CONTENTS

DISCLAIMER

The "NDC-tables" have been formulated with the greatest possible care, making use of the latest research data.
NDC however is not liable for sickness, incidents/accidents resulting from the use of these tables.
Responsibility for the use of these tables rests solely with the user.

The explanatory notes of the NDC tables have been originally published in Dutch. This translation has been made with the utmost care, however in case of any doubt or contradiction the original Dutch version of the NDC tables shall prevail.
The decompression tables have been originally published in English and the treatment tables in Dutch.
It is advised to use the original Dutch treatment tables during the actual treatment and the tables in this document for the explanation of those tables.

GUIDELINES FOR THE USE OF NDC DECOMPRESSION TABLES

INTRODUCTION

The NDC decompression tables nowadays are a well known phenomenon in the Dutch diving industry.

The computer model was originally developed in 1975 by Prof. Dr. W. Sterk.
In 1988 a set of standard tables – the so called NDC decompression tables - has been developed for use in the Dutch diving industry.
Over a six year period, during which companies subscribing to the tables were required to report data of all the dives made with these tables to Prof. Dr Sterk, the tables were constantly improved.
In 1994 the NDC Decompression Tables were released fur general use by the diving industry, with the proviso that the reporting of diving data would be continued on a voluntary basis. Decompression tables should never be considered as "absolutely irrevocable", but must be reviewed regularly, based on data (feedback) reported.

In this edition the standard tables themselves have remained unchanged. The general rules and recommendations however have adapted and clarified after comments and questions from the users of the tables. Diagrams for emergency procedures have been added.
The Treatment paragraph has been adapted to modern practice:

Table 5 is no longer used as treatment table, but for prevention only;
For treatment of air embolism table 6, if necessary with extensions, replaces the use of table 6a.

Safety of the diver has remained the most important consideration for the development of the NDC tables.
Should you have any remarks, comments or suggestions towards improvements, we would receive them gratefully. Only through the combined efforts of field operations and research may improvements be achieved.

DEFINITIONS

Ascent speed	:	speed of ascent, see further under section "Ascent Speed".
Diving time	:	time from commencement of descent to commencement of ascent
Equivalent air depth	:	air depth, at which the Nitrogen partial pressure equals the Nitrogen partial pressure at depth using nitrox.
Maximum diving depth	:	the greatest depth which is reached during the dive
No-deco limits	:	diving time limits within which no decompression by stages is necessary
Repet interval	:	Minimum time interval required between the termination of the previous dive (plus decompression) and the next dive.
Repetitive dive	:	a dive for which the repeat interval is shorter than 12 hours.
Stop time	:	time required at specified stop. Stop time commences “when diver has reached the correct depth and is breathing the correct gas. Ascent time may not be included in the stop time!
UPTD :		Unit of Pulmonary Toxicity Dosage: unit measurement which expresses the level of oxygen toxicity after an extensive period.

GENERAL RULES AND RECOMMENDATIONS

THE TABLES

The standard NDC tables consist of the following:

ND 88	**No deco air**	:	table of no-decompression limits for air diving
NSIL88	**Standard air**	:	standard air tables
NSI088	**Air/ox :**		decompression tables using air and oxygen for use in a (lockout) bell or compression chamber
NSOX88	**Surface/ox :**		surface-decompression tables using oxygen
NSOA88	**Surface air**	:	surface-decompression tables using only air as back-up
NSND88	**No-deco nitrox**	:	table of no-decompression limits for standard nitrox mixture
NSDI88	**Nitrox 40/60**	:	decompression tables for standard nitrox mixture
LND88	**Extended no-deco air**	:	table of extended no-decompression limits for air diving

In case of specific applications these tables may supplemented upon request.

GUIDANCE FOR USE

The following general rules and recommendations should be adhered to when using these tables:

1. Even when reliable diving tables are used decompression sickness remains a possibility, even when clearly within no-deco limits. This should be kept in mind and in case of doubt acted on accordingly.

2. The maximum diving depth/diving time given in the table must never be exceeded! If you do, use Table 5.

3. Per 24 hours no more than 8 hours should be spent under pressure (diving and decompression). Except in emergencies, no exception to this rule should be granted without the explicit permission of the diving contractor and supervising medical advisor.

4. Repetitive dives are possible by selecting the table with the correct repet interval. Should a repetitive dive be necessary within the shortest repetitive interval (standard tables: shorter than 2 hours), a "combined dive" may be made (reference is made to point 5).

5. There are two types of combined dives, the type where the second dive is the deepest, and the type where the first dive is the deepest. In the case when the second dive is the deepest, the diving time plus decompression time at stops deeper then 6 metres of the first dive must be added to the diving time of the second dive. Subsequently decompression should be conducted according to the total diving time and for the greatest depth of the two dives. In the case where the first dive is the deepest, the stops should be started at the first stop after the depth of the second (shallowest) dive. Here again decompression should be conducted according to the total diving time and for the greatest depth of the two dives, except that the stops, deeper than the greatest depth of the second dive must be omitted. A combined dive after an emergency procedure is not allowed. In case of an emergency procedure during the second dive, the emergency procedure for the second dive must be chosen, with as diving depth the depth of the deepest dive.

6. After any normal dive, diving to a maximum depth of 6 metres is allowed, but this does not apply after an emergency procedure. After an emergency procedure no diving is allowed for 12 hours.
   After any normal in water decompression diving to a maximum depth of 6 metres is allowed, without a surface interval. Also after an extended non-decompression dive (LND), diving up to 6 meters is allowed.

7. It is recommended that a repeat interval of 12 hours should be observed routinely after a repetitive dive. Depending on which table is used, a number of repetitive dives are possible

(see guidelines per table) although this may increase the occurrence of decompression sickness. Conversely, this diminishes proportionally with a longer repeat interval.

8. Should diving have occurred immediately prior to the use of NDC tables utilising "other tables" (i.e. Norwegian or RNPL), a repet interval of 16 hours must be observed.

9. It is important to keep the pressure during stops as steady as possible. The variation allowed depends among others on the depth of the stop, but must never be greater than plus or minus 0,5 metres (= 1 metre between the highest and the lowest pressure).

10. The use of oxygen during decompression is always safer than air only. This is particularly the case where the air-only decompression time is longer than 30 minutes. This should be considered when selecting the table.

11. In order to reduce the chance of chronic oxygen toxicity (poisoning) absorption should normally be limited at 450 UPTD per day with a maximum of 2500 UPTD per week and 4000 UPTD per two weeks. These limits may only be exceeded after consultation with a qualified diving medical advisor. The probability of acute oxygen toxicity when using the NDC tables is negligible. This probability increases markedly when using oxygen treatment tables 5 or 6 during emergencies (reference is made to the UPTD table).

SELECTION OF THE TABLE

GENERAL

The selection of the correct diving table is determined to a great degree by the diving circumstances.
The standard diving tables (NSIL88) are intended for in water decompression, using a (wet)bell or in a compression chamber. These tables incorporate a very flexible system for repetitive dives (NH*SIL88). When (numerous) short dives are to be made these tables are a good choice.

Should decompression times exceed 30 minutes however, tables using oxygen (NSI088) are preferable. This requires the use of a diving (lockout)bell. The standard air tables may then be used as a back-up in case of an oxygen system malfunction.

Wave heights of any significance (i.e. exceeding plus or minus 0,5 metres, or 1 metre between the highest and lowest point of the wave) may prevent the use of standard air tables due to the excessive pressure differentials created thereby at the 3 metre stop. Should in water decompression be impossible or undesirable, surface decompression tables using oxygen (NSOX88) may be used. This procedure requires that the diver is in the chamber under pressure within 3 minutes after surfacing. Any extension of this period strongly increases the chance of decompression sickness!
These tables allow only one repetitive dive following a minimum repet interval of 4 hours (NH4SOX88). These repet tables may also be used in the case that a no-deco dive or in-water decompression dive was completed at least 4 hours previously.

Finally the use of nitrox may be an alternative, depending on the maximum diving depth. The standard nitrox tables (NSNI88), using a mixture of 40% oxygen and 60% nitrogen are calculated for a maximum diving depth of 30 metres, however normally d a depth of 28 metres should not be exceeded. The no-deco diving time using nitrox are considerably longer than with air diving.
On request nitrox tables with other mixtures can be produced.

SELECTION OF REPET INTERVAL, DIVING DEPTH AND DIVING TIME

The actual repet interval must be longer than that of the selected table. Example: if 5 hours have passed since the previous dive and decompression, the table selected should have a repet interval of 4 hours.
The actual diving depth must be less than the diving depth in the table. Example: if the actual maximum depth is to be 30 metres, select a table with a maximum depth of 33 metres.
The actual diving time must be less than that stated in the table.
Example: if the actual diving time is 35 minutes, select a time in the table of 40 minutes.

ASCENT SPEED

The maximum allowable ascent speed is 10 metres per minute. Ascent time is not to be included in stop time. Should the maximum speed be exceeded, then the remaining time must be added to the stop time.

The ascent speed to the first stop must not be less than 5 metres per minute. Should the ascent speed be slower, then the excess of ascent time must be added to the diving time. The ascent time between subsequent stops having depths greater than 6 metres may not exceed 1 minute.
Ascent speed is not critical at depths of less than 6 metres.

OXYGEN TOXICITY: UPTD

Each table incorporates UPTD absorption in relation to dive and decompression times. Additionally a separate UPTD table is provided, so that the UPTD may be calculated during non standard procedures. A precise registration of UPTD is imperative in order not to exceed previously

mentioned limits, particularly when using oxygen tables. Records of the preceding two weeks are most relevant. Prior "oxygen history" should be on record but is not directly relevant.
Normally, absorption should not exceed 450 UPTD per day with a maximum of 2500 UPTD per week and 4000 UPTD per two weeks.
Should one of the given UPTD limits be exceeded, than an absolute no-diving period should be observed for a minimum of 48 hours.
If chronic oxygen toxicity symptoms are suspected, a diving ban should also be imposed and a qualified medical advisor consulted.

UPTD TABLE

100% oxygen

Depth (metres)	UPTD per 10 minutes	UPTD per 20 minutes
18 35.7		**71.3**
15 31.7		**63.5**
13.5 29.8		**59.5**
12 27.7		**55.5**
9 23.6		**47.2**
6 19.3		**38.6**
4.5 17.1		**34.1**
3 14.8		**29.6**
0 10.0		**20.0**

RESTRICTIONS AFTER DIVING

STANDBY PERIOD

Following a routine dive with decompression, the diver must remain in the immediate vicinity of the compression chamber for a period of 1 hour after leaving the last decompression stop.
Following a dive with decompression according to standard air tables a below the bold line (actually a "back-up" table), the diver must remain in the immediate vicinity of the chamber for a period not less than 2 hours.
After a "compromised dive" (such as errors in decompression) or after emergency procedures, the diver must remain in the immediate vicinity of the chamber for a period not less than 4 hours, unless the diving medical advisor decides differently.
In all instances, divers must, during 12 hours following a dive remain within two hours travelling distance of a compression chamber.

FLIGHT RESTRICTIONS

Decompression to heights always brings increased risk of decompression sickness, especially when the diver already shows symptoms.

Adherence to the following rules will reduce risk.

Attention

1. The time intervals as stated in the table below are minimum intervals. Longer intervals are recommended, especially when the planned flight includes one ore more landings. Shorter intervals may be considered only after consulting a diving medical advisor.

2. When there are even the slightest symptoms or traces of decompression sickness present, flying significantly increases the risk of serious neurological complaints.

	Minimum time between diving and flying at a height of:	
DIVE	Till 600 metres (2000 ft) Controlled flight plan	Till 2600 metres (8000 ft) All other flights
No-deco dives Total time under pressure less than 60 min in the last 12 hours	2 hours	8 hours (24 hours *)
Other dives on air, nitrox, heliox and mixed gas bounce-dives of less than 4 hours under pressure	12 hours	24 hours
Saturation dives on heliox, air, nitrox and trimix of more than 4 hours under pressure	24 hours	48 hours
AFTER DECOMPRESSION SICKNESS		
After immediate and total disappearance of symptoms after the very first recompression	24 hours	48 hours
In case of remaining symptoms or if patient does not immediately reacts to treatment	Flying only after consultation with diving medical advisor General recommendation: delay flying as long as possible	

* 8 hour applies to short flights only. For long flights, for example intercontinental flights, the time is extended to 24 hours.

NO DECOMPRESSION LIMITS - AIR (ND88)

GENERAL

Per maximum diving depth the maximum allowable diving time without the necessity for staged decompression is indicated. The repeat intervals are calculated for 2 and 12 hours.
Should the repet interval be less than 12 hours but longer than 2 hours, the repeat interval table for 2 hours should be applied.
In both cases the total time spent under pressure must not exceed 8 hours in a 24 hour period. It is recommended that following two repetitive dives with the no-deco limits a repeat interval of not less than 12 hours should be observed.

ASCENT SPEED

When diving within no-deco limits a correct ascent speed is most important.
The maximum ascent speed is 10 metres/minute. The minimum ascent speed is 5 metres/minute.
If the ascent speed is less, the difference should be added to the diving time.

air diving, no-deco limits in minutes

code: nd88

1 may 1988

maximum diving depth (metres)	repet interval 12 hours	repet interval 2 hours
9	**480**	**380**
12	**115**	**105**
15	**60**	**60**
18	**30**	**30**
21	**20**	**20**
24	**13**	**13**
27	**10**	**10**
30	**7**	**7**
33	**6**	**6**
36	**5**	**5**
39	**-**	**-**

NO DECOMPRESSION LIMITS - EXTENDED - AIR (LND88)

GENERAL

In a number of circumstances it may be necessary to extend the no-deco diving time. This however heightens the risk of decompression sickness, so that for the sake of safety repet dives cannot be allowed.
If circumstances necessitate the use of extended no-deco limits (LND88) then, form a diving depth of 12 metres onward, the next rules apply

- Repetitive dives are not allowed;
- The repet interval before and after the dive is 16 hours;
- After 5 such dives within a week diving is not allowed for at least 2 days (lay-off period of 48 hours)

Diving according to the extended No-deco table is only allowed for urgent operational circumstances. However, using the extended no-deco table is to be preferred above using Table 5.

ASCENT SPEED

When diving according to the extended no-deco table a correct ascent speed is of the greatest importance.
The maximum ascent speed is 10 metres/minute. The minimum ascent speed is 5 metres/minute.
If the ascent speed is less, the difference should be added to the diving time.

air diving, long no-deco limits in minutes

code: lnd88

1 may 1988

maximum diving depth (metres)	normal no-deco limits (ND88)	long no-deco limits (LND88)
9	**480**	**480**
12	**115**	**115**
15	**60**	**80**
18	**30**	**50**
21	**20**	**35**
24	**13**	**25**
27	**10**	**20**
30	**7**	**20**
33	**6**	**15**
36	**5**	**10**
39	**-**	**10**
42	**-**	**9**
45	**-**	**9**
48	**-**	**7**
51	**-**	**6**
54	**-**	**6**
57	**-**	**5**
60	**-**	**5**

STANDARD AIR TABLES (NSIL88)

NORMAL USE

The standard tables are based on a repet interval of 12 hours (NSIL88).
Repetitive dives are possible for intervals of no less than 2, 4, 8 hours (tables NH2SIL88, NH4SIL88 and NH8SIL88). It is recommended that following a repetitive dive an interval of at least 12 hours is observed.
In case of urgent operational circumstances more repetitive dives are possible, as long as the part of the table above the bold line is adhered to. However, as a rule, the longer the repet interval, the lower the risk is of decompression sickness.

The bold lines in the tables indicate that the section below is to be used as back-up for decompression procedures using oxygen. The use of oxygen shortens decompression time and increases safety.
The bold lines are not intended as "safety limits" or such.
In case of urgent operational circumstances the bold lines may be exceeded. However it is recommended that following a dive with this type of extended decompression time, only one repetitive dive to be executed, in order not to exhaust the diver beyond reasonable limits.

When for a certain operation longer dives are being considered as routine, then the use of oxygen is recommended. This necessitates the use of a closed diving bell, in which case the Air/ox tables (NSIO88) may be used. For use of an open bell (wet bell) special wet bell tables are obtainable.

Following a decompression dive according to standard air tables it is possible to execute a repetitive dive after not less than 4 hours utilising the surface decompression table (NH4SOX88). Subsequent to such a repetitive dive, an interval of not less than 12 hours must be observed.

EMERGENCY PROCEDURES

If during inwater decompression a situation arises requiring continuation of the decompression with surface decompression, then the following rules apply.

If the repet interval is more than 4 hours use, if possible, surface decompression tables with oxygen (NSOX88 or NH4SOX88). This is possible even when one or more in water stops have been made that do not comply with the surface/ox table, or when the surface/ox table does not prescribe in water stops.
This does not constitute an emergency procedure since normal surface decompression procedures are applied.

If the in water stops as given in the Surface/ox table cannot be made, or can only partly be made, then the surface/ox table may not be used and the emergency procedure (crashdive) must be chosen.

CRASH DIVE

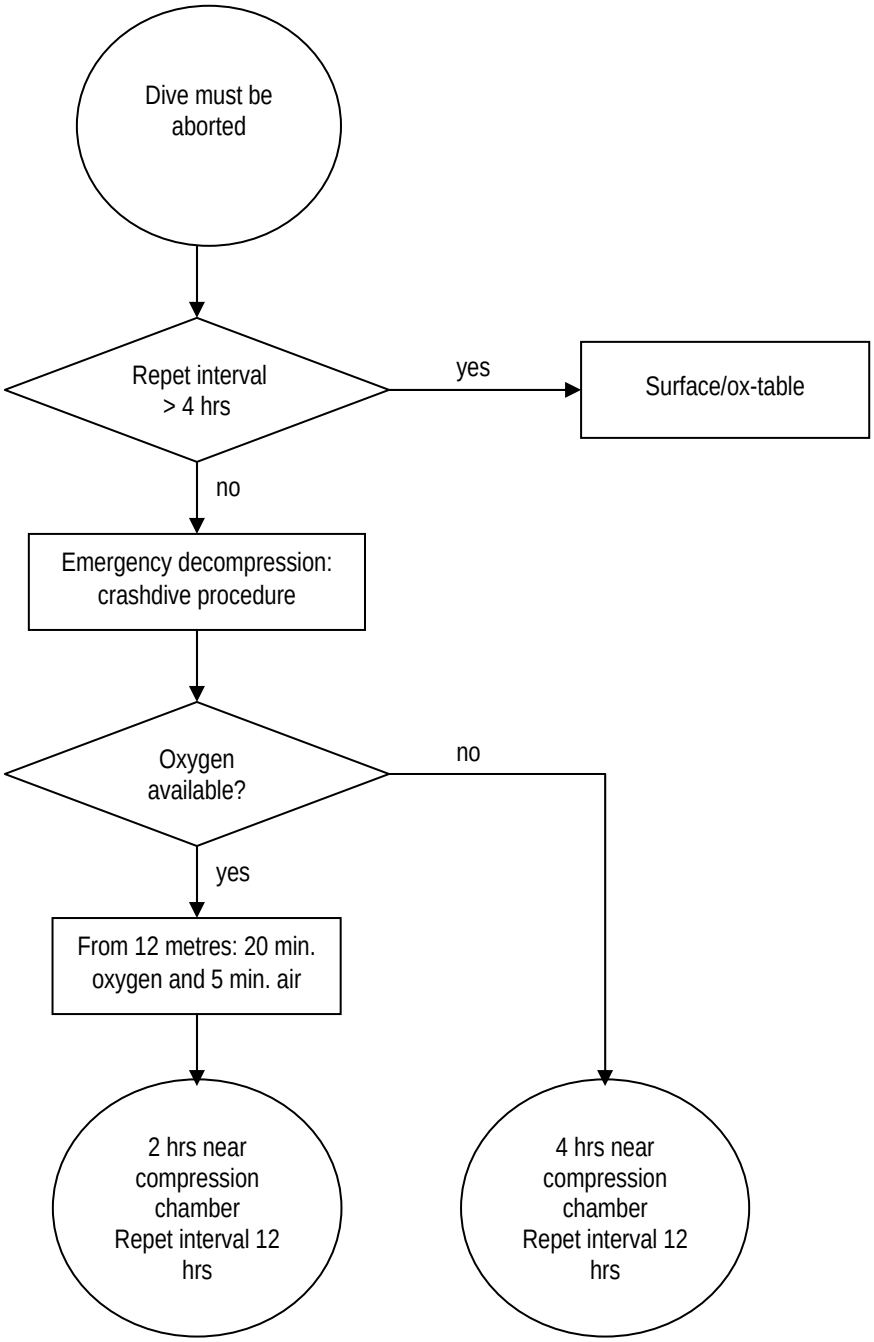
If the repeat interval is shorter than 4 hours, or the total diving time exceeds that allowed in the surface decompression table, use the following Crashdive procedure:

Crashdive procedure
Ascend to surface at a rate of no more than 10 metres per minute. Ignore all stops already made in water. Ensure that diver is in chamber under pressure within 3 minutes after surfacing and put under pressure at a depth equal to the depth of the first inwater stop increased by 9 metres. Stay there for 5 minutes.
Subsequently, carry out decompression according to the standard air tables (NSIL88), for a period equal to the actual diving time increased by 10 minutes.
If the chamber is equipped to provide oxygen, commence oxygen breathing from the 12 metre stop in periods of 20 minutes, alternated with 5 minutes of air.

The crash dive procedure constitutes an emergency procedure, and al the rules for emergencies apply.

A repet interval of not less than 12 hours must be observed. If oxygen was used during the decompression the diver is required to remain in the vicinity of the compression chamber for 2 hours. Alternatively if no oxygen was used this should be 4 hours (see standby period).
Under these conditions the risk of decompression sickness increases!

Emergency procedure air table (NSIL88)



BASISTABELLEN

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air diving, standard air decompression tables.
maximum diving depth 12 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repet interval is 12 hours.

Code: nsil88

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres										tot. deco time (min)	tot. uptd
		30	27	24	21	18	15	12	9	6	3		
120	0.9	-	-	-	-	-	-	-	-	-	1	2.2	-
130	0.9	-	-	-	-	-	-	-	-	-	3	4.2	-
140	0.9	-	-	-	-	-	-	-	-	-	5	6.2	-
150	0.9	-	-	-	-	-	-	-	-	-	6	7.2	-
160	0.9	-	-	-	-	-	-	-	-	-	7	8.2	-
170	0.9	-	-	-	-	-	-	-	-	-	8	9.2	-
180	0.9	-	-	-		-	-	-	-	-	8	9.2	-

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air diving, standard air decompression tables.
maximum diving depth 15 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repet interval is 12 hours.

Code: nsil88

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres										tot. deco time (min)	tot. uptd
		30	27	24	21	18	15	12	9	6	3		
70	1.2	-	-	-	-	-	-	-	-	-	2	3.5	6
80	1.2	-	-	-	-	-	-	-	-	-	7	8.5	7
90	1.2	-	-	-	-	-	-	-	-	-	11	12.5	7
100	1.2	-	-	-	-	-	-	-	-	-	14	15.5	8
110	1.2	-	-	-	-	-	-	-	-	-	17	18.5	9
120	1.2	-	-	-	-	-	-	-	-	-	19	20.5	10
130	1.2	-	-	-	-	-	-	-	-	-	20	21.5	11
140	1.2	-	-	-	-	-	-	-	-	-	22	23.5	12
150	1.2	-	-	-	-	-	-	-	-	-	23	24.5	12

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air diving, standard air decompression tables.
maximum diving depth 18 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repet interval is 12 hours.

