION STOPS (mins) at 9 metres									1	1	1				
at 6 metres							1	3	6	9	12	15	18		
SURFACING CODE		B	C	D	E	F	G	G	G	G	G	G	G	G	

32% OXYGEN - LEVEL 1 (greater than 984 millibar)
TABLE C

DEPTH (metres)	ASCENT (mins)	DIVE TIME (mins)											
		No-Stop Dives						Decompression Stop Dives					
3	(1)	480	304	-									
6	(1)	-	480										
9	1	-	185	339	480								
12	1	-	44	71	104	176	206	229	247	264	281	299	317
15	1	-	21	32	45	78	95	103	117	125	133	141	149
18	1	-	12	19	26	46	58	66	72	78	84	89	95
21	1	-	8	12	17	32	41	47	51	56	60	64	68
24	2	-	9	13		24	32	37	41	44	47	50	54
27	2	-	7	10		19	26	30	33	36	38	41	45
30	2	-	8			16	22	26	28	30	32	34	
DECOMPRESSION STOPS (mins) at 6 metres						1	3	6	9	12	15	18	21
SURFACING CODE		B	C	D	E	F	G	G	G	G	G	G	G

33	2	-				13	19	22	24	26	28	30	
36	2	-				12	17	20	22	24	25	27	
DECOMPRESSION STOPS (mins) at 9 metres										1	1	1	
at 6 metres						1	3	6	9	12	15	18	
SURFACING CODE		B	C	D	E	F	G	G	G	G	G	G	G

32% OXYGEN - LEVEL 1 (greater than 984 millibar)
TABLE D

DEPTH (metres)	ASCENT (mins)	DIVE TIME (mins)											
		No-Stop Dives						Decompression Stop Dives					
3	(1)	480	442	75	-								
6	(1)	-	480										
9	1	-	89	480									
12	1	-	7	26		79	108	130	148	165	182	200	218
15	1	-	9			30	42	51	59	66	73	80	87
18	1	-				17	25	31	35	39	43	48	52
21	1	-				11	18	22	25	28	31	34	37
24	2	-				9	15	18	20	23	25	27	29
27	2	-				7	12	15	17	19	20	22	24
30	2	-					10	13	14	16	17	19	20
33	2	-					9	11	13	14	15	16	17
DECOMPRESSION STOPS (mins) at 6 metres						1	3	6	9	12	15	18	21
SURFACING CODE		B	C	D	E	F	G	G	G	G	G	G	G

36	2	-				8	10	11	12	14	15		
DECOMPRESSION STOPS (mins) at 9 metres												1	
at 6 metres						3	6	9	12	15	18		
SURFACING CODE		B	C	D	E	F	G	G	G	G	G	G	

32% OXYGEN - LEVEL 1 (greater than 984 millibar)

TABLE E

DEPTH (metres)	ASCENT (mins)	DIVE TIME (mins)												
		No-Stop Dives					Decompression Stop Dives							
3	(1)	480	468	98	5	–								
6	(1)			480	19	–								
9	1					– 397	480							
12	1					– 8	51	76	98	115	132	149	166	184
15	1					–	19	29	37	43	50	56	63	70
18	1					–	10	17	22	26	30	33	37	41
21	1					–	7	12	16	19	21	24	26	29
24	2					–	–	11	14	16	17	19	21	23
27	2					–	–	9	11	13	14	16	18	19
30	2					–	–	7	10	11	12	14	15	16
33	2					–	–	7	9	10	11	12	13	14
DECOMPRESSION STOPS (mins) at 6 metres							1	3	6	9	12	15	18	21
SURFACING CODE		B	C	D	E	F	G	G	G	G	G	G	G	G

36	2					–	8	9	10	11	12			
DECOMPRESSION STOPS (mins) at 9 metres														1
at 6 metres								6	9	12	15	18		
SURFACING CODE		B	C	D	E	F	G	G	G	G	G	G	G	G

32% OXYGEN - LEVEL 1 (greater than 984 millibar)

TABLE F

DEPTH (metres)	ASCENT (mins)	DIVE TIME (mins)												
		No-Stop Dives					Decompression Stop Dives							
3	(1)	480	119	12	5	–								
6	(1)			480	49	11	–							
9	1					–	480							
12	1					–	26	46	64	80	96	112	130	148
15	1					–	9	18	24	29	34	40	46	52
18	1					–	–	11	15	18	21	24	27	31
21	1					–	–	8	11	13	15	17	19	22
24	2					–	–	7	9	11	13	14	16	18
27	2					–	–	8	9	11	12	13	15	
30	2					–	–	7	8	9	10	11	13	
33	2					–	–	7	8	9	10	11		
36	2					–	–	7	●	8	9			
DECOMPRESSION STOPS (mins) at 6 metres							1	3	6	9	12	15	18	21
SURFACING CODE		B	C	D	E	F	G	G	G	G	G	G	G	G

● Indicates that the user should move to the column on the right, i.e. the next dive time.

32% OXYGEN - LEVEL 1 (greater than 984 millibar) TABLE G

DEPTH (metres)	ASCENT (mins)	DIVE TIME (mins)											
		No-Stop Dives					Decompression Stop Dives						
3	(1)	480	139	23	9	5	-						
6	(1)	480	83	34	8	-							
9	1	- 480											
12	1	32%					17	30	42	55	70	86	104
15	1						7	12	16	20	24	29	34
18	1						-	7	10	12	15	17	20
21	1						-	7	9	11	12	14	
24	2						-	7	8	9	11	12	
27	2						-	7	8	9	10		
30	2						-	7	8	9			
33	2						-	7	8				
DECOMPRESSION STOPS (mins) at 6 metres						3	6	9	12	15	18	21	
SURFACING CODE		B	C	D	E	F	G	G	G	G	G	G	

Note there are dives on some Tables that produce a SURFACING CODE of **G** but do not require in-water decompression stops.

This SURFACE INTERVAL TABLE shows how your body tissues gradually release excess gas over periods of time, whilst you remain at sea level. Enter the left hand column with the SURFACING CODE from your last dive and move to the right along that row for your SURFACE INTERVAL and your CURRENT TISSUE CODE is indicated.

SURFACE INTERVAL TABLE 21%, 27%, 32% & 36% OXYGEN MIXES

Last Dive SURFACING CODE	Minutes									Hours				
	15	30	60	90	2	3	4	10	12	14	15	16		
G	G	F	E	D	C			B				A		
F	F	E	D		C			B				A		
E	E	D		C			B					A		
D		D		C			B					A		
C		C			B							A		
B				B								A		
A					A									

36% OXYGEN - LEVEL 1 (greater than 984 millibar) TABLE A

DEPTH (metres)	ASCENT (mins)	DIVE TIME (mins)													
		No-Stop Dives					Decompression Stop Dives								
3	(1)	13 480													
6	(1)	- 143 480													
9	1	- 42 191 480													
12	1	21	83	213	262	321	458 480								
15	1	- 12	48	114	137	162	214	240	259	273	287	300	313	326	
18	1	- 8	31	72	86	100	135	155	167	177	185	194	202	210	
21	1	- 23	50	59	69		94	110	121	128	135	141	148	154	
24	2	- 18	38	45	51		71	84	94	100	106	111	116	121	
DECOMPRESSION STOPS (mins) at 6 metres							1	3	6	9	12	15	18	21	
SURFACING CODE		A	B	C	D	E	F	G	G	G	G	G	G	G	G

27	2	- 14	30	35	40	56	67	75	81	86	90	95	100		
30	2	- 13	24	29	32	46	56	62	67	71	75	81	84		
DECOMPRESSION STOPS (mins) at 9 metres															
at 6 metres							1	3	6	9	12	15	18	21	
SURFACING CODE		A	B	C	D	E	F	G	G	G	G	G	G	G	G