Code: nsil88

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres										tot. deco time (min)	tot. uptd
		30	27	24	21	18	15	12	9	6	3		
40	1.5	-	-	-	-	-	-	-	-	-	2	3.8	9
50	1.5	-	-	-	-	-	-	-	-	-	5	6.8	12
60	1.5	-	-	-	-	-	-	-	-	-	10	11.8	14
70	1.5	-	-	-	-	-	-	-	-	-	16	17.8	16
80	1.5	-	-	-	-	-	-	-	-	-	21	22.8	19
90	1.5	-	-	-	-	-	-	-	-	-	25	26.8	21
100	1.2	-	-	-	-	-	-	-	-	2	26	29.8	24
110	1.2	-	-	-	-	-	-	-	-	5	26	32.8	26
120	1.2	-	-	-	-	-	-	-	-	8	27	36.8	28
130	1.2	-	-	-	-	-	-	-	-	10	32	43.8	31
140	1.2	-	-	-	-	-	-	-	-	12	37	50.8	33
150	1.2	-	-	-	-	-	-	-	-	13	41	55.8	35

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air diving, standard air decompression tables.
maximum diving depth 21 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repet interval 12 hours.

Code: nsil88

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres										tot. deco time (min)	tot. uptd
		30	27	24	21	18	15	12	9	6	3		
25	1.8	-	-	-	-	-	-	-	-	-	2	4.1	9
30	1.8	-	-	-	-	-	-	-	-	-	3	5.1	11
35	1.8	-	-	-	-	-	-	-	-	-	5	7.1	13
40	1.8	-	-	-	-	-	-	-	-	-	7	9.1	15
45	1.8	-	-	-	-	-	-	-	-	-	9	11.1	17
50	1.8	-	-	-	-	-	-	-	-	-	13	15.1	18
55	1.5	-	-	-	-	-	-	-	-	1	17	20.1	20
60	1.5	-	-	-	-	-	-	-	-	2	20	24.1	22
65	1.5	-	-	-	-	-	-	-	-	3	22	27.1	24
70	1.5	-	-	-	-	-	-	-	-	4	24	30.1	26
75	1.5	-	-	-	-	-	-	-	-	5	26	33.1	28
80	1.5	-	-	-	-	-	-	-	-	8	26	36.1	29
85	1.5	-	-	-	-	-	-	-	-	11	26	39.1	31
90	1.5	-	-	-	-	-	-	-	-	13	26	41.1	33

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air diving, standard air decompression tables.
maximum diving depth 24 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop
repet interval is 12 hours.

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres										tot. deco time (min)	tot. uptd
		30	27	24	21	18	15	12	9	6	3		
15	2.1	-	-	-	-	-	-	-	-	-	1	3.4	7
20	2.1	-	-	-	-	-	-	-	-	-	3	5.4	10
25	2.1	-	-	-	-	-	-	-	-	-	4	6.4	12
30	1.8	-	-	-	-	-	-	-	-	1	6	9.4	15
35	1.8	-	-	-	-	-	-	-	-	2	8	12.4	17
40	1.8	-	-	-	-	-	-	-	-	2	11	15.4	20
45	1.8	-	-	-	-	-	-	-	-	3	16	21.4	22
50	1.8	-	-	-	-	-	-	-	-	5	20	27.4	25
55	1.8	-	-	-	-	-	-	-	-	6	23	31.4	27
60	1.8	-	-	-	-	-	-	-	-	7	26	35.4	30
65	1.8	-	-	-	-	-	-	-	-	11	26	39.4	32
70	1.8	-	-	-	-	-	-	-	-	14	26	42.4	35
75	1.8	-	-	-	-	-	-	-	-	17	26	45.4	37
80	1.5	-	-	-	-	-	-	-	1	19	26	48.4	40
85	1.5	-	-	-	-	-	-	-	1	21	29	53.4	42
90	1.5	-	-	-	-	-	-	-	2	23	33	60.4	45

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air diving, standard air decompression tables.
maximum diving depth 27 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repet interval is 12 hours.

Code: nsil88

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres										tot. deco time (min)	tot. uptd
		30	27	24	21	18	15	12	9	6	3		
15	2.4	-	-	-	-	-	-	-	-	-	2	4.7	10
20	2.4	-	-	-	-	-	-	-	-	-	5	7.7	13
25	2.1	-	-	-	-	-	-	-	-	2	6	10.7	16
30	2.1	-	-	-	-	-	-	-	-	3	8	13.7	19
35	2.1	-	-	-	-	-	-	-	-	4	12	18.7	22
40	1.8	-	-	-	-	-	-	-	1	5	18	26.7	25
45	1.8	-	-	-	-	-	-	-	1	7	22	32.7	28
50	1.8	-	-	-	-	-	-	-	1	9	25	37.7	31
55	1.8	-	-	-	-	-	-	-	2	12	26	42.7	34
60	1.8	-	-	-	-	-	-	-	3	15	26	46.7	37
65	1.8	-	-	-	-	-	-	-	4	18	26	50.7	40
70	1.8	-	-	-	-	-	-	-	5	21	26	54.7	43
75	1.8	-	-	-	-	-	-	-	6	23	31	62.7	46
80	1.8	-	-	-	-	-	-		9	23	36	70.7	49

ndc
nationaal duikcentrum
netherlands diving centre

air diving, standard air decompression tables.
maximum diving depth 30 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repet interval is 12 hours.

Code: nsil88

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres										tot. deco time (min)	tot. uptd
		30	27	24	21	18	15	12	9	6	3		
10	2.7	-	-	-	-	-	-	-	-	-	1	4.0	8
15	2.4	-	-	-	-	-	-	-	-	1	3	7.0	11
20	2.4	-	-	-	-	-	-	-	-	2	5	10.0	15
25	2.4	-	-	-	-	-	-	-	-	4	8	15.0	19
30	2.1	-	-	-	-	-	-	-	1	4	12	20.0	22
35	2.1	-	-	-	-	-	-	-	2	6	18	29.0	26
40	2.1	-	-	-	-	-	-	-	3	8	22	36.0	30
45	2.1	-	-	-	-	-	-	-	3	10	26	42.0	33
50	2.1	-	-	-	-	-	-	-	5	14	26	48.0	37
55	2.1	-	-	-	-	-	-	-	6	18	26	53.0	41
60	2.1	-	-	-	-	-	-	-	8	20	26	57.0	44

ndc
nationaal duikcentrum
netherlands diving centre

air diving, standard air decompression tables.
maximum diving depth 33 metres.
ascent speed is max. 10 metres/minute.
Stop time starts after arrival at stop.
repet interval is 12 hours.

Code: nsil88

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres										tot. deco time (min)	tot. uptd
		30	27	24	21	18	15	12	9	6	3		
10	3.0	-	-	-	-	-	-	-	-	-	2	5.3	9
15	2.7	-	-	-	-	-	-	-	-	2	4	9.3	13
20	2.4	-	-	-	-	-	-	-	1	3	7	14.3	18
25	2.4	-	-	-	-	-	-	-	2	4	10	19.3	22
30	2.4	-	-	-	-	-	-	-	3	6	16	28.3	26
35	2.1	-	-	-	-	-	-	1	3	8	22	37.3	30
40	2.1	-	-	-	-	-	-	1	4	10	26	44.3	34
45	2.1	-	-	-	-	-	-	2	6	15	26	52.3	39
50	2.1	-	-	-	-	-	-	2	7	19	26	57.3	43
55	2.1	-	-	-	-	-	-	2	9	22	27	63.3	47
60	2.1	-	-	-	-	-	-	4	11	23	34	75.3	51

nationaal duikcentrum
netherlands diving centre

air diving, standard air decompression tables.
maximum diving depth 36 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repet interval is 12 hours.

Code: nsil88

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres										tot. deco time (min)	tot. uptd
		30	27	24	21	18	15	12	9	6	3		
10	3.0	-	-	-	-	-	-	-	-	1	3	7.6	11
15	2.7	-	-	-	-	-	-	-	1	2	5	11.6	15
20	2.7	-	-	-	-	-	-	-	2	4	8	17.6	20
25	2.7	-	-	-	-	-	-	-	4	5	14	26.6	25
30	2.4	-	-	-	-	-	-	2	3	8	21	37.6	29
35	2.4	-	-	-	-	-	-	2	5	9	26	45.6	34
40	2.4	-	-	-	-	-	-	3	6	15	26	53.6	39
45	2.4	-	-	-	-	-	-	3	8	20	26	60.6	44
50	2.1	-	-	-	-	-	1	4	9	23	29	69.6	48
55	2.1	-	-	-	-	-	1	6	13	23	36	82.6	53
60	2.1	-	-	-	-	-	1	7	17	23	42	93.6	58

nationaal duikcentrum
netherlands diving centre

air diving, standard air decompression tables.
maximum diving depth 39 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repet interval is 12 hours.

Code: nsil88

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres										tot. deco time (min)	tot. uptd
		30	27	24	21	18	15	12	9	6	3		
5	3.6	-	-	-	-	-	-	-	-	-	1	4.9	7
10	3.3	-	-	-	-	-	-	-	-	2	3	8.9	12
15	3.0	-	-	-	-	-	-	-	1	4	5	13.9	17
20	2.7	-	-	-	-	-	-	1	3	4	10	21.9	22
25	2.7	-	-	-	-	-	-	2	4	6	18	33.9	28
30	2.7	-	-	-	-	-	-	3	4	9	24	43.9	33
35	2.4	-	-	-	-	-	1	3	7	13	26	53.9	38
40	2.4	-	-	-	-	-	2	3	8	19	26	61.9	44
45	2.4	-	-	-	-	-	2	5	9	23	29	71.9	49
50	2.4	-	-	-	-	-	2	7	14	23	37	86.9	54
55	2.4	-	-	-	-	-	3	8	18	23	43	98.9	59
60	2.4	-	-	-	-	-	4	9	20	23	49	108.9	65

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nationaal duikcentrum
netherlands diving centre

air diving, standard air decompression tables.
maximum diving depth 42 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repet interval is 12 hours.

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres										tot. deco time (min)	tot. uptd
		30	27	24	21	18	15	12	9	6	3		
5	3.9	-	-	-	-	-	-	-	-	-	2	6.2	7
10	3.3	-	-	-	-	-	-	-	1	1	5	11.2	13
15	3.0	-	-	-	-	-	-	1	2	4	7	18.2	19
20	3.0	-	-	-	-	-	-	2	3	5	13	27.2	25
25	3.0	-	-	-	-	-	-	4	3	9	21	41.2	31
30	2.7	-	-	-	-	-	2	3	6	11	26	52.2	37
35	2.7	-	-	-	-	-	3	3	8	18	26	62.2	42
40	2.7	-	-	-	-	-	3	5	9	23	27	71.2	48
45	2.4	-	-	-	-	1	3	7	14	23	36	88.2	54
50	2.4	-	-	-	-	1	4	8	18	23	44	102.2	60
55	2.4	-	-	-	-	1	6	9	21	23	50	114.2	66
60	2.4	-	-	-	-	2	6	14	20	23	56	125.2	72

ndc
nationaal duikcentrum
netherlands diving centre

air diving, standard air decompression tables.
maximum diving depth 45 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repet interval is 12 hours.

Code: nsil88

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres										tot. deco time (min)	tot. uptd
		30	27	24	21	18	15	12	9	6	3		
5	4.2	-	-	-	-	-	-	-	-	-	2	6.5	8
10	3.6	-	-	-	-	-	-	-	2	2	4	12.5	15
15	3.3	-	-	-	-	-	-	1	3	4	9	21.5	21
20	3.0	-	-	-	-	-	1	2	4	6	17	34.5	27
25	3.0	-	-	-	-	-	2	3	5	9	25	48.5	34
30	3.0	-	-	-	-	-	3	4	7	16	26	60.5	40
35	2.7	-	-	-	-	1	3	5	9	21	26	69.5	46
40	2.7	-	-	-	-	2	3	7	13	23	34	86.5	53
45	2.7	-	-	-	-	2	5	7	18	23	43	102.5	59
50	2.7	-	-	-	-	3	6	10	20	23	50	116.5	66
55	2.7	-	-	-	-	3	7	14	21	23	56	128.5	72
60	2.7	-	-	-	-	5	7	18	20	30	64	148.5	79

ndc
nationaal duikcentrum
netherlands diving centre

air diving, standard air decompression tables.
maximum diving depth 48 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repet interval is 12 hours.

Code: nsil88

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres										tot. deco time (min)	tot. uptd
		30	27	24	21	18	15	12	9	6	3		
5	4.2	-	-	-	-	-	-	-	-	1	2	7.8	9
10	3.6	-	-	-	-	-	-	1	1	3	5	14.8	16
15	3.3	-	-	-	-	-	1	1	4	4	10	24.8	23
20	3.3	-	-	-	-	-	2	3	3	8	20	40.8	30
25	3.0	-	-	-	-	1	3	3	6	12	26	55.8	37
30	3.0	-	-	-	-	2	3	4	8	19	26	66.8	44
35	3.0	-	-	-	-	3	3	7	11	23	31	82.8	51
40	2.7	-	-	-	1	3	4	8	17	23	41	101.8	58
45	2.7	-	-	-	1	3	6	9	21	23	49	116.8	65
50	2.7	-	-	-	2	3	7	14	21	23	56	130.8	72
55	2.7	-	-	-	2	5	7	18	21	30	64	151.8	79
60	2.7	-	-	-	2	6	11	19	20	38	70	170.8	87

nationaal duikcentrum
netherlands diving centre

air diving, standard air decompression tables.
maximum diving depth 51 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repet interval is 12 hours.

Code: nsil88

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres										tot. deco time (min)	tot. uptd
		30	27	24	21	18	15	12	9	6	3		
5	4.5	-	-	-	-	-	-	-	-	2	2	9.1	10
10	3.9	-	-	-	-	-	-	1	2	4	5	17.1	18
15	3.6	-	-	-	-	-	1	2	4	5	13	30.1	25
20	3.3	-	-	-	-	1	2	3	4	9	23	47.1	32
25	3.3	-	-	-	-	2	3	3	8	15	26	62.1	40
30	3.0	-	-	-	1	2	3	6	8	23	26	74.1	48
35	3.0	-	-	-	2	2	4	8	15	23	37	96.1	55
40	3.0	-	-	-	2	3	6	8	20	23	47	114.1	63
45	3.0	-	-	-	3	4	7	13	21	23	55	131.1	71
50	2.7	-	-	1	2	6	7	18	20	30	63	152.1	79
55	2.7	-	-	1	3	6	11	19	20	38	70	173.1	87
60	2.7	-	-	1	4	7	15	18	21	44	77	192.1	95

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nationaal duikcentrum
netherlands diving centre

air diving, standard air decompression tables.
maximum diving depth 12 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repetitive dive!
repet interval is 2 hours.

Code: nh2sil88

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres										tot. deco time (min)	tot. uptd
		30	27	24	21	18	15	12	9	6	3		
110	0.9	-	-	-	-	-	-	-	-	-	1	2.2	-
120	0.9	-	-	-	-	-	-	-	-	-	3	4.2	-
130	0.9	-	-	-	-	-	-	-	-	-	4	5.2	-
140	0.9	-	-	-	-	-	-	-	-	-	6	7.2	-
150	0.9	-	-	-	-	-	-	-	-	-	7	8.2	-
160	0.9	-	-	-	-	-	-	-	-	-	7	8.2	-
170	0.9	-	-	-	-	-	-	-	-	-	14	15.2	-
180	0.9	-	-	-	-	-	-	-	-	-	24	25.2	-

ndc
nationaal duikcentrum
netherlands diving centre

air diving, standard air decompression tables.
maximum diving depth 15 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repetitive dive!
repet interval is 2 hours.

Code: nh2sil88

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres										tot. deco time (min)	tot. uptd
		30	27	24	21	18	15	12	9	6	3		
70	1.2	-	-	-	-	-	-	-	-	-	5	6.5	6
80	1.2	-	-	-	-	-	-	-	-	-	9	10.5	7
90	1.2	-	-	-	-	-	-	-	-	-	13	14.5	7
100	1.2	-	-	-	-	-	-	-	-	-	15	16.5	8
110	1.2	-	-	-	-	-	-	-	-	-	19	20.5	9
120	1.2	-	-	-	-	-	-	-	-	-	36	37.5	10
130	1.2	-	-	-	-	-	-	-	-	-	53	54.5	11
140	1.2	-	-	-	-	-	-	-	-	-	69	70.5	12
150	1.2	-	-	-	-	-	-	-	-	-	85	86.5	12

ndc
nationaal duikcentrum
netherlands diving centre

air diving, standard air decompression tables.
maximum diving depth 18 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repetitive dive!
repet interval is 2 hours.

Code: nh2sil88

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres										tot. deco time (min)	tot. uptd
		30	27	24	21	18	15	12	9	6	3		
40	1.5	-	-	-	-	-	-	-	-	-	2	3.8	9
50	1.5	-	-	-	-	-	-	-	-	-	5	6.8	12
60	1.5	-	-	-	-	-	-	-	-	-	13	14.8	14
70	1.5	-	-	-	-	-	-	-	-	-	18	19.8	16
80	1.5	-	-	-	-	-	-	-	-	-	23	24.8	19
90	1.5	-	-	-	-	-	-	-	-	-	43	44.8	21
100	1.2	-	-	-	-	-	-	-	-	4	65	70.8	24
110	1.2	-	-	-	-	-	-	-	-	7	86	94.8	26
120	1.2	-	-	-	-	-	-	-	-	9	107	117.8	28
130	1.2	-	-	-	-	-	-	-	-	11	127	139.8	31
140	1.2	-	-	-	-	-	-	-	-	12	146	159.8	33
150	1.2	-	-	-	-	-	-	-	-	14	165	180.8	35

nationaal duikcentrum
netherlands diving centre

air diving, standard air decompression tables.
maximum diving depth 21 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repetitive dive!
repet interval is 2 hours.

Code: nh2sil88

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres										tot. deco time (min)	tot. uptd
		30	27	24	21	18	15	12	9	6	3		
25	1.8	-	-	-	-	-	-	-	-	-	2	4.1	9
30	1.8	-	-	-	-	-	-	-	-	-	3	5.1	11
35	1.8	-	-	-	-	-	-	-	-	-	5	7.1	13
40	1.8	-	-	-	-	-	-	-	-	-	7	9.1	15
45	1.8	-	-	-	-	-	-	-	-	-	12	14.1	17
50	1.8	-	-	-	-	-	-	-	-	-	17	19.1	18
55	1.5	-	-	-	-	-	-	-	-	1	20	23.1	20
60	1.5	-	-	-	-	-	-	-	-	2	22	26.1	22
65	1.5	-	-	-	-	-	-	-	-	3	25	30.1	24
70	1.5	-	-	-	-	-	-	-	-	4	40	46.1	26
75	1.5	-	-	-	-	-	-	-	-	7	54	63.1	28
80	1.5	-	-	-	-	-	-	-	-	10	67	79.1	29
85	1.5	-	-	-	-	-	-	-	-	12	81	95.1	31
90	1.5	-	-	-	-	-	-	-	-	14	94	110.1	33

ndc
nationaal duikcentrum
netherlands diving centre

air diving, standard air decompression tables.
maximum diving depth 24 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repetitive dive!
repet interval is 2 hours.

Code: nh2sil88

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres										tot. deco time (min)	tot. uptd
		30	27	24	21	18	15	12	9	6	3		
15	2.1	-	-	-	-	-	-	-	-	-	1	3.4	7
20	2.1	-	-	-	-	-	-	-	-	-	3	5.4	10
25	2.1	-	-	-	-	-	-	-	-	-	4	6.4	12
30	1.8	-	-	-	-	-	-	-	-	1	6	9.4	15
35	1.8	-	-	-	-	-	-	-	-	2	9	13.4	17
40	1.8	-	-	-	-	-	-	-	-	2	15	19.4	20
45	1.8	-	-	-	-	-	-	-	-	3	20	25.4	22
50	1.8	-	-	-	-	-	-	-	-	5	22	29.4	25
55	1.8	-	-	-	-	-	-	-	-	6	30	38.4	27
60	1.8	-	-	-	-	-	-	-	-	9	48	59.4	30
65	1.8	-	-	-	-	-	-	-	-	13	64	79.4	32
70	1.8	-	-	-	-	-	-	-	-	16	81	99.4	35
75	1.8	-	-	-	-	-	-	-	-	19	97	118.4	37
80	1.5	-	-	-	-	-	-	-	1	21	113	137.4	40
85	1.5	-	-	-	-	-	-	-	1	23	128	154.4	42
90	1.5	-	-	-	-	-	-	-	3	23	144	172.4	45

nationaal duikcentrum
netherlands diving centre

air diving, standard air decompression tables.
maximum diving depth 27 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repetitive dive!
repet interval is 2 hours.

Code: nh2sil88

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres										tot. deco time (min)	tot. uptd
		30	27	24	21	18	15	12	9	6	3		
15	2.4	-	-	-	-	-	-	-	-	-	2	4.7	10
20	2.4	-	-	-	-	-	-	-	-	-	5	7.7	13
25	2.1	-	-	-	-	-	-	-	-	2	6	10.7	16
30	2.1	-	-	-	-	-	-	-	-	3	9	14.7	19
35	2.1	-	-	-	-	-	-	-	-	4	16	22.7	22
40	1.8	-	-	-	-	-	-	-	1	5	21	29.7	25
45	1.8	-	-	-	-	-	-	-	1	7	24	34.7	28
50	1.8	-	-	-	-	-	-	-	1	10	44	57.7	31
55	1.8	-	-	-	-	-	-	-	2	14	65	83.7	34
60	1.8	-	-	-	-	-	-	-	3	17	84	106.7	37
65	1.8	-	-	-	-	-	-	-	4	20	103	129.7	40
70	1.8	-	-	-	-	-	-	-	5	22	122	151.7	43
75	1.8	-	-	-	-	-	-	-	7	23	141	173.7	46
80	1.8	-	-	-	-	-	-	-	10	23	160	195.7	49

nationaal duikcentrum
netherlands diving centre

air diving, standard air decompression tables.
maximum diving depth 30 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repetitive dive!
repet interval is 2 hours.

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres										tot. deco time (min)	tot. uptd
		30	27	24	21	18	15	12	9	6	3		
10	2.7	-	-	-	-	-	-	-	-	-	1	4.0	8
15	2.4	-	-	-	-	-	-	-	-	1	3	7.0	11
20	2.4	-	-	-	-	-	-	-	-	2	5	10.0	15
25	2.4	-	-	-	-	-	-	-	-	4	8	15.0	19
30	2.1	-	-	-	-	-	-	-	1	4	16	24.0	22
35	2.1	-	-	-	-	-	-	-	2	6	21	32.0	26
40	2.1	-	-	-	-	-	-	-	3	8	30	44.0	30
45	2.1	-	-	-	-	-	-	-	3	13	53	72.0	33
50	2.1	-	-	-	-	-	-	-	5	16	76	100.0	37
55	2.1	-	-	-	-	-	-	-	6	20	98	127.0	41
60	2.1	-	-	-	-	-	-	-	8	22	121	154.0	44

ndc
nationaal duikcentrum
netherlands diving centre

air diving, standard air decompression tables.
maximum diving depth 33 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repetitive dive!
repet interval is 2 hours.

Code: nh2sil88

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres										tot. deco time (min)	tot. uptd
		30	27	24	21	18	15	12	9	6	3		
10	3.0	-	-	-	-	-	-	-	-	-	2	5.3	9
15	2.7	-	-	-	-	-	-	-	-	2	4	9.3	13
20	2.4	-	-	-	-	-	-	-	1	3	7	14.3	18
25	2.4	-	-	-	-	-	-	-	2	4	13	22.3	22
30	2.4	-	-	-	-	-	-	-	3	6	20	32.3	26
35	2.1	-	-	-	-	-	-	1	3	8	30	45.3	30
40	2.1	-	-	-	-	-	-	1	4	13	57	78.3	34
45	2.1	-	-	-	-	-	-	2	6	17	84	112.3	39
50	2.1	-	-	-	-	-	-	2	7	21	108	141.3	43
55	2.1	-	-	-	-	-	-	2	10	23	133	171.3	47
60	2.1	-	-	-	-	-	-	4	13	23	159	202.3	51

ndc
nationaal duikcentrum
netherlands diving centre

air diving, standard air decompression tables.
maximum diving depth 36 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repetitive dive!
repet interval is 2 hours.

Code: nh2sil88

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres										tot. deco time (min)	tot. uptd
		30	27	24	21	18	15	12	9	6	3		
10	3.0	-	-	-	-	-	-	-	-	1	3	7.6	11
15	2.7	-	-	-	-	-	-	-	1	2	5	11.6	15
20	2.7	-	-	-	-	-	-	-	2	4	8	17.6	20
25	2.7	-	-	-	-	-	-	-	4	5	18	30.6	25
30	2.4	-	-	-	-	-	-	2	3	8	24	40.6	29
35	2.4	-	-	-	-	-	-	2	5	12	55	77.6	34
40	2.4	-	-	-	-	-	-	3	7	17	85	115.6	39
45	2.4	-	-	-	-	-	-	3	9	21	112	148.6	44
50	2.1	-	-	-	-	-	1	4	11	23	142	184.6	48
55	2.1	-	-	-	-	-	1	6	15	23	170	218.6	53
60	2.1	-	-	-	-	-	1	7	18	23	197	249.6	58

nationaal duikcentrum
netherlands diving centre

air diving, standard air decompression tables.
maximum diving depth 39 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repetitive dive!
repet interval is 2 hours.

Code: nh2sil88

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres										tot. deco time (min)	tot. uptd
		30	27	24	21	18	15	12	9	6	3		
5	3.6	-	-	-	-	-	-	-	-	-	1	4.9	7
10	3.3	-	-	-	-	-	-	-	-	2	3	8.9	12
15	3.0	-	-	-	-	-	-	-	1	4	6	14.9	17
20	2.7	-	-	-	-	-	-	1	3	4	14	25.9	22
25	2.7	-	-	-	-	-	-	2	4	7	21	37.9	28
30	2.7	-	-	-	-	-	-	3	4	11	46	67.9	33
35	2.4	-	-	-	-	-	1	3	7	16	80	110.9	38
40	2.4	-	-	-	-	-	2	3	8	22	112	150.9	44
45	2.4	-	-	-	-	-	2	5	12	23	144	189.9	49
50	2.4	-	-	-	-	-	2	7	16	23	175	226.9	54
55	2.4	-	-	-	-	-	3	8	19	24	205	262.9	59
60	2.4	-	-	-	-	-	4	11	20	30	232	300.9	65

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nationaal duikcentrum
netherlands diving centre

air diving, standard air decompression tables.
maximum diving depth 42 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repetitive dive!
repet interval is 2 hours.

Code: nh2sil88

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres										tot. deco time (min)	tot. uptd
		30	27	24	21	18	15	12	9	6	3		
5	3.9	-	-	-	-	-	-	-	-	-	2	6.2	7
10	3.3	-	-	-	-	-	-	-	1	1	5	11.2	13
15	3.0	-	-	-	-	-	-	1	2	4	7	18.2	19
20	3.0	-	-	-	-	-	-	2	3	5	18	32.2	25
25	3.0	-	-	-	-	-	-	4	3	9	31	51.2	31
30	2.7	-	-	-	-	-	2	3	6	15	69	99.2	37
35	2.7	-	-	-	-	-	3	3	8	21	105	144.2	42
40	2.7	-	-	-	-	-	3	6	11	23	141	188.2	48
45	2.4	-	-	-	-	1	3	7	16	23	176	230.2	54
50	2.4	-	-	-	-	1	4	8	20	24	208	269.2	60
55	2.4	-	-	-	-	1	6	11	21	31	238	312.2	66

ndc
nationaal duikcentrum
netherlands diving centre

air diving, standard air decompression tables.
maximum diving depth 45 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repetitive dive!
repet interval is 2 hours.

Code: nh2sil88

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres										tot. deco time (min)	tot. uptd
		30	27	24	21	18	15	12	9	6	3		
5	4.2	-	-	-	-	-	-	-	-	-	2	6.5	8
10	3.6	-	-	-	-	-	-	-	2	2	4	12.5	15
15	3.3	-	-	-	-	-	-	1	3	4	10	22.5	21
20	3.0	-	-	-	-	-	1	2	4	7	20	38.5	27
25	3.0	-	-	-	-	-	2	3	5	11	52	77.5	34
30	3.0	-	-	-	-	-	3	4	7	18	92	128.5	40
35	2.7	-	-	-	-	1	3	5	10	23	131	177.5	46
40	2.7	-	-	-	-	2	3	7	15	23	170	224.5	53
45	2.7	-	-	-	-	2	5	7	20	24	206	268.5	59
50	2.7	-	-	-	-	3	6	12	20	32	239	316.5	66

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nationaal duikcentrum
netherlands diving centre

air diving, standard air decompression tables.
maximum diving depth 48 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repetitive dive!
repet interval is 2 hours.

Code: nh2sil88

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres										tot. deco time (min)	tot. uptd
		30	27	24	21	18	15	12	9	6	3		
5	4.2	-	-	-	-	-	-	-	-	1	2	7.8	9
10	3.6	-	-	-	-	-	-	1	1	3	5	14.8	16
15	3.3	-	-	-	-	-	1	1	4	4	14	28.8	23
20	3.3	-	-	-	-	-	2	3	3	9	26	47.8	30
25	3.0	-	-	-	-	1	3	3	6	15	73	105.8	37
30	3.0	-	-	-	-	2	3	4	8	22	115	158.8	44
35	3.0	-	-	-	-	3	3	7	13	23	158	211.8	51
40	2.7	-	-	-	1	3	4	8	19	23	200	262.8	58
45	2.7	-	-	-	1	3	6	11	21	30	235	311.8	65

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nationaal duikcentrum
netherlands diving centre

air diving, standard air decompression tables.
maximum diving depth 51 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repetitive dive!
repet interval is 2 hours.

Code: nh2sil88

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres										tot. deco time (min)	tot. uptd
		30	27	24	21	18	15	12	9	6	3		
5	4.5	-	-	-	-	-	-	-	-	2	2	9.1	10
10	3.9	-	-	-	-	-	-	1	2	4	5	17.1	18
15	3.6	-	-	-	-	-	1	2	4	5	17	34.1	25
20	3.3	-	-	-	-	1	2	3	4	10	44	69.1	32
25	3.3	-	-	-	-	2	3	3	8	18	92	131.1	40
30	3.0	-	-	-	1	2	3	6	11	23	139	190.1	48
35	3.0	-	-	-	2	2	4	8	17	23	185	246.1	55
40	3.0	-	-	-	2	3	6	10	21	28	226	301.1	63

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netherlands diving centre

air diving, standard air decompression tables.
maximum diving depth 12 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repetitive dive!
repet interval is 4 hours.

Code: nh4sil88

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres										tot. deco time (min)	tot. uptd
		30	27	24	21	18	15	12	9	6	3		
120	0.9	-	-	-	-	-	-	-	-	-	2	3.2	-
130	0.9	-	-	-	-	-	-	-	-	-	3	4.2	-
140	0.9	-	-	-	-	-	-	-	-	-	5	6.2	-
150	0.9	-	-	-	-	-	-	-	-	-	6	7.2	-
160	0.9	-	-	-	-	-	-	-	-	-	7	8.2	-
170	0.9	-	-	-	-	-	-	-	-	-	8	9.2	-
180	0.9	-	-	-	-	-	-	-	-	-	8	9.2	-

nationaal duikcentrum
netherlands diving centre

air diving, standard air decompression tables.
maximum diving depth 15 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repetitive dive!
repet interval is 4 hours.

Code: nh4sil88

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres										tot. deco time (min)	tot. uptd
		30	27	24	21	18	15	12	9	6	3		
70	1.2	-	-	-	-	-	-	-	-	-	2	3.5	6
80	1.2	-	-	-	-	-	-	-	-	-	7	8.5	7
90	1.2	-	-	-	-	-	-	-	-	-	11	12.5	7
100	1.2	-	-	-	-	-	-	-	-	-	14	15.5	8
110	1.2	-	-	-	-	-	-	-	-	-	17	18.5	9
120	1.2	-	-	-	-	-	-	-	-	-	19	20.5	10
130	1.2	-	-	-	-	-	-	-	-	-	20	21.5	11
140	1.2	-	-	-	-	-	-	-	-	-	22	23.5	12
150	1.2	-	-	-	-	-	-	-	-	-	26	27.5	12

ndc
nationaal duikcentrum
netherlands diving centre

air diving, standard air decompression tables.
maximum diving depth 18 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repetitive dive!
repet interval is 4 hours.

Code: nh4sil88

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres										tot. deco time (min)	tot. uptd
		30	27	24	21	18	15	12	9	6	3		
40	1.5	-	-	-	-	-	-	-	-	-	2	3.8	9
50	1.5	-	-	-	-	-	-	-	-	-	5	6.8	12
60	1.5	-	-	-	-	-	-	-	-	-	10	11.8	14
70	1.5	-	-	-	-	-	-	-	-	-	16	17.8	16
80	1.5	-	-	-	-	-	-	-	-	-	21	22.8	19
90	1.5	-	-	-	-	-	-	-	-	-	25	26.8	21
100	1.2	-	-	-	-	-	-	-	-	2	26	29.8	24
110	1.2	-	-	-	-	-	-	-	-	6	27	34.8	26
120	1.2	-	-	-	-	-	-	-	-	8	32	41.8	28
130	1.2	-	-	-	-	-	-	-	-	10	37	48.8	31
140	1.2	-	-	-	-	-	-	-	-	12	41	54.8	33
150	1.2	-	-	-	-	-	-	-	-	13	45	59.8	35

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nationaal duikcentrum
netherlands diving centre

air diving, standard air decompression tables.
maximum diving depth 21 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repetitive dive!
repet interval is 4 hours.

Code: nh4sil88

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres										tot. deco time (min)	tot. uptd
		30	27	24	21	18	15	12	9	6	3		
25	1.8	-	-	-	-	-	-	-	-	-	2	4.1	9
30	1.8	-	-	-	-	-	-	-	-	-	3	5.1	11
35	1.8	-	-	-	-	-	-	-	-	-	5	7.1	13
40	1.8	-	-	-	-	-	-	-	-	-	7	9.1	15
45	1.8	-	-	-	-	-	-	-	-	-	9	11.1	17
50	1.8	-	-	-	-	-	-	-	-	-	14	16.1	18
55	1.5	-	-	-	-	-	-	-	-	1	17	20.1	20
60	1.5	-	-	-	-	-	-	-	-	2	20	24.1	22
65	1.5	-	-	-	-	-	-	-	-	3	23	28.1	24
70	1.5	-	-	-	-	-	-	-	-	4	25	31.1	26
75	1.5	-	-	-	-	-	-	-	-	5	26	33.1	28
80	1.5	-	-	-	-	-	-	-	-	8	26	36.1	29
85	1.5	-	-	-	-	-	-	-	-	11	26	39.1	31
90	1.5	-	-	-	-	-	-	-	-	13	27	42.1	33

nationaal duikcentrum
netherlands diving centre

air diving, standard air decompression tables.
maximum diving depth 24 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repetitive dive!
repet interval is 4 hours.

Code: nh4sil88

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres										tot. deco time (min)	tot. uptd
		30	27	24	21	18	15	12	9	6	3		
15	2.1	-	-	-	-	-	-	-	-	-	1	3.4	7
20	2.1	-	-	-	-	-	-	-	-	-	3	5.4	10
25	2.1	-	-	-	-	-	-	-	-	-	4	6.4	12
30	1.8	-	-	-	-	-	-	-	-	1	6	9.4	15
35	1.8	-	-	-	-	-	-	-	-	2	8	12.4	17
40	1.8	-	-	-	-	-	-	-	-	2	12	16.4	20
45	1.8	-	-	-	-	-	-	-	-	3	17	22.4	22
50	1.8	-	-	-	-	-	-	-	-	5	20	27.4	25
55	1.8	-	-	-	-	-	-	-	-	6	23	31.4	27
60	1.8	-	-	-	-	-	-	-	-	7	26	35.4	30
65	1.8	-	-	-	-	-	-	-	-	11	26	39.4	32
70	1.8	-	-	-	-	-	-	-	-	15	26	43.4	35
75	1.8	-	-	-	-	-	-	-	-	18	27	47.4	37
80	1.5	-	-	-	-	-	-	-	1	19	31	53.4	40
85	1.5	-	-	-	-	-	-	-	1	22	35	60.4	42
90	1.5	-	-	-	-	-	-	-	2	23	38	65.4	45

nationaal duikcentrum
netherlands diving centre

air diving, standard air decompression tables.
maximum diving depth 27 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repetitive dive!
repet interval is 4 hours.

Code: nh4sil88

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres										tot. deco time (min)	tot. uptd
		30	27	24	21	18	15	12	9	6	3		
15	2.4	-	-	-	-	-	-	-	-	-	2	4.7	10
20	2.4	-	-	-	-	-	-	-	-	-	5	7.7	13
25	2.1	-	-	-	-	-	-	-	-	2	6	10.7	16
30	2.1	-	-	-	-	-	-	-	-	3	8	13.7	19
35	2.1	-	-	-	-	-	-	-	-	4	13	19.7	22
40	1.8	-	-	-	-	-	-	-	1	5	18	26.7	25
45	1.8	-	-	-	-	-	-	-	1	7	22	32.7	28
50	1.8	-	-	-	-	-	-	-	1	9	25	37.7	31
55	1.8	-	-	-	-	-	-	-	2	12	26	42.7	34
60	1.8	-	-	-	-	-	-	-	3	16	26	47.7	37
65	1.8	-	-	-	-	-	-	-	4	18	28	52.7	40
70	1.8	-	-	-	-	-	-	-	5	21	33	61.7	43
75	1.8	-	-	-	-	-	-	-	6	23	37	68.7	46
80	1.8	-	-	-	-	-	-	-	9	23	41	75.7	49

nationaal duikcentrum
netherlands diving centre

air diving, standard air decompression tables.
maximum diving depth 30 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repetitive dive!
repet interval is 4 hours.

Code: nh4sil88

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres										tot. deco time (min)	tot. uptd
		30	27	24	21	18	15	12	9	6	3		
10	2.7	-	-	-	-	-	-	-	-	-	1	4.0	8
15	2.4	-	-	-	-	-	-	-	-	1	3	7.0	11
20	2.4	-	-	-	-	-	-	-	-	2	5	10.0	15
25	2.4	-	-	-	-	-	-	-	-	4	8	15.0	19
30	2.1	-	-	-	-	-	-	-	1	4	12	20.0	22
35	2.1	-	-	-	-	-	-	-	2	6	18	29.0	26
40	2.1	-	-	-	-	-	-	-	3	8	22	36.0	30
45	2.1	-	-	-	-	-	-	-	3	10	26	42.0	33
50	2.1	-	-	-	-	-	-	-	5	14	26	48.0	37
55	2.1	-	-	-	-	-	-	-	6	18	26	53.0	41
60	2.1	-	-	-	-	-	-	-	8	21	31	63.0	44

nationaal duikcentrum
netherlands diving centre

air diving, standard air decompression tables.
maximum diving depth 33 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repetitive dive!
repet interval is 4 hours.

Code: nh4sil88

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres										tot. deco time (min)	tot. uptd
		30	27	24	21	18	15	12	9	6	3		
10	3.0	-	-	-	-	-	-	-	-	-	2	5.3	9
15	2.7	-	-	-	-	-	-	-	-	2	4	9.3	13
20	2.4	-	-	-	-	-	-	-	1	3	7	14.3	18
25	2.4	-	-	-	-	-	-	-	2	4	10	19.3	22
30	2.4	-	-	-	-	-	-	-	3	6	17	29.3	26
35	2.1	-	-	-	-	-	-	1	3	8	22	37.3	30
40	2.1	-	-	-	-	-	-	1	4	11	26	45.3	34
45	2.1	-	-	-	-	-	-	2	6	15	26	52.3	39
50	2.1	-	-	-	-	-	-	2	7	19	28	59.3	43
55	2.1	-	-	-	-	-	-	2	9	22	34	70.3	47
60	2.1	-	-	-	-	-	-	4	12	23	40	82.3	51

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nationaal duikcentrum
netherlands diving centre

air diving, standard air decompression tables.
maximum diving depth 36 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repetitive dive!
repet interval is 4 hours.

Code: nh4sil88

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres										tot. deco time (min)	tot. uptd
		30	27	24	21	18	15	12	9	6	3		
10	3.0	-	-	-	-	-	-	-	-	1	3	7.6	11
15	2.7	-	-	-	-	-	-	-	1	2	5	11.6	15
20	2.7	-	-	-	-	-	-	-	2	4	8	17.6	20
25	2.7	-	-	-	-	-	-	-	4	5	14	26.6	25
30	2.4	-	-	-	-	-	-	2	3	8	21	37.6	29
35	2.4	-	-	-	-	-	-	2	5	9	26	45.6	34
40	2.4	-	-	-	-	-	-	3	6	15	26	53.6	39
45	2.4	-	-	-	-	-	-	3	8	20	28	62.6	44
50	2.1	-	-	-	-	-	1	4	9	23	36	76.6	48
55	2.1	-	-	-	-	-	1	6	13	23	42	88.6	53
60	2.1	-	-	-	-	-	1	7	17	23	67	118.6	58

nationaal duikcentrum
netherlands diving centre

air diving, standard air decompression tables.
maximum diving depth 39 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repetitive dive!
repet interval is 4 hours.

Code: nh4sil88

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres										tot. deco time (min)	tot. uptd
		30	27	24	21	18	15	12	9	6	3		
5	3.6	-	-	-	-	-	-	-	-	-	1	4.9	7
10	3.3	-	-	-	-	-	-	-	-	2	3	8.9	12
15	3.0	-	-	-	-	-	-	-	1	4	5	13.9	17
20	2.7	-	-	-	-	-	-	1	3	4	10	21.9	22
25	2.7	-	-	-	-	-	-	2	4	6	19	34.9	28
30	2.7	-	-	-	-	-	-	3	4	9	25	44.9	33
35	2.4	-	-	-	-	-	1	3	7	14	26	54.9	38
40	2.4	-	-	-	-	-	2	3	8	20	28	64.9	44
45	2.4	-	-	-	-	-	2	5	10	23	36	79.9	49
50	2.4	-	-	-	-	-	2	7	14	23	43	92.9	54
55	2.4	-	-	-	-	-	3	8	18	23	77	132.9	59
60	2.4	-	-	-	-	-	4	9	21	23	111	171.9	65

ndc
nationaal duikcentrum
netherlands diving centre

air diving, standard air decompression tables.
maximum diving depth 42 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repetitive dive!
repet interval is 4 hours.

Code: nh4sil88

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres										tot. deco time (min)	tot. uptd
		30	27	24	21	18	15	12	9	6	3		
5	3.9	-	-	-	-	-	-	-	-	-	2	6.2	7
10	3.3	-	-	-	-	-	-	-	1	1	5	11.2	13
15	3.0	-	-	-	-	-	-	1	2	4	7	18.2	19
20	3.0	-	-	-	-	-	-	2	3	5	14	28.2	25
25	3.0	-	-	-	-	-	-	4	3	9	21	41.2	31
30	2.7	-	-	-	-	-	2	3	6	12	26	53.2	37
35	2.7	-	-	-	-	-	3	3	8	18	26	62.2	42
40	2.7	-	-	-	-	-	3	5	9	23	35	79.2	48
45	2.4	-	-	-	-	1	3	7	14	23	43	95.2	54
50	2.4	-	-	-	-	1	4	8	18	23	80	138.2	60
55	2.4	-	-	-	-	1	6	10	20	23	119	183.2	66
60	2.4	-	-	-	-	2	6	14	20	28	155	229.2	72

ndc
nationaal duikcentrum
netherlands diving centre

air diving, standard air decompression tables.
maximum diving depth 45 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repetitive dive!
repet interval is 4 hours.

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres										tot. deco time (min)	tot. uptd
		30	27	24	21	18	15	12	9	6	3		
5	4.2	-	-	-	-	-	-	-	-	-	2	6.5	8
10	3.6	-	-	-	-	-	-	-	2	2	4	12.5	15
15	3.3	-	-	-	-	-	-	1	3	4	9	21.5	21
20	3.0	-	-	-	-	-	1	2	4	6	18	35.5	27
25	3.0	-	-	-	-	-	2	3	5	9	25	48.5	34
30	3.0	-	-	-	-	-	3	4	7	16	26	60.5	40
35	2.7	-	-	-	-	1	3	5	9	22	32	76.5	46
40	2.7	-	-	-	-	2	3	7	13	23	41	93.5	53
45	2.7	-	-	-	-	2	5	7	19	23	77	137.5	59
50	2.7	-	-	-	-	3	6	10	20	23	120	186.5	66
55	2.7	-	-	-	-	3	7	15	20	28	158	235.5	72
60	2.7	-	-	-	-	5	7	18	20	35	194	283.5	79

ndc
nationaal duikcentrum
netherlands diving centre

air diving, standard air decompression tables.
maximum diving depth 48 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repetitive dive!
repet interval is 4 hours.

Code: nh4sil88

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres										tot. deco time (min)	tot. uptd
		30	27	24	21	18	15	12	9	6	3		
5	4.2	-	-	-	-	-	-	-	-	1	2	7.8	9
10	3.6	-	-	-	-	-	-	1	1	3	5	14.8	16
15	3.3	-	-	-	-	-	1	1	4	4	10	24.8	23
20	3.3	-	-	-	-	-	2	3	3	8	21	41.8	30
25	3.0	-	-	-	-	1	3	3	6	12	26	55.8	37
30	3.0	-	-	-	-	2	3	4	8	20	28	69.8	44
35	3.0	-	-	-	-	3	3	7	11	23	38	89.8	51
40	2.7	-	-	-	1	3	4	8	17	23	69	129.8	58
45	2.7	-	-	-	1	3	6	10	20	23	115	182.8	65
50	2.7	-	-	-	2	3	7	15	20	28	158	237.8	72
55	2.7	-	-	-	2	5	7	18	21	35	196	288.8	79

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nationaal duikcentrum
netherlands diving centre

air diving, standard air decompression tables.
maximum diving depth 51 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repetitive dive!
repet interval is 4 hours.