36% OXYGEN - LEVEL 1 (greater than 984 millibar) TABLE B

DEPTH (metres)	ASCENT (mins)	DIVE TIME (mins)												
		No-Stop Dives					Decompression Stop Dives							
3	(1)	- 480												
6	(1)	- 480												
9	1	- 97 480												
12	1	- 34	151	200	259	395 466 480								
15	1	- 18	71	93	117	168	194	213	227	240	254	267	280	
18	1	- 11	43	54	67	99	118	131	140	149	157	165	173	
21	1	- 7	29	36	44	67	81	91	98	105	113	118	123	
24	2	- 22	27	33		50	62	70	75	81	86	91	96	
DECOMPRESSION STOPS (mins) at 6 metres							1	3	6	9	12	15	18	21
SURFACING CODE		B	C	D	E	F	G	G	G	G	G	G	G	G

27	2	- 17	21	25	39	49	56	60	65	69	73	77		
30	2	- 14	17	20	32	40	46	50	54	57	61	64		
DECOMPRESSION STOPS (mins) at 9 metres														
at 6 metres							1	3	6	9	12	15	18	21
SURFACING CODE		B	C	D	E	F	G	G	G	G	G	G	G	G

36% OXYGEN - LEVEL 1 (greater than 984 millibar) TABLE C

DEPTH (metres)	ASCENT (mins)	DIVE TIME (mins)													
		No-Stop Dives						Decompression Stop Dives							
3	(1)	480	163	-											
6	(1)	-	480												
9	1	-	480												
12	1	-	71	116	177	311	382	450	480						
15	1	-	29	45	64	112	137	155	170	183	196	209	223		
18	1	-	16	25	34	61	77	89	97	106	114	122	129		
21	1	-	10	16	22	40	51	60	66	72	78	84	89		
24	2	-	8	12	16	30	39	46	50	55	59	64	68		
DECOMPRESSION STOPS (mins) at 6 metres						1	3	6	9	12	15	18	21		
SURFACING CODE		B	C	D	E	F	G	G	G	G	G	G	G	G	G

27	2	-	9	12	23	31	36	40	44	47	51	55			
30	2	-	7	9	19	26	30	33	36	39	43	46			
DECOMPRESSION STOPS (mins) at 9 metres													1	1	
at 6 metres						1	3	6	9	12	15	18	21		
SURFACING CODE		B	C	D	E	F	G	G	G	G	G	G	G	G	G

36% OXYGEN - LEVEL 1 (greater than 984 millibar) TABLE D

DEPTH (metres)	ASCENT (mins)	DIVE TIME (mins)													
		No-Stop Dives						Decompression Stop Dives							
3	(1)	480	278	55	-										
6	(1)	480	286	-											
9	1	-	480												
12	1	-	14	51	179	249	318	384	464	480					
15	1	-	14	14	45	65	82	95	108	121	134	147			
18	1	-	16	16	23	34	43	50	57	63	71	78			
21	1	-	16	16	15	23	29	33	37	42	47	51			
24	2	-	-	-	11	18	23	26	29	32	36	39			
27	2	-	-	-	9	15	18	21	23	26	28	31			
30	2	-	-	-	7	12	15	18	20	22	24	26			
DECOMPRESSION STOPS (mins) at 6 metres						1	3	6	9	12	15	18	21		
SURFACING CODE		B	C	D	E	F	G	G	G	G	G	G	G	G	G