Code: nh4sil88

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres										tot. deco time (min)	tot. uptd
		30	27	24	21	18	15	12	9	6	3		
5	4.5	-	-	-	-	-	-	-	-	2	2	9.1	10
10	3.9	-	-	-	-	-	-	1	2	4	5	17.1	18
15	3.6	-	-	-	-	-	1	2	4	5	13	30.1	25
20	3.3	-	-	-	-	1	2	3	4	9	24	48.1	32
25	3.3	-	-	-	-	2	3	3	8	16	26	63.1	40
30	3.0	-	-	-	1	2	3	6	8	23	34	82.1	48
35	3.0	-	-	-	2	2	4	8	15	23	51	110.1	55
40	3.0	-	-	-	2	3	6	8	21	23	102	170.1	63
45	3.0	-	-	-	3	4	7	13	21	26	151	230.1	71
50	2.7	-	-	1	2	6	7	18	21	34	194	288.1	79

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netherlands diving centre

air diving, standard air decompression tables.
maximum diving depth 12 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repetitive dive!
repet interval is 8 hours.

Code: nh8sil88

1 mei 1988

dive time (min)	till 1st Stop	stop depth in metres										tot. deco time (min)	tot. uptd
		30	27	24	21	18	15	12	9	6	3		
120	0.9	-	-	-	-	-	-	-	-	-	1	2.2	-
130	0.9	-	-	-	-	-	-	-	-	-	3	4.2	-
140	0.9	-	-	-	-	-	-	-	-	-	5	6.2	-
150	0.9	-	-	-	-	-	-	-	-	-	6	7.2	-
160	0.9	-	-	-	-	-	-	-	-	-	7	8.2	-
170	0.9	-	-	-	-	-	-	-	-	-	8	9.2	-
180	0.9	-	-	-	-	-	-	-	-	-	8	9.2	-

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nationaal duikcentrum
netherlands diving centre

air diving, standard air decompression tables.
maximum diving depth 15 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repetitive dive!
repet interval is 8 hours.

Code: nh8sil88

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres										tot. deco time (min)	tot. uptd
		30	27	24	21	18	15	12	9	6	3		
70	1.2	-	-	-	-	-	-	-	-	-	2	3.5	6
80	1.2	-	-	-	-	-	-	-	-	-	7	8.5	7
90	1.2	-	-	-	-	-	-	-	-	-	11	12.5	7
100	1.2	-	-	-	-	-	-	-	-	-	14	15.5	8
110	1.2	-	-	-	-	-	-	-	-	-	17	18.5	9
120	1.2	-	-	-	-	-	-	-	-	-	19	20.5	10
130	1.2	-	-	-	-	-	-	-	-	-	20	21.5	11
140	1.2	-	-	-	-	-	-	-	-	-	22	23.5	12
150	1.2	-	-	-	-	-	-	-	-	-	23	24.5	12

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nationaal duikcentrum
netherlands diving centre

air diving, standard air decompression tables.
maximum diving depth 18 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repetitive dive!
repet interval is 8 hours.

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres										tot. deco time (min)	tot. uptd
		30	27	24	21	18	15	12	9	6	3		
40	1.5	-	-	-	-	-	-	-	-	-	2	3.8	9
50	1.5	-	-	-	-	-	-	-	-	-	5	6.8	12
60	1.5	-	-	-	-	-	-	-	-	-	10	11.8	14
70	1.5	-	-	-	-	-	-	-	-	-	16	17.8	16
80	1.5	-	-	-	-	-	-	-	-	-	21	22.8	19
90	1.5	-	-	-	-	-	-	-	-	-	25	26.8	21
100	1.2	-	-	-	-	-	-	-	-	2	26	29.8	24
110	1.2	-	-	-	-	-	-	-	-	5	26	32.8	26
120	1.2	-	-	-	-	-	-	-	-	8	28	37.8	28
130	1.2	-	-	-	-	-	-	-	-	10	33	44.8	31
140	1.2	-	-	-	-	-	-	-	-	12	37	50.8	33
150	1.2	-	-	-	-	-	-	-	-	13	41	55.8	35

nationaal duikcentrum
netherlands diving centre

air diving, standard air decompression tables.
maximum diving depth 21 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repetitive dive!
repet interval is 8 hours.

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres										tot. deco time (min)	tot. uptd
		30	27	24	21	18	15	12	9	6	3		
25	1.8	-	-	-	-	-	-	-	-	-	2	4.1	9
30	1.8	-	-	-	-	-	-	-	-	-	3	5.1	11
35	1.8	-	-	-	-	-	-	-	-	-	5	7.1	13
40	1.8	-	-	-	-	-	-	-	-	-	7	9.1	15
45	1.8	-	-	-	-	-	-	-	-	-	9	11.1	17
50	1.8	-	-	-	-	-	-	-	-	-	13	15.1	18
55	1.5	-	-	-	-	-	-	-	-	1	17	20.1	20
60	1.5	-	-	-	-	-	-	-	-	2	20	24.1	22
65	1.5	-	-	-	-	-	-	-	-	3	22	27.1	24
70	1.5	-	-	-	-	-	-	-	-	4	24	30.1	26
75	1.5	-	-	-	-	-	-	-	-	5	26	33.1	28
80	1.5	-	-	-	-	-	-	-	-	8	26	36.1	29
85	1.5	-	-	-	-	-	-	-	-	11	26	39.1	31
90	1.5	-	-	-	-	-	-	-	-	13	26	41.1	33

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nationaal duikcentrum
netherlands diving centre

air diving, standard air decompression tables.
maximum diving depth 24 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repetitive dive!
repet interval is 8 hours.

Code: nh8sil88

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres										tot. deco time (min)	tot. uptd
		30	27	24	21	18	15	12	9	6	3		
15	2.1	-	-	-	-	-	-	-	-	-	1	3.4	7
20	2.1	-	-	-	-	-	-	-	-	-	3	5.4	10
25	2.1	-	-	-	-	-	-	-	-	-	4	6.4	12
30	1.8	-	-	-	-	-	-	-	-	1	6	9.4	15
35	1.8	-	-	-	-	-	-	-	-	2	8	12.4	17
40	1.8	-	-	-	-	-	-	-	-	2	11	15.4	20
45	1.8	-	-	-	-	-	-	-	-	3	16	21.4	22
50	1.8	-	-	-	-	-	-	-	-	5	20	27.4	25
55	1.8	-	-	-	-	-	-	-	-	6	23	31.4	27
60	1.8	-	-	-	-	-	-	-	-	7	26	35.4	30
65	1.8	-	-	-	-	-	-	-	-	11	26	39.4	32
70	1.8	-	-	-	-	-	-	-	-	14	26	42.4	35
75	1.8	-	-	-	-	-	-	-	-	17	26	45.4	37
80	1.5	-	-	-	-	-	-	-	1	19	26	48.4	40
85	1.5	-	-	-	-	-	-	-	1	21	30	54.4	42
90	1.5	-	-	-	-	-	-	-	2	23	34	61.4	45

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nationaal duikcentrum
netherlands diving centre

air diving, standard air decompression tables.
maximum diving depth 27 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repetitive dive!
repet interval is 8 hours.

Code: nh8sil88

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres										tot. deco time (min)	tot. uptd
		30	27	24	21	18	15	12	9	6	3		
15	2.4	-	-	-	-	-	-	-	-	-	2	4.7	10
20	2.4	-	-	-	-	-	-	-	-	-	5	7.7	13
25	2.1	-	-	-	-	-	-	-	-	2	6	10.7	16
30	2.1	-	-	-	-	-	-	-	-	3	8	13.7	19
35	2.1	-	-	-	-	-	-	-	-	4	12	18.7	22
40	1.8	-	-	-	-	-	-	-	1	5	18	26.7	25
45	1.8	-	-	-	-	-	-	-	1	7	22	32.7	28
50	1.8	-	-	-	-	-	-	-	1	9	25	37.7	31
55	1.8	-	-	-	-	-	-	-	2	12	26	42.7	34
60	1.8	-	-	-	-	-	-	-	3	15	26	46.7	37
65	1.8	-	-	-	-	-	-	-	4	18	26	50.7	40
70	1.8	-	-	-	-	-	-	-	5	21	27	55.7	43
75	1.8	-	-	-	-	-	-	-	6	23	31	62.7	46
80	1.8	-	-	-	-	-	-	-	9	23	36	70.7	49

nationaal duikcentrum
netherlands diving centre

air diving, standard air decompression tables.
maximum diving depth 30 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repetitive dive!
repet interval is 8 hours.

Code: nh8sil88

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres										tot. deco time (min)	tot. uptd
		30	27	24	21	18	15	12	9	6	3		
10	2.7	-	-	-	-	-	-	-	-	-	1	4.0	8
15	2.4	-	-	-	-	-	-	-	-	1	3	7.0	11
20	2.4	-	-	-	-	-	-	-	-	2	5	10.0	15
25	2.4	-	-	-	-	-	-	-	-	4	8	15.0	19
30	2.1	-	-	-	-	-	-	-	1	4	12	20.0	22
35	2.1	-	-	-	-	-	-	-	2	6	18	29.0	26
40	2.1	-	-	-	-	-	-	-	3	8	22	36.0	30
45	2.1	-	-	-	-	-	-	-	3	10	26	42.0	33
50	2.1	-	-	-	-	-	-	-	5	14	26	48.0	37
55	2.1	-	-	-	-	-	-	-	6	18	26	53.0	41
60	2.1	-	-	-	-	-	-	-	8	20	26	57.0	44

nationaal duikcentrum
netherlands diving centre

air diving, standard air decompression tables.
maximum diving depth 33 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repetitive dive!
repet interval is 8 hours.

Code: nh8sil88

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres										tot. deco time (min)	tot. uptd
		30	27	24	21	18	15	12	9	6	3		
10	3.0	-	-	-	-	-	-	-	-	-	2	5.3	9
15	2.7	-	-	-	-	-	-	-	-	2	4	9.3	13
20	2.4	-	-	-	-	-	-	-	1	3	7	14.3	18
25	2.4	-	-	-	-	-	-	-	2	4	10	19.3	22
30	2.4	-	-	-	-	-	-	-	3	6	16	28.3	26
35	2.1	-	-	-	-	-	-	1	3	8	22	37.3	30
40	2.1	-	-	-	-	-	-	1	4	10	26	44.3	34
45	2.1	-	-	-	-	-	-	2	6	15	26	52.3	39
50	2.1	-	-	-	-	-	-	2	7	19	26	57.3	43
55	2.1	-	-	-	-	-	-	2	9	22	28	64.3	47
60	2.1	-	-	-	-	-	-	4	11	23	35	76.3	51

nationaal duikcentrum
netherlands diving centre

air diving, standard air decompression tables.
maximum diving depth 36 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repetitive dive!
repet interval is 8 hours.

Code: nh8sil88

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres										tot. deco time (min)	tot. uptd
		30	27	24	21	18	15	12	9	6	3		
10	3.0	-	-	-	-	-	-	-	-	1	3	7.6	11
15	2.7	-	-	-	-	-	-	-	1	2	5	11.6	15
20	2.7	-	-	-	-	-	-	-	2	4	8	17.6	20
25	2.7	-	-	-	-	-	-	-	4	5	14	26.6	25
30	2.4	-	-	-	-	-	-	2	3	8	21	37.6	29
35	2.4	-	-	-	-	-	-	2	5	9	26	45.6	34
40	2.4	-	-	-	-	-	-	3	6	15	26	53.6	39
45	2.4	-	-	-	-	-	-	3	8	20	26	60.6	44
50	2.1	-	-	-	-	-	1	4	9	23	29	69.6	48
55	2.1	-	-	-	-	-	1	6	13	23	37	83.6	53
60	2.1	-	-	-	-	-	1	7	17	23	43	94.6	58

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nationaal duikcentrum
netherlands diving centre

air diving, standard air decompression tables.
maximum diving depth 39 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repetitive dive!
repet interval is 8 hours.

Code: nh8sil88

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres										tot. deco time (min)	tot. uptd
		30	27	24	21	18	15	12	9	6	3		
5	3.6	-	-	-	-	-	-	-	-	-	1	4.9	7
10	3.3	-	-	-	-	-	-	-	-	2	3	8.9	12
15	3.0	-	-	-	-	-	-	-	1	4	5	13.9	17
20	2.7	-	-	-	-	-	-	1	3	4	10	21.9	22
25	2.7	-	-	-	-	-	-	2	4	6	18	33.9	28
30	2.7	-	-	-	-	-	-	3	4	9	24	43.9	33
35	2.4	-	-	-	-	-	1	3	7	13	26	53.9	38
40	2.4	-	-	-	-	-	2	3	8	19	26	61.9	44
45	2.4	-	-	-	-	-	2	5	9	23	30	72.9	49
50	2.4	-	-	-	-	-	2	7	14	23	37	86.9	54
55	2.4	-	-	-	-	-	3	8	18	23	44	99.9	59
60	2.4	-	-	-	-	-	4	9	20	23	50	109.9	65

ndc
nationaal duikcentrum
netherlands diving centre

air diving, standard air decompression tables.
maximum diving depth 42 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repetitive dive!
repet interval is 8 hours.

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres										tot. deco time (min)	tot. uptd
		30	27	24	21	18	15	12	9	6	3		
5	3.9	-	-	-	-	-	-	-	-	-	2	6.2	7
10	3.3	-	-	-	-	-	-	-	1	1	5	11.2	13
15	3.0	-	-	-	-	-	-	1	2	4	7	18.2	19
20	3.0	-	-	-	-	-	-	2	3	5	13	27.2	25
25	3.0	-	-	-	-	-	-	4	3	9	21	41.2	31
30	2.7	-	-	-	-	-	2	3	6	11	26	52.2	37
35	2.7	-	-	-	-	-	3	3	8	18	26	62.2	42
40	2.7	-	-	-	-	-	3	5	9	23	28	72.2	48
45	2.4	-	-	-	-	1	3	7	14	23	37	89.2	54
50	2.4	-	-	-	-	1	4	8	18	23	44	102.2	60
55	2.4	-	-	-	-	1	6	9	21	23	51	115.2	66
60	2.4	-	-	-	-	2	6	14	20	23	60	129.2	72

ndc
nationaal duikcentrum
netherlands diving centre

air diving, standard air decompression tables.
maximum diving depth 45 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repetitive dive!
repet interval is 8 hours.

Code: nh8sil88

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres										tot. deco time (min)	tot. uptd
		30	27	24	21	18	15	12	9	6	3		
5	4.2	-	-	-	-	-	-	-	-	-	2	6.5	8
10	3.6	-	-	-	-	-	-	-	2	2	4	12.5	15
15	3.3	-	-	-	-	-	-	1	3	4	9	21.5	21
20	3.0	-	-	-	-	-	1	2	4	6	17	34.5	27
25	3.0	-	-	-	-	-	2	3	5	9	25	48.5	34
30	3.0	-	-	-	-	-	3	4	7	16	26	60.5	40
35	2.7	-	-	-	-	1	3	5	9	21	26	69.5	46
40	2.7	-	-	-	-	2	3	7	13	23	35	87.5	53
45	2.7	-	-	-	-	2	5	7	18	23	44	103.5	59
50	2.7	-	-	-	-	3	6	10	20	23	51	117.5	66
55	2.7	-	-	-	-	3	7	14	21	23	60	132.5	72
60	2.7	-	-	-	-	5	7	18	20	31	67	152.5	79

ndc
nationaal duikcentrum
netherlands diving centre

air diving, standard air decompression tables.
maximum diving depth 48 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repetitive dive!
repet interval is 8 hours.

Code: nh8sil88

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres										tot. deco time (min)	tot. uptd
		30	27	24	21	18	15	12	9	6	3		
5	4.2	-	-	-	-	-	-	-	-	1	2	7.8	9
10	3.6	-	-	-	-	-	-	1	1	3	5	14.8	16
15	3.3	-	-	-	-	-	1	1	4	4	10	24.8	23
20	3.3	-	-	-	-	-	2	3	3	8	20	40.8	30
25	3.0	-	-	-	-	1	3	3	6	12	26	55.8	37
30	3.0	-	-	-	-	2	3	4	8	20	26	67.8	44
35	3.0	-	-	-	-	3	3	7	11	23	32	83.8	51
40	2.7	-	-	-	1	3	4	8	17	23	42	102.8	58
45	2.7	-	-	-	1	3	6	9	21	23	50	117.8	65
50	2.7	-	-	-	2	3	7	14	21	23	60	134.8	72
55	2.7	-	-	-	2	5	7	18	21	31	67	155.8	79
60	2.7	-	-	-	2	6	11	19	20	38	74	174.8	87

nationaal duikcentrum
netherlands diving centre

air diving, standard air decompression tables.
maximum diving depth 51 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repetitive dive!
repet interval is 8 hours.

Code: nh8sil88

1 mei 1988

dive time (min)	Till 1st stop	stop depth in metres										tot. deco time (min)	tot. uptd
		30	27	24	21	18	15	12	9	6	3		
5	4.5	-	-	-	-	-	-	-	-	2	2	9.1	10
10	3.9	-	-	-	-	-	-	1	2	4	5	17.1	18
15	3.6	-	-	-	-	-	1	2	4	5	13	30.1	25
20	3.3	-	-	-	-	1	2	3	4	9	23	47.1	32
25	3.3	-	-	-	-	2	3	3	8	15	26	62.1	40
30	3.0	-	-	-	1	2	3	6	8	23	26	74.1	48
35	3.0	-	-	-	2	2	4	8	15	23	38	97.1	55
40	3.0	-	-	-	2	3	6	8	20	23	47	114.1	63
45	3.0	-	-	-	3	4	7	13	21	23	57	133.1	71
50	2.7	-	-	1	2	6	7	18	20	30	67	156.1	79
55	2.7	-	-	1	3	6	11	19	20	38	73	176.1	87
60	2.7	-	-	1	4	7	15	18	21	44	84	199.1	95

DECOMPRESSION TABLES USING AIR AND OXYGEN (NSIO88)

NORMAL USE

These tables are designed for use in a closed bell or a decompression chamber.

In cases where the decompression using air only would exceed 30 minutes it is preferable that tables using air and oxygen are used. These tables prescribe the breathing of oxygen during decompression stops from a certain depth. This not only reduces the required decompression time but also substantially reduces the risk of decompression sickness.
De stop time starts from the moment de diver is at the correct depth and breathing the correct gas.

Make sure that, by using "overboard dump" type masks and sufficient purging air, that the oxygen content in the bell or chamber remains below 24%, this in regard to fire hazard!
Parts of the table may also be used for wet bell diving. However, the use of 100% oxygen at depths greater than 9 metres should normally be avoided to avoid the risk of acute oxygen poisoning. Routine dives using a wet bell should use only those parts of the table with maximum depths requiring oxygen stops no deeper than 9 metres.
Provided a standby diver is present in the bell at depth during the 12 metre oxygen stop, those parts of the table with maximum depths requiring oxygen stops no deeper than 12 metres may be used.
The presence of the standby diver is required in order to assist at the first sign of acute oxygen poisoning. When the bell has left the 12 metre stop, the standby diver may return to the surface.

Significant swell (plus or minus 0,5 metres = 1 metre between the highest and the lowest point of the wave) may preclude the use of these tables in a wet bell to avoid excessive pressure variations at the 3 metre stop. On request, specific wet bell tables can be supplied which enable use of this method in swells up to 3 metres (between the highest and the lowest point of the wave).

The standard tables are based on a repet interval of 12 hours (NSIO88).
Repetitive dives are possible for intervals of not less than 2, 4 and 8 hours (table codes: NH2SIO88, NH4SIO88 and NH8SIO88).
It is recommended that following a repetitive dive, an interval should be observed of not less than 12 hours. More than one repetitive dive are possible however, as long as UPTD limits are not exceeded.
As a rule, the longer the interval the less risk there is of decompression sickness.

Following a dive and decompression using the air and oxygen tables it is possible, to execute a repetitive dive after not less than 4 hours utilising the surface decompression table (NH4SOX88). Subsequent to such a repetitive dive, an interval of not less than 12 hours must be observed.

EMERGENCY PROCEDURES

Whereas with these tables the risk of acute oxygen poisoning is limited, it may still occur when using 100% oxygen at depths greater than approx. 6 metres. At the first signs of acute oxygen poisoning, oxygen breathing should be ceased, in which case there must be switched to decompression according to the standard air tables. On condition that oxygen poisoning symptoms have been absent during at least 15 min., oxygen breathing may be resumed in periods of 20 min. alternated with 5 min. air commencing at the 6 metre stop. Should exceeding of UPTD limits be imminent, oxygen breathing should be ceased altogether. Subsequently, a standby period of 2 hours and repetitive interval of 12 hours should be observed.

If during inwater decompression a situation arises requiring continuation of the decompression with surface decompression, then the following rules apply.

If the repet interval is more than 4 hours use, if possible, surface decompression tables with oxygen (NSOX88 or NH4SOX88). This is possible even when one or more in water stops have

been made that do not comply with the surface/ox table, or when the surface/ox table does not prescribe in water stops.
This does not constitute an emergency procedure since normal surface decompression procedures are applied.

If the in water stops as given in the Surface/ox table cannot be made, or can only partly be made, then the surface/ox table may not be used and the emergency procedure (crashdive) must be chosen.

CRASHDIVE

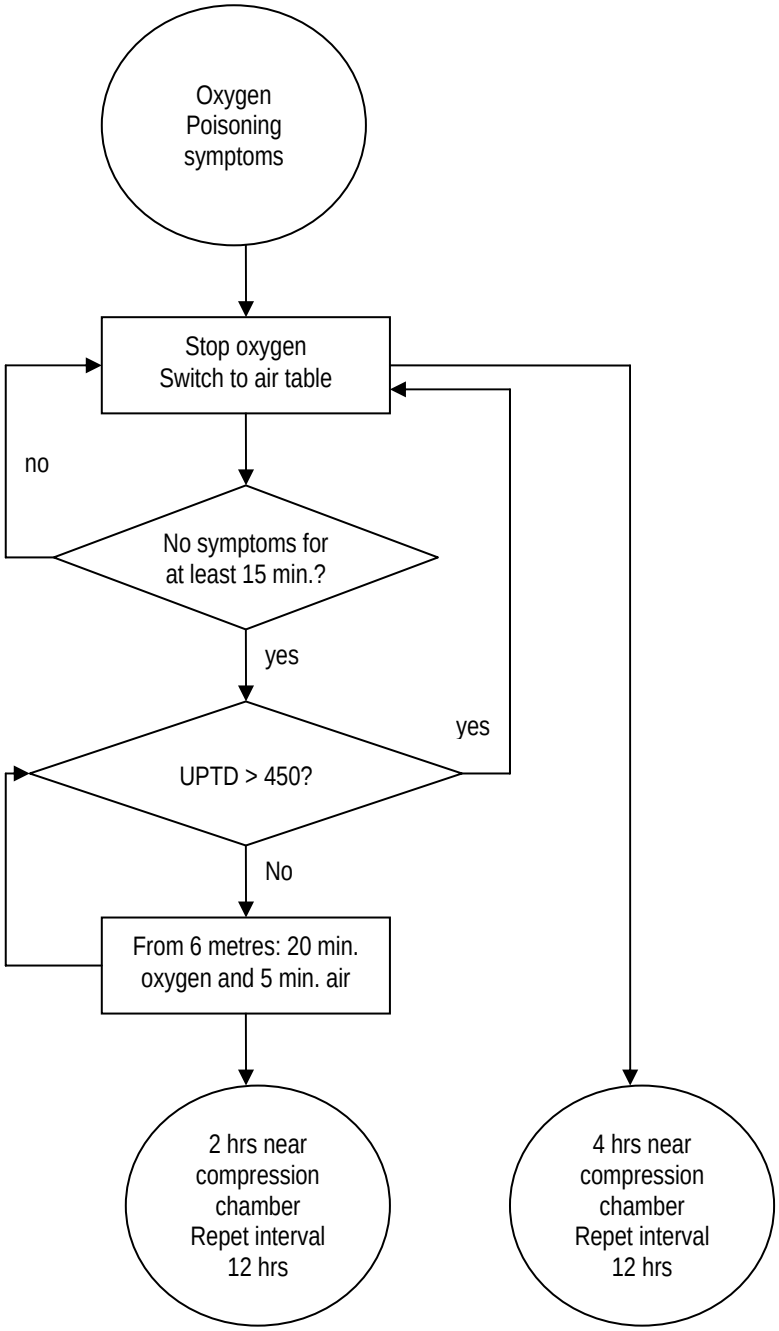
If the repeat interval is shorter than 4 hours or the total diving time exceeds that allowed in the surface decompression table, use the following Crashdive procedure:

Crashdive procedure
Ascend to surface at a rate of no more than 10 metres per minute. Ignore all stops already made in water. Ensure that diver is in chamber under pressure within 3 minutes after surfacing and put under pressure at a depth equal to the depth of the first inwater stop increased by 9 metres. Stay there for 5 minutes.
Subsequently, carry out decompression according to the standard air tables (NSIL88), for a period equal to the actual diving time increased by 10 minutes.
If the chamber is equipped to provide oxygen, commence oxygen breathing from the 12 metre stop in periods of 20 minutes, alternated with 5 minutes of air.

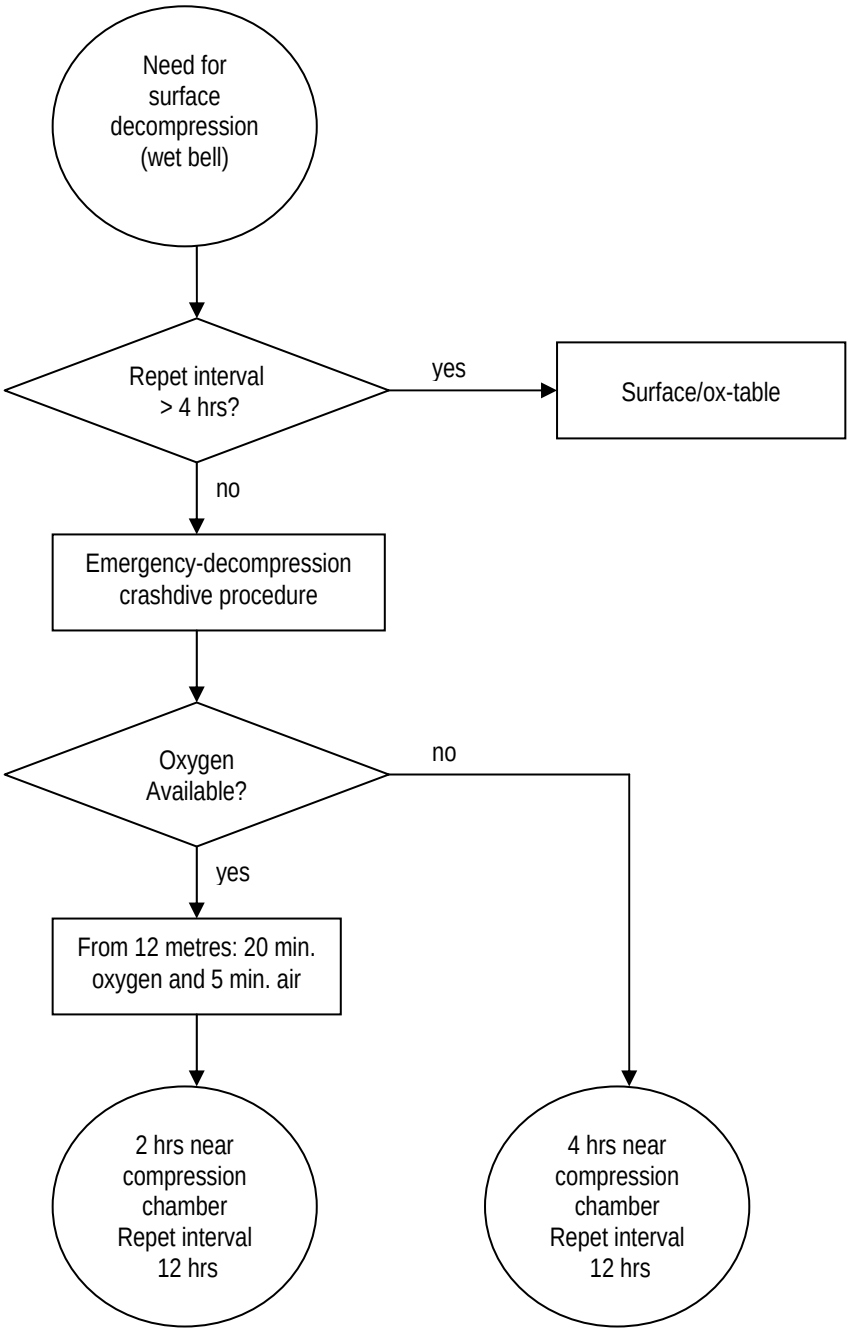
The crash dive procedure constitutes an emergency procedure, and al the rules for emergencies apply.

A repet interval of not less than 12 hours must be observed. If oxygen was used during the decompression the diver is required to remain in the vicinity of the compression chamber for 2 hours. Alternatively if no oxygen was used this should be 4 hours (see standby period).
Under these conditions the risk of decompression sickness increases!

Emergency procedure 1 for air/ox table (NSIO88)



Emergency procedure 2 for air/ox-table (NSIO88)



BASISTABELLEN

nationaal duikcentrum
netherlands diving centre

air diving, air-oxygen decompression tables.
maximum diving depth 15 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repet interval is 12 hours.

Code: nsio88

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres													tot. deco time (min)	tot. uptd
		24 air	21 air	18 air	15 air	15 oxy	12 air	12 oxy	9 air	9 oxy	6 air	6 oxy	3 air	3 oxy		
150	1.2													15	16.5	34

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netherlands diving centre

air diving, air-oxygen decompression tables.
maximum diving depth 18 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repet interval is 12 hours.

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres													tot. deco time (min)	tot. uptd
		24 air	21 air	18 air	15 air	15 oxy	12 air	12 oxy	9 air	9 oxy	6 air	6 oxy	3 air	3 oxy		
80	1.5													15	16.8	41
110	1.2											10	-	10	21.8	60
130	1.2											10	-	15	26.8	72
140	1.2											15	-	15	31.8	84
150	1.2											15	-	20	36.8	94

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netherlands diving centre

air diving, air-oxygen decompression tables.
maximum diving depth 21 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repet interval is 12 hours.

Code: nsio88

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres													tot. deco time (min)	tot. uptd
		24 air	21 air	18 air	15 air	15 oxy	12 air	12 oxy	9 air	9 oxy	6 air	6 oxy	3 air	3 oxy		
60	1.5											5	-	10	17.1	46
75	1.5											10	-	10	22.1	62
90	1.5											10	-	15	27.1	74

nationaal duikcentrum
netherlands diving centre

air diving, air-oxygen decompression tables.
maximum diving depth 24 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repet interval is 12 hours.

Code: nsio88

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres													tot. deco time (min)	tot. uptd
		24 air	21 air	18 air	15 air	15 oxy	12 air	12 oxy	9 air	9 oxy	6 air	6 oxy	3 air	3 oxy		
50	1.8											5	-	10	17.4	50
55	1.8											10	-	10	22.4	61
70	1.8											10	-	15	27.4	77
80	1.5									10	-	10	-	10	32.4	97
90	1.5									10	5	10	-	10	37.4	102

nationaal duikcentrum
netherlands diving centre

air diving, air-oxygen decompression tables.
maximum diving depth 27 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repet interval is 12 hours.

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres													tot. deco time (min)	tot. uptd
		24 air	21 air	18 air	15 air	15 oxy	12 air	12 oxy	9 air	9 oxy	6 air	6 oxy	3 air	3 oxy		
40	1.8									5	-	5	-	5	17.7	53
45	1.8									5	-	5	-	10	22.7	65
55	1.8									5	-	10	-	10	27.7	80
60	1.8									10	-	10	-	10	32.7	95
70	1.8									10	5	10	-	10	37.7	101
80	1.8									10	5	10	-	15	42.7	114

nationaal duikcentrum
netherlands diving centre

air diving, air-oxygen decompression tables.
maximum diving depth 30 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repet interval is 12 hours.

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres													tot. deco time (min)	tot. uptd
		24 air	21 air	18 air	15 air	15 oxy	12 air	12 oxy	9 air	9 oxy	6 air	6 oxy	3 air	3 oxy		
35	2.1									5	-	5	-	5	18.0	54
40	2.1									5	-	5	-	10	23.0	66
45	2.1									5	-	10	-	10	28.0	80
50	2.1									10	-	10	-	10	33.0	94
55	2.1									10	5	10	-	10	38.0	98
60	2.1									10	5	10	-	15	43.0	110

ndc
nationaal duikcentrum
netherlands diving centre

air diving, air-oxygen decompression tables.
maximum diving depth 33 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repet interval is 12 hours.

Code: nsio88

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres													tot. deco time (min)	tot. uptd
		24 air	21 air	18 air	15 air	15 oxy	12 air	12 oxy	9 air	9 oxy	6 air	6 oxy	3 air	3 oxy		
30	2.4									5	-	5	-	5	18.3	55
35	2.1							5	-	5	-	5	-	10	28.3	80
40	2.1							5	-	5	-	10	-	10	33.3	94
45	2.1							5	-	5	5	10	-	10	38.3	99
55	2.1							5	-	10	5	10	-	10	43.3	118
60	2.1							10	-	10	5	10	-	10	48.3	136

ndc
nationaal duikcentrum
netherlands diving centre

air diving, air-oxygen decompression tables.
maximum diving depth 36 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repet interval is 12 hours.

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres													tot. deco time (min)	tot. uptd
		24 air	21 air	18 air	15 air	15 oxy	12 air	12 oxy	9 air	9 oxy	6 air	6 oxy	3 air	3 oxy		
25	2.7									5	-	5	-	5	18.6	54
30	2.4							5	-	5	-	5	-	5	23.6	72
35	2.4							5	-	5	-	5	-	10	28.6	84
40	2.4							5	-	5	5	10	-	10	38.6	99
45	2.4							5	-	10	5	10	-	10	43.6	115
55	2.1				1	-	-	10	-	10	5	10	-	10	49.6	139
60	2.1					5	5	10	-	10	5	10	-	10	58.6	159

ndc
nationaal duikcentrum
netherlands diving centre

air diving, air-oxygen decompression tables.
maximum diving depth 39 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repet interval is 12 hours.

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres													tot. deco time (min)	tot. uptd
		24 air	21 air	18 air	15 air	15 oxy	12 air	12 oxy	9 air	9 oxy	6 air	6 oxy	3 air	3 oxy		
20	2.7						1	-	-	5	-	5	-	5	19.9	51
25	2.7							5	-	5	-	5	-	5	23.9	70
30	2.7							5	-	5	-	5	-	10	28.9	83
35	2.4				1	-	-	5	-	5	5	10	-	10	39.9	98
40	2.4				2	-	-	5	-	10	5	10	-	10	45.9	115
50	2.4				2	-	-	10	-	10	5	10	-	10	50.9	139
55	2.4					5	5	10	-	10	5	10	-	10	58.9	161
60	2.4					5	5	10	-	10	5	10	-	20	68.9	181

nationaal duikcentrum
netherlands diving centre

air diving, air-oxygen decompression tables.
maximum diving depth 42 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repet interval is 12 hours.

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres													tot. deco time (min)	tot. uptd
		24 air	21 air	18 air	15 air	15 oxy	12 air	12 oxy	9 air	9 oxy	6 air	6 oxy	3 air	3 oxy		
20	3.0						2	-	-	5	-	5	-	5	21.2	54
25	3.0							5	-	5	-	5	-	10	29.2	81
30	2.7				2	-	-	5	-	5	-	10	-	10	36.2	97
35	2.7				3	-	-	5	-	10	5	10	-	10	47.2	114
40	2.7				3	-	-	10	-	10	5	10	-	10	52.2	133
45	2.4			1	3	-	-	10	-	10	5	10	-	10	53.2	140
50	2.4			1	-	5	5	10	-	10	5	10	-	10	60.2	161
55	2.4			1	-	5	5	10	-	10	5	10	-	20	70.2	181
60	2.4			2	-	5	5	10	-	10	5	10	-	25	76.2	195

ndc
nationaal duikcentrum
netherlands diving centre

air diving, air-oxygen decompression tables.
maximum diving depth 45 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repet interval is 12 hours.

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres													tot. deco time (min)	tot. uptd
		24 air	21 air	18 air	15 air	15 oxy	12 air	12 oxy	9 air	9 oxy	6 air	6 oxy	3 air	3 oxy		
15	3.3						1	-	-	5	-	5	-	5	20.5	50
20	3.0				1	-	-	5	-	5	-	5	-	5	25.5	70
25	3.0				2	-	-	5	-	5	-	5	-	10	31.5	83
30	3.0				3	-	-	5	-	5	5	10	-	10	42.5	100
35	2.7			1	3	-	-	5	-	10	5	10	-	10	48.5	118
40	2.7			2	3	-	-	10	-	10	5	10	-	10	54.5	138
45	2.7			2	-	5	5	10	-	10	5	10	-	10	61.5	160
50	2.7			3	-	5	5	10	-	10	5	10	-	20	72.5	182
55	2.7			3	-	5	5	10	-	10	5	10	-	25	77.5	195
60	2.7			5	-	5	5	10	-	10	5	20	5	20	89.5	214

nationaal duikcentrum
netherlands diving centre

air diving, air-oxygen decompression tables.
maximum diving depth 48 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repet interval is 12 hours.

Code: nsio88

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres													tot. deco time (min)	tot. uptd
		24 air	21 air	18 air	15 air	15 oxy	12 air	12 oxy	9 air	9 oxy	6 air	6 oxy	3 air	3 oxy		
15	3.3				1	-	1	-	-	5	-	5	-	5	21.8	51
20	3.3				2	-	-	5	-	5	-	5	-	5	26.8	72
25	3.0			1	3	-	-	5	-	5	5	10	-	10	43.8	97
30	3.0			2	3	-	-	5	-	10	5	10	-	10	49.8	116
35	3.0			3	3	-	-	10	-	10	5	10	-	10	55.8	136
40	2.7		1	3	-	5	5	10	-	10	5	10	-	10	63.8	159
45	2.7		1	3	-	5	5	10	-	10	5	10	-	20	73.8	181
50	2.7		2	3	-	5	5	10	-	10	5	10	-	25	79.8	195
55	2.7		2	5	-	5	5	10	-	10	5	20	5	20	91.8	214
60	2.7		2	6	-	10	5	10	-	10	5	20	5	25	102.8	244

nationaal duikcentrum
netherlands diving centre

air diving, air-oxygen decompression tables.
maximum diving depth 51 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repet interval is 12 hours.

Code: nsio88

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres													tot. deco time (min)	tot. uptd
		24 air	21 air	18 air	15 air	15 oxy	12 air	12 oxy	9 air	9 oxy	6 air	6 oxy	3 air	3 oxy		
15	3.6				1	-	2	-	-	5	-	5	-	5	23.1	54
20	3.3			1	2	-	-	5	-	5	-	5	-	10	33.1	82
25	3.3			2	3	-	-	5	-	5	5	10	-	10	45.1	99
30	3.0		1	2	3	-	-	10	-	10	5	10	-	10	56.1	133
35	3.0		2	2	-	5	5	10	-	10	5	10	-	10	64.1	156
40	3.0		2	3	-	5	5	10	-	10	5	10	-	15	70.1	171
45	3.0		3	4	-	5	5	10	-	10	5	10	-	25	82.1	193
50	2.7	1	2	6	-	5	5	10	-	10	5	20	5	20	94.1	214
55	2.7	1	3	6	-	10	5	10	-	10	5	20	5	25	105.1	245
60	2.7	1	4	7	-	10	5	10	-	10	5	20	5	30	112.1	260

HERHALINGSINTERVAL 2 UUR

ndc
nationaal duikcentrum
netherlands diving centre

air diving, air-oxygen decompression tables.
maximum diving depth 15 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repetitive dive!
repet interval is 2 hours.

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres													tot. deco time (min)	tot. uptd
		24 air	21 air	18 air	15 air	15 oxy	12 air	12 oxy	9 air	9 oxy	6 air	6 oxy	3 air	3 oxy		
120	1.2													15	16.5	32
130	1.2													25	26.5	48
140	1.2													30	31.5	56
150	1.2													40	41.5	71

ndc
nationaal duikcentrum
netherlands diving centre

air diving, air-oxygen decompression tables.
maximum diving depth 18 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repetitive dive!
repet interval is 2 hours.

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres													tot. deco time (min)	tot. uptd
		24 air	21 air	18 air	15 air	15 oxy	12 air	12 oxy	9 air	9 oxy	6 air	6 oxy	3 air	3 oxy		
80	1.5													15	16.8	41
90	1.5													20	21.8	51
100	1.2											15	-	15	31.8	75
110	1.2											15	-	25	41.8	92
120	1.2											20	5	30	56.8	111
130	1.2											20	5	35	61.8	121
140	1.2											20	5	45	71.8	138
150	1.2											20	5	55	81.8	155

ndc
nationaal duikcentrum
netherlands diving centre

air diving, air-oxygen decompression tables.
maximum diving depth 21 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repetitive dive!
repet interval is 2 hours.

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres													tot. deco time (min)	tot. uptd
		24 air	21 air	18 air	15 air	15 oxy	12 air	12 oxy	9 air	9 oxy	6 air	6 oxy	3 air	3 oxy		
55	1.5											5	-	10	17.1	44
70	1.5											10	-	10	22.1	60
75	1.5											10	-	15	27.1	69
80	1.5											15	-	20	37.1	88
85	1.5											15	-	25	42.1	97
90	1.5											20	5	25	52.1	109

nationaal duikcentrum
netherlands diving centre

air diving, air-oxygen decompression tables.
maximum diving depth 24 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repetitive dive!
repet interval is 2 hours.

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres													tot. deco time (min)	tot. uptd
		24 air	21 air	18 air	15 air	15 oxy	12 air	12 oxy	9 air	9 oxy	6 air	6 oxy	3 air	3 oxy		
45	1.8											5	-	10	17.4	47
55	1.8											10	-	10	22.4	61
60	1.8											10	-	15	27.4	72
65	1.8											15	-	15	32.4	83
70	1.8											15	-	25	42.4	101
75	1.8											20	5	25	52.4	113
80	1.5									10	5	20	5	25	67.4	138
85	1.5									10	5	20	5	30	72.4	149
90	1.5									10	5	20	5	35	77.4	158

ndc
nationaal duikcentrum
netherlands diving centre

air diving, air-oxygen decompression tables.
maximum diving depth 27 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repetitive dive!
repet interval is 2 hours.

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres													tot. deco time (min)	tot. uptd
		24 air	21 air	18 air	15 air	15 oxy	12 air	12 oxy	9 air	9 oxy	6 air	6 oxy	3 air	3 oxy		
45	1.8									5	-	5	-	10	22.7	65
50	1.8									5	-	10	-	10	27.7	77
55	1.8									10	5	10	-	10	37.7	92
60	1.8									10	5	10	-	20	47.7	110
65	1.8									10	5	20	5	20	62.7	132
70	1.8									10	5	20	5	25	67.7	143
75	1.8									10	5	20	5	35	77.7	160
80	1.8									10	5	20	5	45	87.7	178

ndc
nationaal duikcentrum
netherlands diving centre

air diving, air-oxygen decompression tables.
maximum diving depth 30 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repetitive dive!
repet interval is 2 hours.

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres													tot. deco time (min)	tot. uptd
		24 air	21 air	18 air	15 air	15 oxy	12 air	12 oxy	9 air	9 oxy	6 air	6 oxy	3 air	3 oxy		
30	2.1									5	-	5	-	5	18.0	51
35	2.1									5	-	5	-	10	23.0	62
40	2.1									5	-	10	-	10	28.0	76
45	2.1									10	-	10	-	10	33.0	91
50	2.1									10	5	10	-	15	43.0	102
55	2.1									10	5	10	-	25	53.0	121
60	2.1									10	5	20	5	25	68.0	144

nationaal duikcentrum
netherlands diving centre

air diving, air-oxygen decompression tables.
maximum diving depth 33 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repetitive dive!
repet interval is 2 hours.

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres													tot. deco time (min)	tot. uptd
		24 air	21 air	18 air	15 air	15 oxy	12 air	12 oxy	9 air	9 oxy	6 air	6 oxy	3 air	3 oxy		
25	2.4									5	-	5	-	5	18.3	51
30	2.4									5	-	5	-	10	23.3	62
35	2.1							5	-	5	-	5	-	10	28.3	80
40	2.1							5	-	5	-	10	-	10	33.3	94
45	2.1							5	-	5	5	10	-	20	48.3	113
50	2.1							10	-	10	5	10	-	20	58.3	143
55	2.1							10	-	10	5	20	5	20	73.3	166
60	2.1							10	-	10	5	20	5	35	88.3	193

ndc
nationaal duikcentrum
netherlands diving centre

air diving, air-oxygen decompression tables.
maximum diving depth 36 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repetitive dive!
repet interval is 2 hours.

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres													tot. deco time (min)	tot. uptd
		24 air	21 air	18 air	15 air	15 oxy	12 air	12 oxy	9 air	9 oxy	6 air	6 oxy	3 air	3 oxy		
25	2.7									5	-	5	-	5	18.6	54
30	2.4							5	-	5	-	5	-	10	28.6	79
35	2.4							5	-	5	-	10	-	10	33.6	94
40	2.4							5	-	5	5	10	-	20	48.6	114
45	2.4							10	-	10	5	10	-	25	63.6	151
50	2.1				1	-	-	10	-	10	5	20	5	25	79.6	175
55	2.1				1	-	-	10	-	10	5	20	5	40	94.6	202
60	2.1					10	5	10	-	10	5	20	5	45	113.6	246

ndc
nationaal duikcentrum
netherlands diving centre

air diving, air-oxygen decompression tables.
maximum diving depth 39 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repetitive dive!
repet interval is 2 hours.

1 mei 1988

dive time (min)	till 1st Stop	stop depth in metres													tot. deco time (min)	tot. uptd
		24 air	21 air	18 air	15 air	15 oxy	12 air	12 oxy	9 air	9 oxy	6 air	6 oxy	3 air	3 oxy		
20	2.7						1	-	-	5	-	5	-	5	19.9	51
25	2.7							5	-	5	-	5	-	5	23.9	70
30	2.7							5	-	5	-	10	-	10	33.9	92
35	2.4				1	-	-	5	-	5	5	10	-	15	44.9	106
40	2.4				2	-	-	10	-	10	5	10	-	25	65.9	151
45	2.4				2	-	-	10	-	10	5	20	5	25	80.9	176
50	2.4				2	-	-	10	-	10	5	20	5	40	95.9	203
55	2.4					10	5	10	-	10	5	20	5	45	113.9	248
60	2.4					10	5	10	-	10	5	20	5	60	128.9	275

ndc
nationaal duikcentrum
netherlands diving centre

air diving, air-oxygen decompression tables.
maximum diving depth 42 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repetitive dive!
repet interval is 2 hours.