36% OXYGEN - LEVEL 1 (greater than 984 millibar)
TABLE E

DEPTH (metres)	ASCENT (mins)	DIVE TIME (mins)												
		No-Stop Dives					Decompression Stop Dives							
3	(1)	480	300	74	5	-								
6	(1)	480	329	10	-									
9	1			-	480									
12	1					19	130	200	268	333	414	480		
15	1						29	46	61	73	85	98	110	123
18	1						15	24	32	38	44	50	56	63
21	1						9	16	21	25	29	33	37	41
24	2						7	13	17	20	23	26	29	32
27	2						-	11	14	16	18	21	23	25
30	2						-	9	12	14	15	17	19	21
DECOMPRESSION STOPS (mins) at 6 metres							1	3	6	9	12	15	18	21
SURFACING CODE		B	C	D	E	F	G	G	G	G	G	G	G	G

36% OXYGEN - LEVEL 1 (greater than 984 millibar)
TABLE F

DEPTH (metres)	ASCENT (mins)	DIVE TIME (mins)												
		No-Stop Dives					Decompression Stop Dives							
3	(1)	480	319	91	9	5	-							
6	(1)	480	363	28	6	-								
9	1					107								
12	1						74	141	209	274	355	470	480	
15	1						15	29	41	51	62	74	86	99
18	1						7	15	22	27	32	37	43	49
21	1						-	10	15	18	21	25	28	32
24	2						-	9	12	15	17	19	22	25
27	2						-	7	10	12	14	16	18	20
30	2						-	9	10	12	13	15	17	
DECOMPRESSION STOPS (mins) at 6 metres							1	3	6	9	12	15	18	21
SURFACING CODE		B	C	D	E	F	G	G	G	G	G	G	G	G

36% OXYGEN - LEVEL 1 (greater than 984 millibar) TABLE G

DEPTH (metres)	ASCENT (mins)	DIVE TIME (mins)												
		No-Stop Dives					Decompression Stop Dives							
3	(1)	480	337	108	18	7	–							
6	(1)	480	394	50	21	–								
9	1	480 207				46	–							
12	1	36%					16	66	128	193	274	388	480	
15	1						–	12	22	30	39	49	60	71
18	1						–	7	12	16	20	24	29	35
21	1						–	8	11	13	16	19	23	
24	2						–	7	9	11	13	16	18	
27	2						–	8	9	11	13	15		
30	2	–	7	8	9	11	12							
DECOMPRESSION STOPS (mins) at 6 metres						1	3	6	9	12	15	18	21	
SURFACING CODE		B	C	D	E	F	G	G	G	G	G	G	G	

This SURFACE INTERVAL TABLE shows how your body tissues gradually release excess gas over periods of time, whilst you remain at sea level. Enter the left hand column with the SURFACING CODE from your last dive and move to the right along that row for your SURFACE INTERVAL and your CURRENT TISSUE CODE is indicated.

SURFACE INTERVAL TABLE 21%, 27%, 32% & 36% OXYGEN MIXES

Last Dive SURFACING CODE	Minutes									Hours					
	15	30	60	90	2	3	4	10	12	14	15	16			
G	G	F	E	D	C			B				A			
F	F	E	D		C			B				A			
E	E	D		C			B					A			
D		D		C			B					A			
C		C			B			A							
B			B					A							
A				A											

ASCENT RATE – 15 metres per minute. Take 1 minute from 6m to surface.

DIVE TIME – time from leaving surface to arriving at 6m on return to surface, or arrival at 9m on 2 Stop dives.

If the Surfacing Code is in *italic* then there is no dive possible producing this code.

These Tables are designed for Sports Diving and assume an appropriate activity level. More demanding dives, if exertion is planned or particularly cold conditions or divers whose physical condition/habits are a concern require extra caution.

Oxygen Toxicity Table

PO ₂	1 min		2 min		5 min		10 min		20 min		30 min		40 min		50 min		60 min	
	UPTD	%CNS	UPTD	%CNS	UPTD	%CNS	UPTD	%CNS	UPTD	%CNS	UPTD	%CNS	UPTD	%CNS	UPTD	%CNS	UPTD	%CNS
0.65	0.37	0.16	0.74	0.32	1.85	0.80	3.70	1.60	7.40	3.20	11.10	4.80	14.80	6.40	18.50	8.00	22.20	9.60
0.70	0.47	0.18	0.94	0.36	2.35	0.90	4.70	1.80	9.40	3.60	14.10	5.40	18.80	7.20	23.50	9.00	28.20	10.80
0.75	0.56	0.20	1.12	0.40	2.80	1.00	5.60	2.00	11.20	4.00	16.80	6.00	22.40	8.00	28.00	10.00	33.60	12.00
0.80	0.65	0.22	1.30	0.44	3.25	1.10	6.50	2.20	13.00	4.40	19.50	6.60	26.00	8.80	32.50	11.00	39.00	13.20
0.85	0.74	0.25	1.48	0.50	3.70	1.25	7.40	2.50	14.80	5.00	22.20	7.50	29.60	10.00	37.00	12.50	44.40	15.00
0.90	0.83	0.28	1.66	0.56	4.15	1.40	8.30	2.80	16.60	5.60	24.90	8.40	33.20	11.20	41.50	14.00	49.80	16.80
0.95	0.92	0.30	1.84	0.60	4.60	1.50	9.20	3.00	18.40	6.00	27.60	9.00	36.80	12.00	46.00	15.00	55.20	18.00
1.00	1.00	0.33	2.00	0.66	5.00	1.65	10.00	3.30	20.00	6.60	30.00	9.90	40.00	13.20	50.00	16.50	60.00	19.80
1.05	1.08	0.37	2.16	0.74	5.40	1.85	10.80	3.70	21.60	7.40	32.40	11.10	43.20	14.80	54.00	18.50	64.80	22.20
1.10	1.16	0.42	2.32	0.84	5.80	2.10	11.60	4.20	23.20	8.40	34.80	12.60	46.40	16.80	58.00	21.00	69.60	25.20
1.15	1.24	0.44	2.48	0.88	6.20	2.20	12.40	4.40	24.80	8.80	37.20	13.20	49.60	17.60	62.00	22.00	74.40	26.40
1.20	1.32	0.48	2.64	0.96	6.60	2.40	13.20	4.80	26.40	9.60	39.60	14.40	52.80	19.20	66.00	24.00	79.20	28.80
1.25	1.40	0.51	2.80	1.02	7.00	2.55	14.00	5.10	28.00	10.20	42.00	15.30	56.00	20.40	70.00	25.50	84.00	30.60
1.30	1.48	0.56	2.96	1.12	7.40	2.80	14.80	5.60	29.60	11.20	44.40	16.80	59.20	22.40	74.00	28.00	88.80	33.60
1.35	1.55	0.61	3.10	1.22	7.75	3.05	15.50	6.10	31.00	12.20	46.50	18.30	62.00	24.40	77.50	30.50	93.00	36.60
1.40	1.63	0.67	3.26	1.34	8.15	3.35	16.30	6.70	32.60	13.40	48.90	20.10	65.20	26.80	81.50	33.50	97.80	40.20
1.50	1.78	0.83	3.56	1.66	8.90	4.15	17.80	8.30	35.60	16.60	53.40	24.90	71.20	33.20	89.00	41.50	106.80	49.80

These tables allow the calculation of Unit Pulmonary Toxicity Dose (UPTD) or % Central Nervous System dose. Find the PO₂ level in the left hand column and look up the associated Oxygen toxicity dose in the appropriate exposure time column. For exposure times not shown in the table, split the exposure into unit times shown above and add the indicated doses to find the total dose.

e.g. for a 33 minute exposure at 1.20 PO₂ read:

1.20 for	1min	1.32	0.48
1.20 for	2 min	2.64	0.96
1.20 for	30 min	39.60	14.40
	33 min	43.56 UPTD	15.84 %CNS