Code: nh2sio88

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres													tot. deco time (min)	tot. uptd
		24 air	21 air	18 air	15 air	15 Oxy	12 air	12 oxy	9 air	9 Oxy	6 air	6 oxy	3 air	3 oxy		
20	3.0						2	-	-	5	-	5	-	5	21.2	54
25	3.0							5	-	5	-	5	-	10	29.2	81
30	2.7				2	-	-	5	-	5	-	10	-	15	41.2	104
35	2.7				3	-	-	10	-	10	5	10	-	20	62.2	142
40	2.7				3	-	-	10	-	10	5	20	5	25	82.2	175
45	2.4			1	3	-	-	10	-	10	5	20	5	40	98.2	203
50	2.4			1	-	10	5	10	-	10	5	20	5	45	115.2	248
55	2.4			1	-	10	5	10	-	10	5	20	5	60	130.2	275

ndc
nationaal duikcentrum
netherlands diving centre

air diving, air-oxygen decompression tables.
maximum diving depth 45 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repetitive dive!
repet interval is 2 hours.

Code: nh2sio88

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres													tot. deco time (min)	tot. uptd
		24 air	21 air	18 air	15 air	15 oxy	12 air	12 oxy	9 air	9 oxy	6 air	6 oxy	3 air	3 oxy		
15	3.3						1	-	-	5	-	5	-	5	20.5	50
20	3.0				1	-	-	5	-	5	-	5	-	5	25.5	70
25	3.0				2	-	-	5	-	5	-	10	-	10	36.5	93
30	3.0				3	-	-	10	-	10	5	10	-	15	57.5	133
35	2.7			1	3	-	-	10	-	10	5	20	5	20	78.5	166
40	2.7			2	3	-	-	10	-	10	5	20	5	35	94.5	195
45	2.7			2	-	10	5	10	-	10	5	20	5	45	116.5	247
50	2.7			3	-	10	5	10	-	10	5	20	5	60	132.5	276

ndc
nationaal duikcentrum
netherlands diving centre

air diving, air-oxygen decompression tables.
maximum diving depth 48 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repetitive dive!
repet interval is 2 hours.

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres													tot. deco time (min)	tot. uptd
		24 air	21 air	18 air	15 air	15 oxy	12 air	12 oxy	9 air	9 oxy	6 air	6 oxy	3 air	3 oxy		
15	3.3				1	-	1	-	-	5	-	5	-	5	21.8	51
20	3.3				2	-	-	5	-	5	-	5	-	10	31.8	80
25	3.0			1	3	-	-	5	-	10	5	10	-	10	48.8	109
30	3.0			2	3	-	-	10	-	10	5	10	-	25	69.8	152
35	3.0			3	3	-	-	10	-	10	5	20	5	30	90.8	185
40	2.7		1	3	-	10	5	10	-	10	5	20	5	40	113.8	238
45	2.7		1	3	-	10	5	10	-	10	5	20	5	60	133.8	275

nationaal duikcentrum
netherlands diving centre

air diving, air-oxygen decompression tables.
maximum diving depth 51 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repetitive dive!
repet interval is 2 hours.

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres													tot. deco time (min)	tot. uptd
		24 air	21 air	18 air	15 air	15 oxy	12 air	12 oxy	9 air	9 oxy	6 air	6 oxy	3 air	3 oxy		
15	3.6				1	-	2	-	-	5	-	5	-	5	23.1	54
20	3.3			1	2	-	-	5	-	5	-	10	-	10	38.1	92
25	3.3			2	3	-	-	10	-	10	5	10	-	15	60.1	132
30	3.0		1	2	3	-	-	10	-	10	5	20	5	25	86.1	175
35	3.0		2	2	-	10	5	10	-	10	5	20	5	35	109.1	229
40	3.0		2	3	-	10	5	10	-	10	5	20	5	55	130.1	265

HERHALINGSINTERVAL 4 UUR

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nationaal duikcentrum
netherlands diving centre

air diving, air-oxygen decompression tables.
maximum diving depth 15 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repetitive dive!
repet interval is 4 hours.

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres													tot. deco time (min)	tot. uptd
		24 air	21 air	18 air	15 air	15 oxy	12 air	12 oxy	9 air	9 oxy	6 air	6 oxy	3 air	3 oxy		
150	1.2													15	16.5	34

nationaal duikcentrum
netherlands diving centre

air diving, air-oxygen decompression tables.
maximum diving depth 18 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repetitive dive!
repet interval is 4 hours.

1 mei 1988

dive time (min)	till 1st stop	sop depth in metres													tot. deco time (min)	tot. uptd
		24 air	21 air	18 air	15 air	15 oxy	12 air	12 oxy	9 air	9 oxy	6 air	6 oxy	3 air	3 oxy		
80	1.5													15	16.8	41
110	1.2											10	-	10	21.8	60
120	1.2											10	-	15	26.8	69
140	1.2											15	-	15	31.8	84
150	1.2											15	-	20	36.8	94

nationaal duikcentrum
netherlands diving centre

air diving, air-oxygen decompression tables.
maximum diving depth 21 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repetitive dive!
repet interval is 4 hours.

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres													tot. deco time (min)	tot. uptd
		24 air	21 air	18 air	15 air	15 oxy	12 air	12 oxy	9 air	9 oxy	6 air	6 oxy	3 air	3 oxy		
60	1.5											5	-	10	17.1	46
75	1.5											10	-	10	22.1	62
90	1.5											10	-	15	27.1	74

nationaal duikcentrum
netherlands diving centre

air diving, air-oxygen decompression tables.
maximum diving depth 24 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repetitive dive!
repet interval is 4 hours.

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres													tot. deco time (min)	tot. uptd
		24 air	21 air	18 air	15 air	15 oxy	12 air	12 oxy	9 air	9 oxy	6 air	6 oxy	3 air	3 oxy		
45	1.8											5	-	10	17.4	47
55	1.8											10	-	10	22.4	61
65	1.8											10	-	15	27.4	74
80	1.5									10	-	10	-	10	32.4	97
85	1.5									10	5	10	-	10	37.4	100
90	1.5									10	5	10	-	15	42.4	109

nationaal duikcentrum
netherlands diving centre

air diving, air-oxygen decompression tables.
maximum diving depth 27 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repetitive dive!
repet interval is 4 hours.

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres													tot. deco time (min)	tot. uptd
		24 air	21 air	18 air	15 air	15 oxy	12 air	12 oxy	9 air	9 oxy	6 air	6 oxy	3 air	3 oxy		
40	1.8									5	-	5	-	5	17.7	53
45	1.8									5	-	5	-	10	22.7	65
55	1.8									5	-	10	-	10	27.7	80
60	1.8									10	-	10	-	10	32.7	95
70	1.8									10	5	10	-	10	37.7	101
75	1.8									10	5	10	-	15	42.7	111
80	1.8									10	5	10	-	20	47.7	122

nationaal duikcentrum
netherlands diving centre

air diving, air-oxygen decompression tables.
maximum diving depth 30 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repetitive dive!
repet interval is 4 hours.

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres													tot. deco time (min)	tot. uptd
		24 air	21 air	18 air	15 air	15 oxy	12 air	12 oxy	9 air	9 oxy	6 air	6 oxy	3 air	3 oxy		
30	2.1									5	-	5	-	5	18.0	51
40	2.1									5	-	5	-	10	23.0	66
45	2.1									5	-	10	-	10	28.0	80
50	2.1									10	-	10	-	10	33.0	94
55	2.1									10	5	10	-	10	38.0	98
60	2.1									10	5	10	-	15	43.0	110

ndc
nationaal duikcentrum
netherlands diving centre

air diving, air-oxygen decompression tables.
maximum diving depth 33 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repetitive dive!
repet interval is 4 hours.

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres													tot. deco time (min)	tot. uptd
		24 air	21 air	18 air	15 air	15 oxy	12 air	12 oxy	9 air	9 oxy	6 air	6 oxy	3 air	3 oxy		
30	2.4									5	-	5	-	5	18.3	55
35	2.1							5	-	5	-	5	-	10	28.3	80
40	2.1							5	-	5	-	10	-	10	33.3	94
45	2.1							5	-	5	5	10	-	10	38.3	99
55	2.1							5	-	10	5	10	-	10	43.3	118
60	2.1							10	-	10	5	10	-	10	48.3	136

ndc
nationaal duikcentrum
netherlands diving centre

air diving, air-oxygen decompression tables.
maximum diving depth 36 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repetitive dive!
repet interval is 4 hours.

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres													tot. deco time (min)	tot. uptd
		24 air	21 air	18 air	15 air	15 oxy	12 air	12 oxy	9 air	9 oxy	6 air	6 oxy	3 air	3 oxy		
25	2.7									5	-	5	-	5	18.6	54
30	2.4							5	-	5	-	5	-	5	23.6	72
35	2.4							5	-	5	-	10	-	10	33.6	94
40	2.4							5	-	5	5	10	-	10	38.6	99
45	2.4							5	-	10	5	10	-	10	43.6	115
50	2.1				1	-	-	10	-	10	5	10	-	10	49.6	134
55	2.1				1	-	-	10	-	10	5	10	-	15	54.6	146
60	2.1					5	5	10	-	10	5	10	-	15	63.6	167

nationaal duikcentrum
netherlands diving centre

air diving, air-oxygen decompression tables.
maximum diving depth 39 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repetitive dive!
repet interval is 4 hours.

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres													tot. deco time (min)	tot. uptd
		24 air	21 air	18 air	15 air	15 oxy	12 air	12 oxy	9 air	9 oxy	6 air	6 oxy	3 air	3 oxy		
20	2.7						1	-	-	5	-	5	-	5	19.9	51
25	2.7							5	-	5	-	5	-	5	23.9	70
30	2.7							5	-	5	-	5	-	10	28.9	83
35	2.4				1	-	-	5	-	5	5	10	-	10	39.9	98
40	2.4				2	-	-	5	-	10	5	10	-	10	45.9	115
45	2.4				2	-	-	10	-	10	5	10	-	10	50.9	139
50	2.4				2	-	-	10	-	10	5	10	-	15	55.9	146
55	2.4					5	5	10	-	10	5	10	-	15	63.9	168
60	2.4					5	5	10	-	10	5	10	-	20	68.9	181

nationaal duikcentrum
netherlands diving centre

air diving, air-oxygen decompression tables.
maximum diving depth 42 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repetitive dive!
repet interval is 4 hours.

Code: nh4sio88

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres													tot. deco time (min)	tot. uptd
		24 air	21 air	18 air	15 air	15 oxy	12 air	12 oxy	9 air	9 oxy	6 air	6 oxy	3 air	3 oxy		
20	3.0						2	-	-	5	-	5	-	5	21.2	54
25	3.0							5	-	5	-	5	-	10	29.2	81
30	2.7				2	-	-	5	-	5	-	10	-	10	36.2	97
35	2.7				3	-	-	5	-	10	5	10	-	10	47.2	114
40	2.7				3	-	-	10	-	10	5	10	-	10	52.2	133
45	2.4			1	3	-	-	10	-	10	5	10	-	15	58.2	147
50	2.4			1	-	5	5	10	-	10	5	10	-	15	65.2	169
55	2.4			1	-	5	5	10	-	10	5	10	-	25	75.2	188
60	2.4			2	-	5	5	10	-	10	5	20	5	20	86.2	207

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air diving, air-oxygen decompression tables.

maximum diving depth 45 metres.

ascent speed is max. 10 metres/minute.

stop time starts after arrival at stop.

repetitive dive!

repet interval is 4 hours.

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres													tot. deco time (min)	tot. uptd
		24 air	21 air	18 air	15 air	15 oxy	12 air	12 oxy	9 air	9 oxy	6 air	6 oxy	3 air	3 oxy		
15	3.3						1	-	-	5	-	5	-	5	20.5	50
20	3.0				1	-	-	5	-	5	-	5	-	5	25.5	70
25	3.0				2	-	-	5	-	5	-	5	-	10	31.5	83
30	3.0				3	-	-	5	-	5	5	10	-	10	42.5	100
35	2.7			1	3	-	-	5	-	10	5	10	-	10	48.5	118
40	2.7			2	3	-	-	10	-	10	5	10	-	15	59.5	146
45	2.7			2	-	5	5	10	-	10	5	10	-	15	66.5	167
50	2.7			3	-	5	5	10	-	10	5	10	-	25	77.5	189
55	2.7			3	-	5	5	10	-	10	5	20	5	25	92.5	215
60	2.7			5	-	10	5	10	-	10	5	20	5	35	109.5	252

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air diving, air-oxygen decompression tables.
maximum diving depth 48 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repetitive dive!
repet interval is 4 hours.

Code: nh4sio88

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres													tot. deco time (min)	tot. uptd
		24 air	21 air	18 air	15 air	15 oxy	12 air	12 oxy	9 air	9 oxy	6 air	6 oxy	3 air	3 oxy		
15	3.3				1	-	1	-	-	5	-	5	-	5	21.8	51
20	3.3				2	-	-	5	-	5	-	5	-	5	26.8	72
25	3.0			1	3	-	-	5	-	5	5	10	-	10	43.8	97
30	3.0			2	3	-	-	5	-	10	5	10	-	10	49.8	116
35	3.0			3	3	-	-	10	-	10	5	10	-	10	55.8	136
40	2.7		1	3	-	5	5	10	-	10	5	10	-	15	68.8	166
45	2.7		1	3	-	5	5	10	-	10	5	10	-	25	78.8	188
50	2.7		2	3	-	5	5	10	-	10	5	20	5	25	94.8	215
55	2.7		2	5	-	10	5	10	-	10	5	20	5	40	116.8	259

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netherlands diving centre

air diving, air-oxygen decompression tables.
maximum diving depth 51 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repetitive dive!
repet interval is 4 hours.

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres													tot. deco time (min)	tot. uptd
		24 air	21 air	18 air	15 air	15 oxy	12 air	12 oxy	9 air	9 oxy	6 air	6 oxy	3 air	3 oxy		
15	3.6				1	-	2	-	-	5	-	5	-	5	23.1	54
20	3.3			1	2	-	-	5	-	5	-	5	-	10	33.1	82
25	3.3			2	3	-	-	5	-	5	5	10	-	10	45.1	99
30	3.0		1	2	3	-	-	10	-	10	5	10	-	10	56.1	133
35	3.0		2	2	-	5	5	10	-	10	5	10	-	10	64.1	156
40	3.0		2	3	-	5	5	10	-	10	5	10	-	20	75.1	178
45	3.0		3	4	-	5	5	10	-	10	5	20	5	20	92.1	205
50	2.7	1	2	6	-	10	5	10	-	10	5	20	5	35	114.1	252

HERHALINGSINTERVAL 8 UUR

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air diving, air-oxygen decompression tables.
maximum diving depth 15 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repetitive dive!
repet interval is 8 hours.

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres													tot. deco time (min)	tot. uptd
		24 air	21 air	18 air	15 air	15 oxy	12 air	12 oxy	9 air	9 oxy	6 air	6 oxy	3 air	3 oxy		
150	1.2													15	16.5	34

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netherlands diving centre

air diving, air-oxygen decompression tables.
maximum diving depth 18 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repetitive dive!
repet interval is 8 hours.

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres													tot. deco time (min)	tot. uptd
		24 air	21 air	18 air	15 air	15 oxy	12 air	12 oxy	9 air	9 oxy	6 air	6 oxy	3 air	3 oxy		
80	1.5													15	16.8	41
110	1.2											10	-	10	21.8	60
130	1.2											10	-	15	26.8	72
140	1.2											15	-	15	31.8	84
150	1.2											15	-	20	36.8	94

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air diving, air-oxygen decompression tables.
maximum diving depth 21 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repetitive dive!
repet interval is 8 hours.

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres													tot. deco time (min)	tot. uptd
		24 air	21 air	18 air	15 air	15 oxy	12 air	12 oxy	9 air	9 oxy	6 air	6 oxy	3 air	3 oxy		
60	1.5											5	-	10	17.1	46
75	1.5											10	-	10	22.1	62
90	1.5											10	-	15	27.1	74

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netherlands diving centre

air diving, air-oxygen decompression tables.
maximum diving depth 24 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repetitive dive!
repet interval is 8 hours.

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres													tot. deco time (min)	tot. uptd
		24 air	21 air	18 air	15 air	15 oxy	12 air	12 oxy	9 air	9 oxy	6 air	6 oxy	3 air	3 oxy		
50	1.8											5	-	10	17.4	50
55	1.8											10	-	10	22.4	61
70	1.8											10	-	15	27.4	77
80	1.5									10	-	10	-	10	32.4	97
90	1.5									10	5	10	-	10	37.4	102

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netherlands diving centre

air diving, air-oxygen decompression tables.
maximum diving depth 27 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repetitive dive!
repet interval is 8 hours.

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres													tot. deco time (min)	tot. uptd
		24 air	21 air	18 air	15 air	15 oxy	12 air	12 oxy	9 air	9 oxy	6 air	6 oxy	3 air	3 oxy		
40	1.8									5	-	5	-	5	17.7	53
45	1.8									5	-	5	-	10	22.7	65
55	1.8									5	-	10	-	10	27.7	80
60	1.8									10	-	10	-	10	32.7	95
70	1.8									10	5	10	-	10	37.7	101
80	1.8									10	5	10	-	15	42.7	114

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air diving, air-oxygen decompression tables.
maximum diving depth 30 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repetitive dive!
repet interval is 8 hours.

Code: nh8sio88

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres													tot. deco time (min)	tot. uptd
		24 air	21 air	18 air	15 air	15 oxy	12 air	12 oxy	9 air	9 oxy	6 air	6 oxy	3 air	3 oxy		
35	2.1									5	-	5	-	5	18.0	54
40	2.1									5	-	5	-	10	23.0	66
45	2.1									5	-	10	-	10	28.0	80
50	2.1									10	-	10	-	10	33.0	94
55	2.1									10	5	10	-	10	38.0	98
60	2.1									10	5	10	-	15	43.0	110

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netherlands diving centre

air diving, air-oxygen decompression tables.
maximum diving depth 33 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repetitive dive!
repet interval is 8 hours.

Code: nh8sio88

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres													tot. deco time (min)	tot. uptd
		24 air	21 air	18 air	15 air	15 oxy	12 air	12 oxy	9 air	9 oxy	6 air	6 oxy	3 air	3 oxy		
30	2.4									5	-	5	-	5	18.3	55
35	2.1							5	-	5	-	5	-	10	28.3	80
40	2.1							5	-	5	-	10	-	10	33.3	94
45	2.1							5	-	5	5	10	-	10	38.3	99
55	2.1							5	-	10	5	10	-	10	43.3	118
60	2.1							10	-	10	5	10	-	10	48.3	136

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netherlands diving centre

air diving, air-oxygen decompression tables.
maximum diving depth 36 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repetitive dive!
repet interval is 8 hours.

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres													tot. deco time (min)	tot. uptd
		24 air	21 air	18 air	15 air	15 oxy	12 air	12 oxy	9 air	9 oxy	6 air	6 oxy	3 air	3 oxy		
25	2.7									5	-	5	-	5	18.6	54
30	2.4							5	-	5	-	5	-	5	23.6	72
35	2.4							5	-	5	-	5	-	10	28.6	84
40	2.4							5	-	5	5	10	-	10	38.6	99
45	2.4							5	-	10	5	10	-	10	43.6	115
55	2.1				1	-	-	10	-	10	5	10	-	10	49.6	139
60	2.1					5	5	10	-	10	5	10	-	10	58.6	159

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air diving, air-oxygen decompression tables.
maximum diving depth 39 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repetitive dive!
repet interval is 8 hours.

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres													tot. deco time (min)	tot. uptd
		24 air	21 air	18 air	15 air	15 oxy	12 air	12 oxy	9 air	9 oxy	6 air	6 oxy	3 air	3 oxy		
20	2.7						1	-	-	5	-	5	-	5	19.9	51
25	2.7							5	-	5	-	5	-	5	23.9	70
30	2.7							5	-	5	-	5	-	10	28.9	83
35	2.4				1	-	-	5	-	5	5	10	-	10	39.9	98
40	2.4				2	-	-	5	-	10	5	10	-	10	45.9	115
50	2.4				2	-	-	10	-	10	5	10	-	10	50.9	139
55	2.4					5	5	10	-	10	5	10	-	10	58.9	161
60	2.4					5	5	10	-	10	5	10	-	20	68.9	181

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netherlands diving centre

air diving, air-oxygen decompression tables.
maximum diving depth 42 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repetitive dive!
repet interval is 8 hours.

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres													tot. deco time (min)	tot. uptd
		24 air	21 air	18 air	15 air	15 oxy	12 air	12 oxy	9 air	9 oxy	6 air	6 oxy	3 air	3 oxy		
20	3.0						2	-	-	5	-	5	-	5	21.2	54
25	3.0							5	-	5	-	5	-	10	29.2	81
30	2.7				2	-	-	5	-	5	-	10	-	10	36.2	97
35	2.7				3	-	-	5	-	10	5	10	-	10	47.2	114
40	2.7				3	-	-	10	-	10	5	10	-	10	52.2	133
45	2.4			1	3	-	-	10	-	10	5	10	-	10	53.2	140
50	2.4			1	-	5	5	10	-	10	5	10	-	15	65.2	169
55	2.4			1	-	5	5	10	-	10	5	10	-	20	70.2	181
60	2.4			2	-	5	5	10	-	10	5	10	-	25	76.2	195

ndc
nationaal duikcentrum
netherlands diving centre

air diving, air-oxygen decompression tables.
maximum diving depth 45 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repetitive dive!
repet interval is 8 hours.

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres													tot. deco time (min)	tot. uptd
		24 air	21 air	18 air	15 air	15 oxy	12 air	12 oxy	9 air	9 oxy	6 air	6 oxy	3 air	3 oxy		
15	3.3						1	-	-	5	-	5	-	5	20.5	50
20	3.0				1	-	-	5	-	5	-	5	-	5	25.5	70
25	3.0				2	-	-	5	-	5	-	5	-	10	31.5	83
30	3.0				3	-	-	5	-	5	5	10	-	10	42.5	100
35	2.7			1	3	-	-	5	-	10	5	10	-	10	48.5	118
40	2.7			2	3	-	-	10	-	10	5	10	-	10	54.5	138
45	2.7			2	-	5	5	10	-	10	5	10	-	10	61.5	160
50	2.7			3	-	5	5	10	-	10	5	10	-	20	72.5	182
55	2.7			3	-	5	5	10	-	10	5	10	-	25	77.5	195
60	2.7			5	-	5	5	10	-	10	5	20	5	20	89.5	214

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netherlands diving centre

air diving, air-oxygen decompression tables.
maximum diving depth 48 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repetitive dive!
repet interval is 8 hours.

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres													tot. deco time (min)	tot. uptd
		24 air	21 air	18 air	15 air	15 oxy	12 air	12 oxy	9 air	9 oxy	6 air	6 oxy	3 air	3 oxy		
15	3.3				1	-	1	-	-	5	-	5	-	5	21.8	51
20	3.3				2	-	-	5	-	5	-	5	-	5	26.8	72
25	3.0			1	3	-	-	5	-	5	5	10	-	10	43.8	97
30	3.0			2	3	-	-	5	-	10	5	10	-	10	49.8	116
35	3.0			3	3	-	-	10	-	10	5	10	-	10	55.8	136
40	2.7		1	3	-	5	5	10	-	10	5	10	-	10	63.8	159
45	2.7		1	3	-	5	5	10	-	10	5	10	-	20	73.8	181
50	2.7		2	3	-	5	5	10	-	10	5	10	-	25	79.8	195
55	2.7		2	5	-	5	5	10	-	10	5	20	5	20	91.8	214
60	2.7		2	6	-	10	5	10	-	10	5	20	5	25	102.8	244

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netherlands diving centre

air diving, air-oxygen decompression tables.
maximum diving depth 51 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repetitive dive!
repet interval is 8 hours.

1 mei 1988

dive time (min)	till 1st stop	stop depth in metres													tot. deco time (min)	tot. uptd
		24 air	21 air	18 air	15 air	15 oxy	12 air	12 oxy	9 air	9 oxy	6 air	6 oxy	3 air	3 oxy		
15	3.6				1	-	2	-	-	5	-	5	-	5	23.1	54
20	3.3			1	2	-	-	5	-	5	-	5	-	10	33.1	82
25	3.3			2	3	-	-	5	-	5	5	10	-	10	45.1	99
30	3.0		1	2	3	-	-	10	-	10	5	10	-	10	56.1	133
35	3.0		2	2	-	5	5	10	-	10	5	10	-	10	64.1	156
40	3.0		2	3	-	5	5	10	-	10	5	10	-	15	70.1	171
45	3.0		3	4	-	5	5	10	-	10	5	10	-	25	82.1	193
50	2.7	1	2	6	-	5	5	10	-	10	5	20	5	20	94.1	214
55	2.7	1	3	6	-	10	5	10	-	10	5	20	5	25	105.1	245
60	2.7	1	4	7	-	10	5	10	-	10	5	20	5	30	112.1	260

SURFACE/OX DECOMPRESSION TABLES (NSOX88)

NORMAL USE

Under normal circumstances tables using oxygen (codes including "SOX") are recommended. Surface decompression tables using only air (codes including "SOA") should only be used as a back-up in case of oxygen supply malfunction (see Emergency procedures).
The standard tables are based on a repetitive interval of 12 hours. Additionally it is possible, following an interval of not less than 4 hours, to execute a repetitive dive (table code NH4SOX88).
After using an air-only surface decompression table, an interval of at least 12 hours must be observed.
The 3 minute limit to the period between reaching the surface and the first stop in the compression chamber is extremely critical. In fact every surface decompression procedure comprises a treatment aspect in order to eliminate nitrogen bubbles.
Every time the 3 minute limit is exceeded, the treatment aspect should be increased as the risk of decompression sickness is greatly increased (see Emergency procedures).
When the 3 minute limit between reaching surface and first stop in the chamber is exceeded by no more than 2 minutes, apply the following procedure:
Decompress according to the chosen table, but extend oxygen breathing at the 12 metre stop 20 minutes, and at the 9 metre stop with 10 minutes. At both these stops alternate 20 minutes oxygen with 5 minutes air.
This does not constitute an emergency procedure so that in case of table NSOX88 a repetitive dive is allowed. This procedure should be noted in the logbook as an irregularity in the decompression (use table code "NSOXOV").

If the surface interval is longer than 5 minutes, the emergency procedure applies.

Illustration: Table depth 33 metres, table time 50 minutes

	12	**12 12**		**9**	**9**	**9 6**		**6**	**3**	**3**
Surf Int	oxy	air	oxy	oxy	air	oxy	air	oxy	air	oxy
3 min	10	-	-	10	-	-	5	10	-	10
5 min	20	5	10	10	5	10	5	10	-	10

The Surface/ox-tables (NSOX88) allow to go to the 12 metres stop (for (un)dressing etc.), provided that oxygen breathing can be started within 5 minutes from reaching surface. The table should be applied starting from start of oxygen breathing.

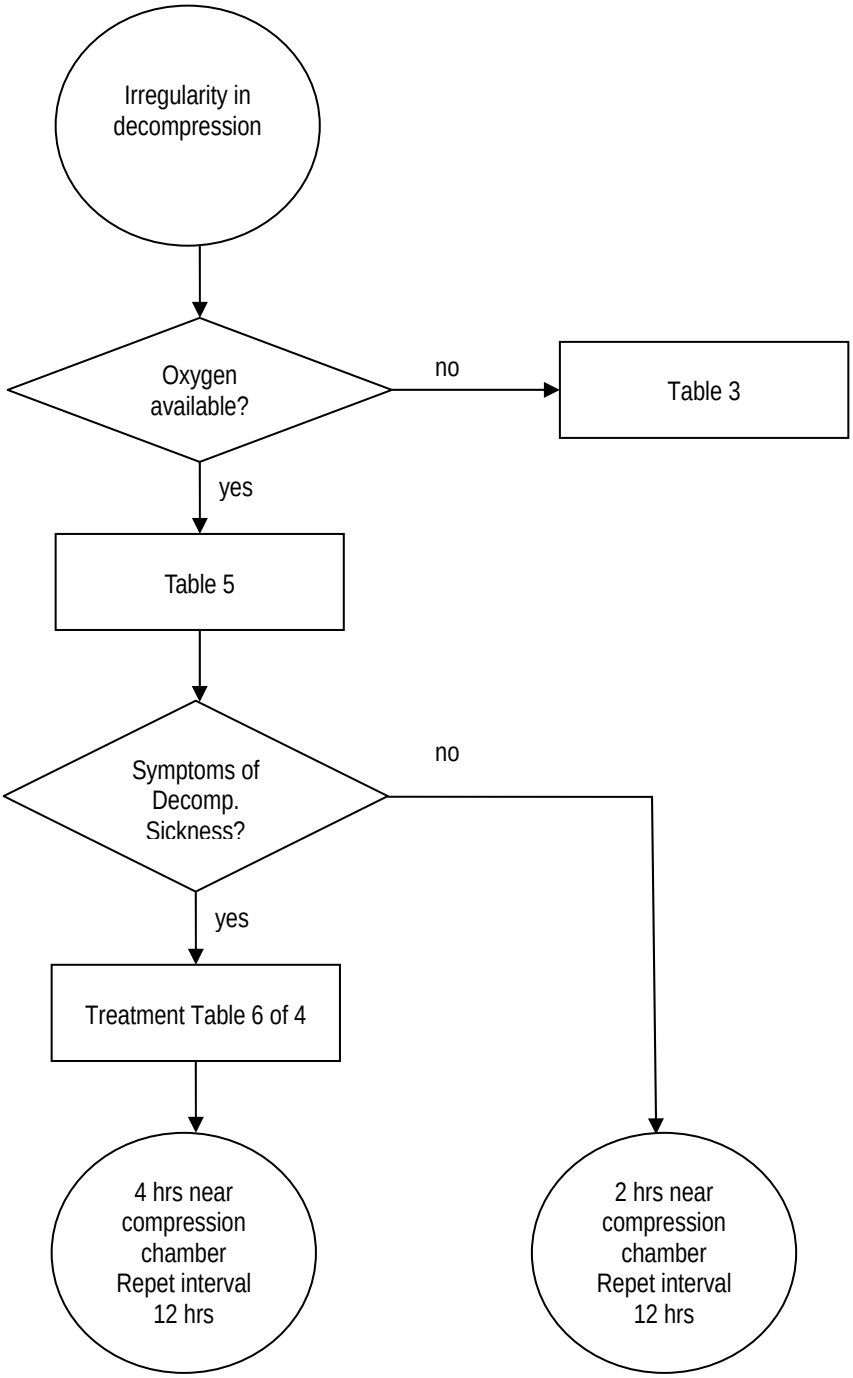
EMERGENCY PROCEDURES

Should oxygen breathing supplies fail, change to surface decompression tables using air (NSOA88 or NH4SOA88). Ignore the already completed stops using oxygen decompression. The completed time at the stop at which oxygen failure occurred must be counted as time “on air”. The remainder of the stop and all consequent stops must be made according to the Surface/air table (NSOA88)
Following the use of air tables for surface decompression, a repetitive interval of not less than 12 hours must be observed. The increased risk of decompression sickness must be taken into account. The diver is required to remain in the immediate vicinity of the compression chamber for a period of 4 hours.
Should the oxygen supply be restored, commence oxygen breathing from the 12 metres stop for periods of 20 minutes alternated with 5 minutes of breathing air. Calculate UPTD absorption of oxygen breathing according to the UPTD table and add to it the UPTD absorption according to the surface decompression table using air only; take care to remain within the normal 450 UPTD per day limit.
Should oxygen breathing have been possible during not less than 1/3 of the decompression time, the standby period may be reduced from 4 to 2 hours.

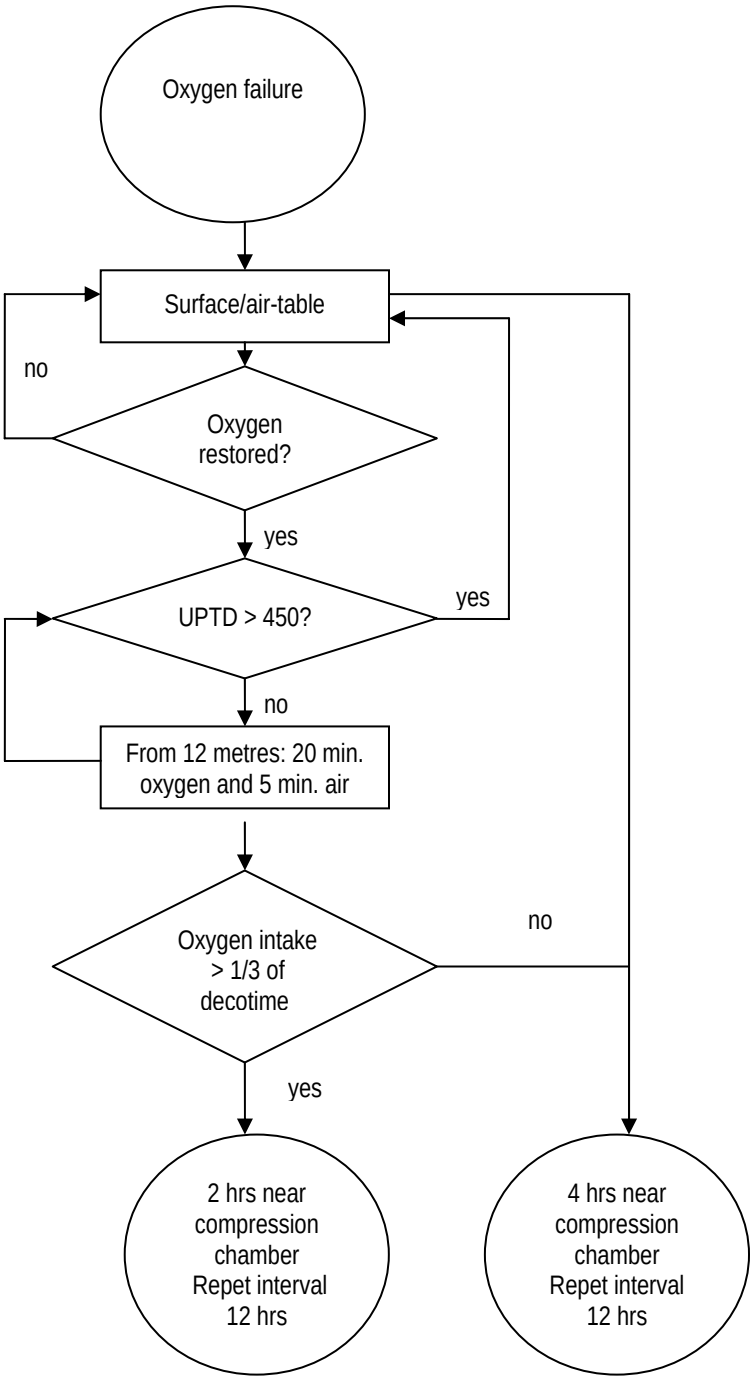
If the diver is unable to clear (equalise pressure in) his cavities during compression in the chamber, the 3 minutes surface limit may be extended with 2 minutes to a maximum of 5 minutes. In that case decompress with the extended oxygen breathing periods as above.
If after 5 minutes (possibly after using nasal drops or inhaling physiological salt solution) clearing is still unsuccessful, then – regardless of the depth – the diver should be "treated" with Table 5 starting 7 minutes after surfacing maximum, even if this means an ear-perforation.

If during surface decompression an anomaly should occur such as the inability to observe in water stops immediately switch to Table 5. If no oxygen can be supplied, use Table 3. Should this result in symptoms of decompression sickness, switch to Table 6 or Table 4 respectively.
As long as Table 5 or Table 3 can be used, the diver is required to remain in the immediate vicinity of the chamber for not less than 2 hours. After the use of Table 6 or Table 4, this standby period is 4 hours.
A minimum repet interval of 12 hours is obligatory under all circumstances.

Emergency procedure 1 for surface/ox-table (NSOX88)



Emergency procedure 2 for surface/ox-table



BASISTABELLEN

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netherlands diving centre

air diving, surface decompression tables with oxygen.
maximum diving depth 12 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
time from surface till first stop in chamber is 3 minutes maximum.
repet interval is 12 hours.

1 mei 1988

dive time (min)	till 1st stop	in waters stop (metres)					stops in deco-chamber							tot. deco time (min)	tot. uptd
		21 air	18 air	15 air	12 air	9 air	12 oxy	9 air	9 oxy	6 air	6 oxy	3 air	3 oxy		
150	1.2						10	-	5	-	-	-	-	17.4	40
170	1.2						10	-	10	-	-	-	-	22.4	51
180	1.2						10	-	10	5	-	-	-	27.4	51

nationaal duikcentrum
netherlands diving centre

air diving, surface decompression tables with oxygen.
maximum diving depth 15 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
time from surface till first stop in chamber is 3 minutes maximum.
repet interval is 12 hours.

Code: nsox88

1 mei 1988

dive time (min)	till 1st stop	in waters stop (metres)					stops in deco-chamber							tot. deco time (min)	tot. uptd
		21 air	18 air	15 air	12 air	9 air	12 oxy	9 air	9 oxy	6 air	6 oxy	3 air	3 oxy		
80	1.5						10	-	5	-	-	-	-	17.7	47
100	1.5						10	-	10	-	-	-	-	22.7	59
110	1.5						10	-	10	5	-	-	-	27.7	60
120	1.5						10	-	10	5	-	-	5	32.7	69
140	1.5						10	-	10	5	-	-	10	37.7	78
150	1.5						10	-	10	5	10	-	5	42.7	90
170	1.5						10	-	10	5	10	-	10	47.7	99
180	1.5						20	5	10	-	10	-	5	52.7	121

nationaal duikcentrum
netherlands diving centre

air diving, surface decompression tables with oxygen.
maximum diving depth 18 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
time from surface till first stop in chamber is 3 minutes maximum.
repet interval is 12 hours.

Code: nsox88

1 mei 1988

dive time (min)	till 1st stop	in waters stop (metres)					stops in deco-chamber							tot. deco time (min)	tot. uptd
		21 air	18 air	15 air	12 air	9 air	12 oxy	9 air	9 oxy	6 air	6 oxy	3 air	3 oxy		
40	1.8						10	-	-	-	-	-	-	13.0	37
50	1.8						10	-	5	-	-	-	-	18.0	52
60	1.8						10	-	10	-	-	-	-	23.0	65
70	1.8						10	-	10	5	-	-	-	28.0	67
90	1.8						10	-	10	5	-	-	5	33.0	80
100	1.8						10	-	10	5	-	-	10	38.0	90
110	1.8						10	-	10	5	10	-	5	43.0	104
120	1.8						10	-	10	5	10	-	10	48.0	113
140	1.8						20	5	10	-	10	-	10	58.0	146
150	1.8						20	5	20	5	10	-	5	68.0	164
160	1.8						20	5	20	5	10	-	10	73.0	175
170	1.8						20	5	20	5	20	-	5	78.0	189
180	1.8						20	5	20	5	20	-	10	83.0	198

nationaal duikcentrum
netherlands diving centre

air diving, surface decompression tables with oxygen.
maximum diving depth 21 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
time from surface till first stop in chamber is 3 minutes maximum.
repet interval is 12 hours.

Code: nsox88

1 mei 1988

dive time (min)	till 1st stop	in waters stop (metres)					stops in deco-chamber							tot. deco time (min)	tot. uptd
		21 air	18 air	15 air	12 air	9 air	12 oxy	9 air	9 oxy	6 air	6 oxy	3 air	3 oxy		
30	2.1						10	-	-	-	-	-	-	13.3	39
40	2.1						10	-	5	-	-	-	-	18.3	55
50	2.1						10	-	10	-	-	-	-	23.3	69
60	2.1						10	-	10	5	-	-	5	33.3	81
80	2.1						10	-	10	5	-	-	10	38.3	95
90	2.1						10	-	10	5	10	-	10	48.3	118
100	2.1						20	5	10	-	10	-	10	58.3	150
110	2.1						20	5	20	5	10	-	5	68.3	170
120	2.1						20	5	20	5	10	-	10	73.3	181
130	2.1						20	5	20	5	20	-	5	78.3	197
140	2.1						20	5	20	5	20	-	10	83.3	208

nationaal duikcentrum
netherlands diving centre

air diving, surface decompression tables with oxygen.
maximum diving depth 24 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
time from surface till first stop in chamber is 3 minutes maximum.
repet interval is 12 hours.

Code: nsox88

1 mei 1988

dive time (min)	till 1st stop	in waters stop (metres)					stops in deco-chamber							tot. deco time (min)	tot. uptd
		21 air	18 air	15 air	12 air	9 air	12 oxy	9 air	9 oxy	6 air	6 oxy	3 air	3 oxy		
30	2.4						10	-	-	-	-	-	-	13.6	43
40	2.4						10	-	10	-	-	-	-	23.6	71
50	2.4						10	-	10	5	-	-	5	33.6	84
60	2.4						10	-	10	5	-	-	10	38.6	96
70	2.4						10	-	10	5	10	-	5	43.6	113
80	2.4						20	5	10	-	10	-	5	53.6	145
90	2.4						20	5	20	5	10	-	5	68.6	174
100	2.4						20	5	20	5	10	-	10	73.6	186
110	2.4						20	5	20	5	20	-	5	78.6	203

nationaal duikcentrum
netherlands diving centre

air diving, surface decompression tables with oxygen.
maximum diving depth 27 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
time from surface till first stop in chamber is 3 minutes maximum.
repet interval is 12 hours.

Code: nsox88

1 mei 1988

dive time (min)	till 1st stop	in waters stop (metres)					stops in deco-chamber							tot. deco time (min)	tot. uptd
		21 air	18 air	15 air	12 air	9 air	12 oxy	9 air	9 oxy	6 air	6 oxy	3 air	3 oxy		
20	2.7						10	-	-	-	-	-	-	13.9	40
30	2.7						10	-	5	-	-	-	-	18.9	58
40	2.7						10	-	10	5	-	-	5	33.9	83
50	2.7						10	-	10	5	-	-	10	38.9	98
60	2.7						10	-	10	5	10	-	10	48.9	123
70	2.7						20	5	10	-	10	-	10	58.9	157
80	1.8					1	20	5	20	5	10	-	5	69.9	179
90	1.8					2	20	5	20	5	20	-	5	80.9	204
100	1.8					8	20	5	20	5	20	-	10	91.9	217

surface ox 010588/6

ndc
nationaal duikcentrum
netherlands diving centre

air diving, surface decompression tables with oxygen.
maximum diving depth 30 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
time from surface till first stop in chamber is 3 minutes maximum.
repet interval is 12 hours.

1 mei 1988

dive time (min)	till 1st stop	in waters stop (metres)					stops in deco-chamber							tot. deco time (min)	tot. uptd
		21 air	18 air	15 air	12 air	9 air	12 oxy	9 air	9 oxy	6 air	6 oxy	3 air	3 oxy		
20	3.0						10	-	-	-	-	-	-	14.2	43
30	3.0						10	-	10	-	-	-	-	24.2	74
40	2.1					1	10	-	10	5	-	-	10	40.2	96
50	2.1					1	10	-	10	5	10	-	5	45.2	115
60	2.1					3	20	5	10	-	10	-	10	62.2	158
70	1.8				1	4	20	5	20	5	10	-	10	79.2	188
80	1.8				2	5	20	5	20	5	20	-	5	86.2	207

nationaal duikcentrum
netherlands diving centre

air diving, surface decompression tables with oxygen.
maximum diving depth 33 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
time from surface till first stop in chamber is 3 minutes maximum.
repet interval is 12 hours.

Code: nsox88

1 mei 1988

dive time (min)	till 1st stop	in waters stop (metres)					stops in deco-chamber							tot. deco time (min)	tot. uptd
		21 air	18 air	15 air	12 air	9 air	12 oxy	9 air	9 oxy	6 air	6 oxy	3 air	3 oxy		
10	3.3						10	-	-	-	-	-	-	14.5	36
20	3.3						10	-	5	-	-	-	-	19.5	57
30	2.4					1	10	-	10	5	-	-	5	35.5	85
40	2.1				1	2	10	-	10	5	10	-	5	47.5	112
50	2.1				2	3	10	-	10	5	10	-	10	54.5	128
60	2.1				4	3	20	5	20	5	10	-	5	76.5	180
70	2.1				6	5	20	5	20	5	20	-	5	90.5	208

surface ox 010588/8

nationaal duikcentrum
netherlands diving centre

air diving, surface decompression tables with oxygen.

maximum diving depth 36 metres.

ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
time from surface till first stop in chamber is 3 minutes maximum.

repet interval is 12 hours.

Code: nsox88

1 mei 1988

dive time (min)	till 1st stop	in waters stop (metres)					stops in deco-chamber							tot. deco time (min)	tot. uptd
		21 air	18 air	15 air	12 air	9 air	12 oxy	9 air	9 oxy	6 air	6 oxy	3 air	3 oxy		
10	3.6						10	-	-	-	-	-	-	14.8	38
20	3.6						10	-	5	-	-	-	-	19.8	60
30	2.4				2	1	10	-	10	5	-	-	10	42.8	95
40	2.4				3	2	10	-	10	5	10	-	10	54.8	125
50	2.1			1	4	4	20	5	10	-	10	-	10	68.8	161
60	2.1			1	7	4	20	5	20	5	20	-	5	91.8	207

nationaal duikcentrum
netherlands diving centre

air diving, surface decompression tables with oxygen.

maximum diving depth 39 metres.

ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
time from surface till first stop in chamber is 3 minutes maximum.

repet interval is 12 hours.

Code: nsox88

1 mei 1988

dive time (min)	till 1st stop	in waters stop (metres)					stops in deco-chamber							tot. deco time (min)	tot. uptd
		21 air	18 air	15 air	12 air	9 air	12 oxy	9 air	9 oxy	6 air	6 oxy	3 air	3 oxy		
10	3.9						10	-	-	-	-	-	-	15.1	39
20	2.7				1	1	10	-	10	-	-	-	-	27.1	74
30	2.7				3	2	10	-	10	5	10	-	5	50.1	110
40	2.4			2	3	4	20	5	10	-	10	-	5	64.1	149
50	2.4			2	7	4	20	5	20	5	10	-	10	88.1	190
60	2.4			4	9	8	20	5	20	5	20	-	10	106.1	221

surface ox 010588/10

ndc
nationaal duikcentrum
netherlands diving centre

air diving, surface decompression tables with oxygen.
maximum diving depth 42 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
time from surface till first stop in chamber is 3 minutes maximum.
repet interval is 12 hours.