Note BSAC recommends a maximum PO₂ of 1.40

PARTIAL PRESSURE TABLE PERCENTAGE OF OXYGEN IN MIX

DEPTH	21%	22%	23%	24%	25%	26%	27%	28%	29%	30%	31%	32%	33%	34%	35%	36%	37%	38%	39%	40%	41%	42%	43%	44%	45%	46%	47%	48%	49%	50%
metres	0.27	0.29	0.30	0.31	0.33	0.34	0.35	0.36	0.38	0.39	0.40	0.42	0.43	0.44	0.46	0.47	0.48	0.49	0.51	0.52	0.53	0.55	0.56	0.57	0.59	0.60	0.61	0.62	0.64	0.65
3	0.34	0.35	0.37	0.38	0.40	0.42	0.43	0.45	0.46	0.48	0.50	0.51	0.53	0.54	0.56	0.58	0.59	0.61	0.62	0.64	0.66	0.67	0.69	0.70	0.72	0.74	0.75	0.77	0.78	0.80
6	0.40	0.42	0.44	0.46	0.48	0.49	0.51	0.53	0.55	0.57	0.59	0.61	0.63	0.65	0.67	0.68	0.70	0.72	0.74	0.76	0.78	0.80	0.82	0.84	0.86	0.87	0.89	0.91	0.93	0.95
9	0.46	0.48	0.51	0.53	0.55	0.57	0.59	0.62	0.64	0.66	0.68	0.70	0.73	0.75	0.77	0.79	0.81	0.84	0.86	0.88	0.90	0.92	0.95	0.97	0.99	1.01	1.03	1.06	1.08	1.10
12	0.53	0.55	0.58	0.60	0.63	0.65	0.68	0.70	0.73	0.75	0.78	0.80	0.83	0.85	0.88	0.90	0.93	0.95	0.98	1.00	1.03	1.05	1.08	1.10	1.13	1.15	1.18	1.20	1.23	1.25
15	0.59	0.62	0.64	0.67	0.70	0.73	0.76	0.78	0.81	0.84	0.87	0.90	0.92	0.95	0.98	1.01	1.04	1.06	1.09	1.12	1.15	1.18	1.20	1.23	1.26	1.29	1.32	1.34	1.37	1.40
18	0.65	0.68	0.71	0.74	0.78	0.81	0.84	0.87	0.90	0.93	0.96	0.99	1.02	1.05	1.09	1.12	1.15	1.18	1.21	1.24	1.27	1.30	1.33	1.36	1.40					
21	0.71	0.75	0.78	0.82	0.85	0.88	0.92	0.95	0.99	1.02	1.05	1.09	1.12	1.16	1.19	1.22	1.26	1.30	1.33	1.36	1.39									
24	0.78	0.81	0.85	0.89	0.93	0.96	1.00	1.04	1.07	1.11	1.15	1.18	1.22	1.26	1.30	1.33	1.37													
27	0.84	0.88	0.92	0.96	1.00	1.04	1.08	1.12	1.16	1.20	1.24	1.28	1.32	1.36	1.40															
30	0.90	0.95	0.99	1.03	1.08	1.12	1.16	1.20	1.25	1.29	1.33	1.38																		
33	0.97	1.01	1.06	1.10	1.15	1.20	1.24	1.29	1.33	1.38																				
36	1.03	1.08	1.13	1.18	1.23	1.27	1.32	1.37																						
39	1.09	1.14	1.20	1.25	1.30	1.35	1.40																							
42	1.16	1.21	1.27	1.32	1.38																									
45	1.22	1.28	1.33	1.39																										
48	1.28	1.34	1.40																											
51																														

PO ₂	NOAA Oxygen Exposure Limits	
	Max Single Exposure mins	Max 24hour Exposure mins
1.50	120	180
1.40	150	180
1.30	180	210
1.20	210	240
1.10	240	270
1.00	300	300
0.90	360	360
0.80	450	450
0.70	570	570
0.60	720	720

Note Users are reminded that BSAC recommend a maximum P_{O₂} limit of 1.40 and that this should be further reduced if exertion is planned during the dive.