Code: nsox88

1 mei 1988

dive time (min)	till 1st stop	in waters stop (metres)					stops in deco-chamber							tot. deco time (min)	tot. uptd
		21 air	18 air	15 air	12 air	9 air	12 oxy	9 air	9 oxy	6 air	6 oxy	3 air	3 oxy		
10	4.2						10	-	-	-	-	-	-	15.4	42
20	3.0				2	1	10	-	10	5	-	-	5	38.4	84
30	2.7			2	3	2	10	-	10	5	10	-	5	52.4	115
40	2.7			3	5	4	20	5	10	-	10	-	10	72.4	161
50	2.4		1	4	8	5	20	5	20	5	20	-	5	98.4	209

surface ox 010588/11

nationaal duikcentrum
netherlands diving centre

air diving, surface decompression tables with oxygen.
maximum diving depth 45 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
time from surface till first stop in chamber is 3 minutes maximum.
repet interval is 12 hours.

Code: nsox88

1 mei 1988

dive time (min)	till 1st stop	in waters stop (metres)					stops in deco-chamber							tot. deco time (min)	tot. uptd
		21 air	18 air	15 air	12 air	9 air	12 oxy	9 air	9 oxy	6 air	6 oxy	3 air	3 oxy		
10	3.6					1	10	-	-	-	-	-	-	16.7	43
20	3.0			1	2	2	10	-	10	5	-	-	5	40.7	86
30	3.0			3	4	2	10	-	10	5	10	-	10	59.7	126
40	2.7		2	3	7	4	20	5	20	5	10	-	5	86.7	182
50	2.7		3	6	10	8	20	5	20	5	20	-	10	112.7	222

surface ox 010588/12

nationaal duikcentrum
netherlands diving centre

air diving, surface decompression tables with oxygen.

maximum diving depth 48 metres.

ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
time from surface till first stop in chamber is 3 minutes maximum.

repet interval is 12 hours.

Code: nsox88

1 mei 1988

dive time (min)	till 1st stop	in waters stop (metres)					stops in deco-chamber							tot. deco time (min)	tot. uptd
		21 air	18 air	15 air	12 air	9 air	12 oxy	9 air	9 oxy	6 air	6 oxy	3 air	3 oxy		
10	3.9					1	10	-	-	-	-	-	-	17.0	44
20	3.3			2	3	1	10	-	10	5	-	-	10	47.0	96
30	3.0		2	3	4	4	10	-	10	5	10	-	10	64.0	130
40	2.7	1	3	4	8	4	20	5	20	5	10	-	10	96.0	195

surface ox 010588/13

nationaal duikcentrum
netherlands diving centre

air diving, surface decompression tables with oxygen.
maximum diving depth 51 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
time from surface till first stop in chamber is 3 minutes maximum.
repet interval is 12 hours.

Code: nsox88

1 mei 1988

dive time (min)	till 1st stop	in waters stop (metres)					stops in deco-chamber							tot. deco time (min)	tot. uptd
		21 air	18 air	15 air	12 air	9 air	12 oxy	9 air	9 oxy	6 air	6 oxy	3 air	3 oxy		
10	3.9				1	1	10	-	5	-	-	-	-	23.3	58
20	3.3		1	2	3	2	10	-	10	5	-	-	10	49.3	98
30	3.0	1	2	3	6	4	20	5	10	-	10	-	10	77.3	161
40	3.0	2	3	6	8	8	20	5	20	5	20	-	5	108.3	211

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nationaal duikcentrum
netherlands diving centre

air diving, surface decompression tables with oxygen.

maximum diving depth 12 metres.

ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
time from surface till first stop in chamber is 3 minutes maximum.

repetitive dive!

repet interval is 4 hours.

1 mei 1988

dive time (min)	till 1st stop	in waters stop (metres)					stops in deco-chamber							tot. deco time (min)	tot. uptd
		21 air	18 air	15 air	12 air	9 air	12 oxy	9 air	9 oxy	6 air	6 oxy	3 air	3 oxy		
140	1.2						10	-	5	-	-	-	-	17.4	40
160	1.2						10	-	10	-	-	-	-	22.4	51
180	1.2						10	-	10	5	-	-	5	32.4	59

nationaal duikcentrum
netherlands diving centre

air diving, surface decompression tables with oxygen.
maximum diving depth 15 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
time from surface till first stop in chamber is 3 minutes maximum.
repetitive dive!
repet interval is 4 hours.

Code: nh4sox88

1 mei 1988

dive time (min)	till 1st stop	in waters stop (metres)					stops in deco-chamber							tot. deco time (min)	tot. uptd
		21 air	18 air	15 air	12 air	9 air	12 oxy	9 air	9 oxy	6 air	6 oxy	3 air	3 oxy		
80	1.5						10	-	5	-	-	-	-	17.7	47
100	1.5						10	-	10	-	-	-	-	22.7	59
110	1.5						10	-	10	5	-	-	5	32.7	68
120	1.5						10	-	10	5	-	-	10	37.7	76
130	1.5						10	-	10	5	10	-	5	42.7	89
140	1.5						20	5	10	-	10	-	10	57.7	125
150	1.5						20	5	20	5	10	-	5	67.7	141
160	1.5						20	5	20	5	20	-	5	77.7	162
170	1.5						20	5	20	5	20	-	10	82.7	170
180	1.5						20	5	20	5	20	-	20	92.7	186

nationaal duikcentrum
netherlands diving centre

air diving, surface decompression tables with oxygen.

maximum diving depth 18 metres.

ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
time from surface till first stop in chamber is 3 minutes maximum.

repetitive dive!

repet interval is 4 hours.

Code: nh4sox88

1 mei 1988

dive time (min)	till 1st stop	in waters stop (metres)					stops in deco-chamber							tot. deco time (min)	tot. uptd
		21 air	18 air	15 air	12 air	9 air	12 oxy	9 air	9 oxy	6 air	6 oxy	3 air	3 oxy		
40	1.8						10	-	-	-	-	-	-	13.0	37
50	1.8						10	-	5	-	-	-	-	18.0	52
60	1.8						10	-	10	-	-	-	-	23.0	65
70	1.8						10	-	10	5	-	-	-	28.0	67
80	1.8						10	-	10	5	-	-	5	33.0	78
90	1.8						10	-	10	5	-	-	10	38.0	87
100	1.8						10	-	10	5	10	-	10	48.0	109
110	1.8						20	5	20	5	10	-	5	68.0	155
120	1.8						20	5	20	5	20	-	5	78.0	177
130	1.8						20	5	20	5	20	-	15	88.0	194
140	1.8						20	5	20	5	20	5	25	103.0	211
150	1.8						20	5	20	5	20	5	35	113.0	228

surface ox 010588/17

nationaal duikcentrum
netherlands diving centre

air diving, surface decompression tables with oxygen.
maximum diving depth 21 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
time from surface till first stop in chamber is 3 minutes maximum.
repetitive dive!
repet interval is 4 hours.

Code: nh4sox88

1 mei 1988

dive time (min)	till 1st stop	in waters stop (metres)					stops in deco-chamber							tot. deco time (min)	tot. uptd
		21 air	18 air	15 air	12 air	9 air	12 oxy	9 air	9 oxy	6 air	6 oxy	3 air	3 oxy		
30	2.1						10	-	-	-	-	-	-	13.3	39
40	2.1						10	-	5	-	-	-	-	18.3	55
50	2.1						10	-	10	-	-	-	-	23.3	69
60	2.1						10	-	10	5	-	-	5	33.3	81
70	2.1						10	-	10	5	-	-	10	38.2	92
80	2.1						10	-	10	5	10	-	10	48.3	114
90	2.1						20	5	20	5	10	-	10	73.3	170
100	2.1						20	5	20	5	20	-	15	88.3	200
110	2.1						20	5	20	5	20	5	25	103.3	219
120	2.1						20	5	20	5	20	5	35	113.3	237

surface ox 010588/18

ndc
nationaal duikcentrum
netherlands diving centre

air diving, surface decompression tables with oxygen.
maximum diving depth 24 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
time from surface till first stop in chamber is 3 minutes maximum.
repetitive dive!
repet interval is 4 hours.

Code: nh4sox88

1 mei 1988

dive time (min)	till 1st stop	in waters stop (metres)					stops in deco-chamber							tot. deco time (min)	tot. uptd
		21 air	18 air	15 air	12 air	9 air	12 oxy	9 air	9 oxy	6 air	6 oxy	3 air	3 oxy		
30	2.4						10	-	-	-	-	-	-	13.6	43
40	2.4						10	-	10	-	-	-	-	23.6	71
50	2.4						10	-	10	5	-	-	5	33.6	84
60	2.4						10	-	10	5	-	-	10	38.6	96
70	2.4						20	5	10	-	10	-	10	58.6	148
80	2.4						20	5	20	5	20	-	10	83.6	195
90	2.4						20	5	20	5	20	5	25	103.6	222

surface ox 010588/19

nationaal duikcentrum
netherlands diving centre

air diving, surface decompression tables with oxygen.
maximum diving depth 27 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
time from surface till first stop in chamber is 3 minutes maximum.
repetitive dive!
repet interval is 4 hours.

Code: nh4sox88

1 mei 1988

dive time (min)	till 1st stop	in waters stop (metres)					stops in deco-chamber							tot. deco time (min)	tot. uptd
		21 air	18 air	15 air	12 air	9 air	12 oxy	9 air	9 oxy	6 air	6 oxy	3 air	3 oxy		
20	2.7						10	-	-	-	-	-	-	13.9	40
30	2.7						10	-	5	-	-	-	-	18.9	58
40	2.7						10	-	10	5	-	-	5	33.9	83
50	2.7						10	-	10	5	-	-	10	38.9	98
60	2.7						20	5	10	-	10	-	10	58.9	151
70	2.7						20	5	20	5	20	-	10	83.9	199
80	1.8					1	20	5	20	5	20	5	30	109.9	235

surface ox 010588/20

nationaal duikcentrum
netherlands diving centre

air diving, surface decompression tables with oxygen.
maximum diving depth 30 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
time from surface till first stop in chamber is 3 minutes maximum.
repetitive dive!
repet interval is 4 hours.

Code: nh4sox88

1 mei 1988

dive time (min)	till 1st stop	in waters stop (metres)					stops in deco-chamber							tot. deco time (min)	tot. uptd
		21 air	18 air	15 air	12 air	9 air	12 oxy	9 air	9 oxy	6 air	6 oxy	3 air	3 oxy		
20	3.0						10	-	-	-	-	-	-	14.2	43
30	3.0						10	-	10	5	-	-	-	29.2	74
40	2.1					1	10	-	10	5	-	-	10	40.2	96
50	2.1					1	20	5	10	-	10	-	5	55.2	142
60	2.1					3	20	5	20	5	20	-	10	87.2	201
70	1.8				1	4	20	5	20	5	20	5	30	114.2	237

nationaal duikcentrum
netherlands diving centre

air diving, surface decompression tables with oxygen.
maximum diving depth 33 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
time from surface till first stop in chamber is 3 minutes maximum.
repetitive dive!
repet interval is 4 hours.

1 mei 1988

dive time (min)	till 1st stop	in waters stop (metres)					stops in deco-chamber							tot. deco time (min)	tot. uptd
		21 air	18 air	15 air	12 air	9 air	12 oxy	9 air	9 oxy	6 air	6 oxy	3 air	3 oxy		
10	3.3						10	-	-	-	-	-	-	14.5	36
20	3.3						10	-	5	-	-	-	-	19.5	57
30	2.4					1	10	-	10	5	-	-	5	35.5	85
40	2.1				1	2	10	-	10	5	10	-	5	47.5	112
50	2.1				2	3	20	5	20	5	20	-	5	84.5	192
60	2.1				4	3	20	5	20	5	20	5	25	111.5	229

surface ox 010588/22

nationaal duikcentrum
netherlands diving centre

air diving, surface decompression tables with oxygen.

maximum diving depth 36 metres.

ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
time from surface till first stop in chamber is 3 minutes maximum.

repetitive dive!

repet interval is 4 hours.

1 mei 1988

dive time (min)	till 1st stop	in waters stop (metres)					stops in deco-chamber							tot. deco time (min)	tot. uptd
		21 air	18 air	15 air	12 air	9 air	12 oxy	9 air	9 oxy	6 air	6 oxy	3 air	3 oxy		
10	3.6						10	-	-	-	-	-	-	14.8	38
20	3.6						10	-	5	-	-	-	-	19.8	60
30	2.4				2	1	10	-	10	5	-	-	10	42.8	95
40	2.4				3	2	20	5	10	-	10	-	10	64.8	152
50	2.1			1	4	4	20	5	20	5	20	-	20	103.8	219

surface ox 010588/23

nationaal duikcentrum
netherlands diving centre

air diving, surface decompression tables with oxygen.
maximum diving depth 39 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
time from surface till first stop in chamber is 3 minutes maximum.
repetitive dive!
repet interval is 4 hours.

1 mei 1988

dive time (min)	till 1st stop	in waters stop (metres)					stops in deco-chamber							tot. deco time (min)	tot. uptd
		21 air	18 air	15 air	12 air	9 air	12 oxy	9 air	9 oxy	6 air	6 oxy	3 air	3 oxy		
10	3.9						10	-	-	-	-	-	-	15.1	39
20	2.7				1	1	10	-	10	-	-	-	-	27.1	74
30	2.7				3	2	10	-	10	5	10	-	5	50.1	110
40	2.4			2	3	4	20	5	20	5	20	-	5	89.1	192
50	2.4			2	7	4	20	5	20	5	20	5	35	128.1	247

surface ox 010588/24

nationaal duikcentrum
netherlands diving centre

air diving, surface decompression tables with oxygen.
maximum diving depth 42 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
time from surface till first stop in chamber is 3 minutes maximum.
repetitive dive!
repet interval is 4 hours.

Code: nh4sox88

1 mei 1988

dive time (min)	till 1st stop	in waters stop (metres)					stops in deco-chamber							tot. deco time (min)	tot. uptd
		21 air	18 air	15 air	12 air	9 air	12 oxy	9 air	9 oxy	6 air	6 oxy	3 air	3 oxy		
10	4.2						10	-	-	-	-	-	-	15.4	42
20	3.0				2	1	10	-	10	5	-	-	5	38.4	84
30	2.7			2	3	2	10	-	10	5	10	-	10	57.4	122
40	2.7			3	5	4	20	5	20	5	20	-	20	107.4	219

surface ox 010588/25

nationaal duikcentrum
netherlands diving centre

air diving, surface decompression tables with oxygen.

maximum diving depth 45 metres.

ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
time from surface till first stop in chamber is 3 minutes maximum.

repetitive dive!

repet interval is 4 hours.

1 mei 1988

dive time (min)	till 1st stop	in waters stop (metres)					stops in deco-chamber							tot. deco time (min)	tot. uptd
		21 air	18 air	15 air	12 air	9 air	12 oxy	9 air	9 oxy	6 air	6 oxy	3 air	3 oxy		
10	3.6					1	10	-	-	-	-	-	-	16.7	43
20	3.0			1	2	2	10	-	10	5	-	-	5	40.7	86
30	3.0			3	4	2	20	5	20	5	10	-	5	79.7	170
40	2.7		2	3	7	4	20	5	20	5	20	5	30	126.7	238

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air diving, surface decompression tables with oxygen.

maximum diving depth 48 metres.

ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
time from surface till first stop in chamber is 3 minutes maximum.

repetitive dive!
repet interval is 4 hours.

1 mei 1988

dive time (min)	till 1st stop	in waters stop (metres)					stops in deco-chamber							tot. deco time (min)	tot. uptd
		21 air	18 air	15 air	12 air	9 air	12 oxy	9 air	9 oxy	6 air	6 oxy	3 air	3 oxy		
10	3.9					1	10	-	-	-	-	-	-	17.0	44
20	3.3			2	3	1	10	-	10	5	-	-	10	47.0	96
30	3.0		2	3	4	4	20	5	20	5	20	-	5	94.0	193

surface ox 010588/27

nationaal duikcentrum
netherlands diving centre

air diving, surface decompression tables with oxygen.
maximum diving depth 51 metres.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
time from surface till first stop in chamber is 3 minutes maximum.
repetitive dive!
repet interval is 4 hours.

Code: nh4sox88

1 mei 1988

dive time (min)	till 1st stop	in waters stop (metres)					stops in deco-chamber							tot. deco time (min)	tot. uptd
		21 air	18 air	15 air	12 air	9 air	12 oxy	9 air	9 oxy	6 air	6 oxy	3 air	3 oxy		
10	3.9				1	1	10	-	5	-	-	-	-	23.3	58
20	3.3		1	2	3	2	10	-	10	5	-	-	10	49.3	98
30	3.0	1	2	3	6	4	20	5	20	5	20	-	20	112.3	219

surface ox 010588/28

NITROX 40/60 TABLES (NSNI88)

NORMAL USE

The standard nitrox mixture 40/60 contains 40% oxygen and 60% nitrogen by volume. The oxygen contents deviation of more then plus and minus 1% by volume is not allowed. Oxygen contents in the mixture must be checked before use.
The nitrox mixture 40/60 can be used no deeper then 28.5 metres for routine diving. Deeper then 28.5 metres the partial oxygen pressure will be more the 1.5 bar comprising the risk of acute oxygen toxicity (poisoning). The 40/60 mixture may be used up to 30 meters for a maximum of 40 minutes per dive for "light" diving work.

The standard tables are based on a repetitive interval of 12 hours. Additionally it is possible, following an interval of not less than 2, 4 or 8 hours, to execute a repetitive dive (table code NH2SNI88, NH4SNI88, NH8SNI88).

It is recommended that following a repetitive dive, an interval should be observed of not less than 12 hours. More than one repetitive dive are possible however, as long as UPTD limits are not exceeded.
As a rule, the longer the interval the less risk there is of decompression sickness.
It is recommended that following a dive with long decompression time, only one repetitive dive to be executed, in order not to exhaust the diver beyond reasonable limits.

The table also provides the equivalent air depth (ea). By exceeding the no-deco limits, decompression procedures can be followed according the nitrox 40/60 table (NSNI88), but also with the standard air tables (NSIL88), the air/ox tables (NSIO88) or the surface /ox tables (NSOX88). Chose a table with a table depth deeper then the equivalent air depth.

Following a decompression dive according to the nitrox 40/60 table it is possible to make a repetitive dive after not less than 4 hours utilising the surface decompression table (NH4SOX88). Subsequent to such a repetitive dive, an interval of not less than 12 hours must be observed

EMERGENCY PROCEDURES

If during inwater decompression a situation arises requiring continuation of the decompression on surface (surface decompression), then the following procedures are to be followed:

If the repet interval is more than 4 hours use, if possible, surface decompression tables with oxygen (NSOX88 or NH4SOX88): select a table with a diving depth deeper than the equivalent airdepth of the dive made. This is possible even when one or more in water stops have been made that do not comply with the surface/ox table, or when the surface/ox table does not prescribe in water stops.
This does not constitute an emergency procedure since normal surface decompression procedures are applied.

If the in water stops as given in the Surface/ox table cannot be made, or can only partially be made, then the surface/ox table may not be used and the emergency procedure (crashdive) must be chosen.

CRASHDIVE

If the repeat interval is shorter than 4 hours or the total diving time exceeds that allowed in the surface decompression table, use the following Crashdive procedure:

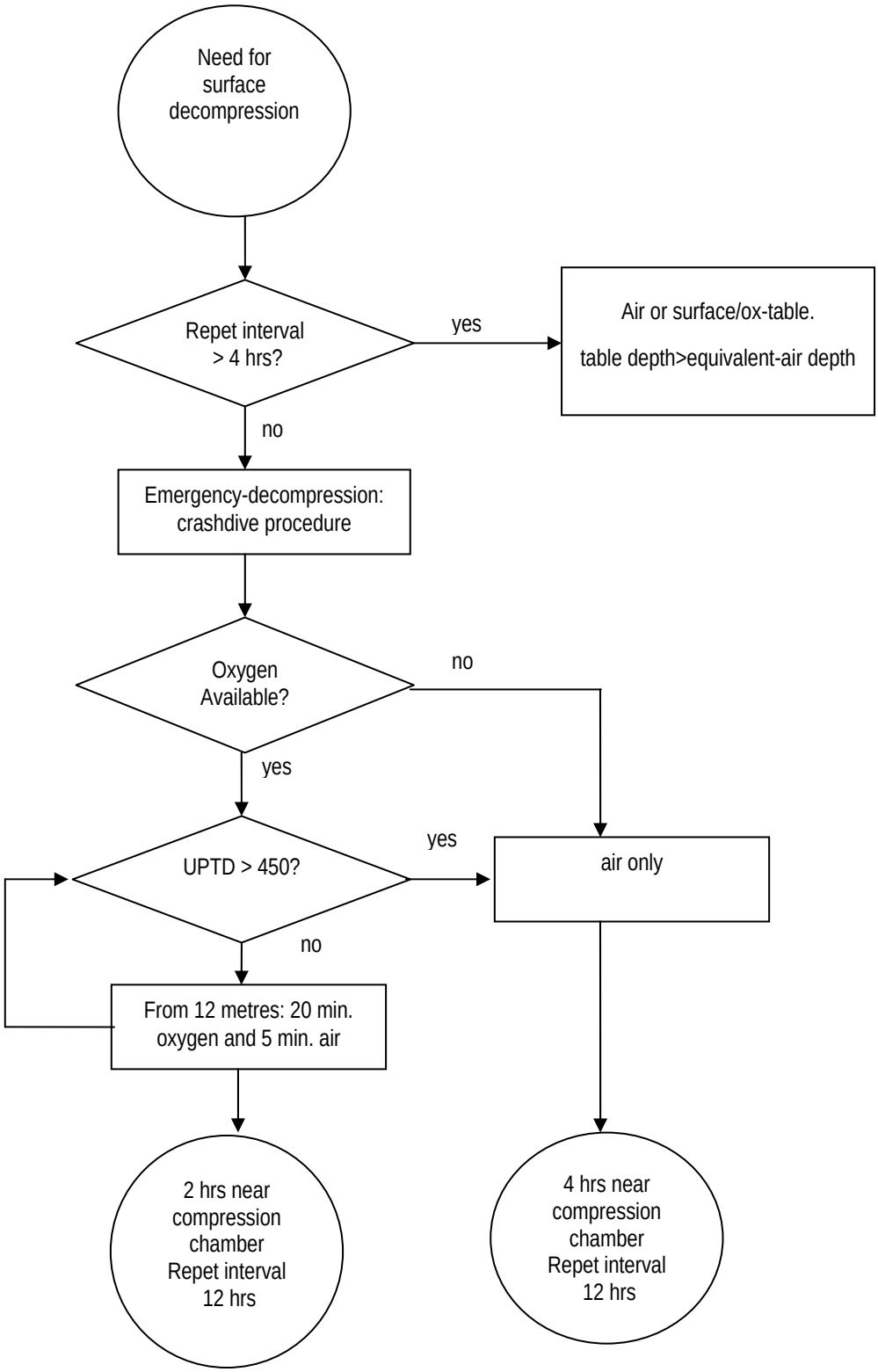
Crashdive procedure
Select a standard air table with a diving depth deeper than the equivalent airdepth of the dive made. Ascend to surface at a rate of no more than 10 metres per minute. Ignore all stops already made in water. Ensure that diver is in chamber under pressure within 3 minutes after surfacing and

put under pressure at a depth equal to the depth of the first inwater stop increased by 9 metres. Stay there for 5 minutes.
Subsequently, carry out decompression according to the standard air tables (NSIL88), for a period equal to the actual diving time increased by 10 minutes.
If the chamber is equipped to provide oxygen, commence oxygen breathing from the 12 metre stop in periods of 20 minutes, alternated with 5 minutes of air. Calculate the amount of UPTD of the dive and decompression by using the UPTD table. Stop using oxygen when the UPTD limits are about to be exceeded.

The crash dive procedure constitutes an emergency procedure, and al the rules for emergencies apply.

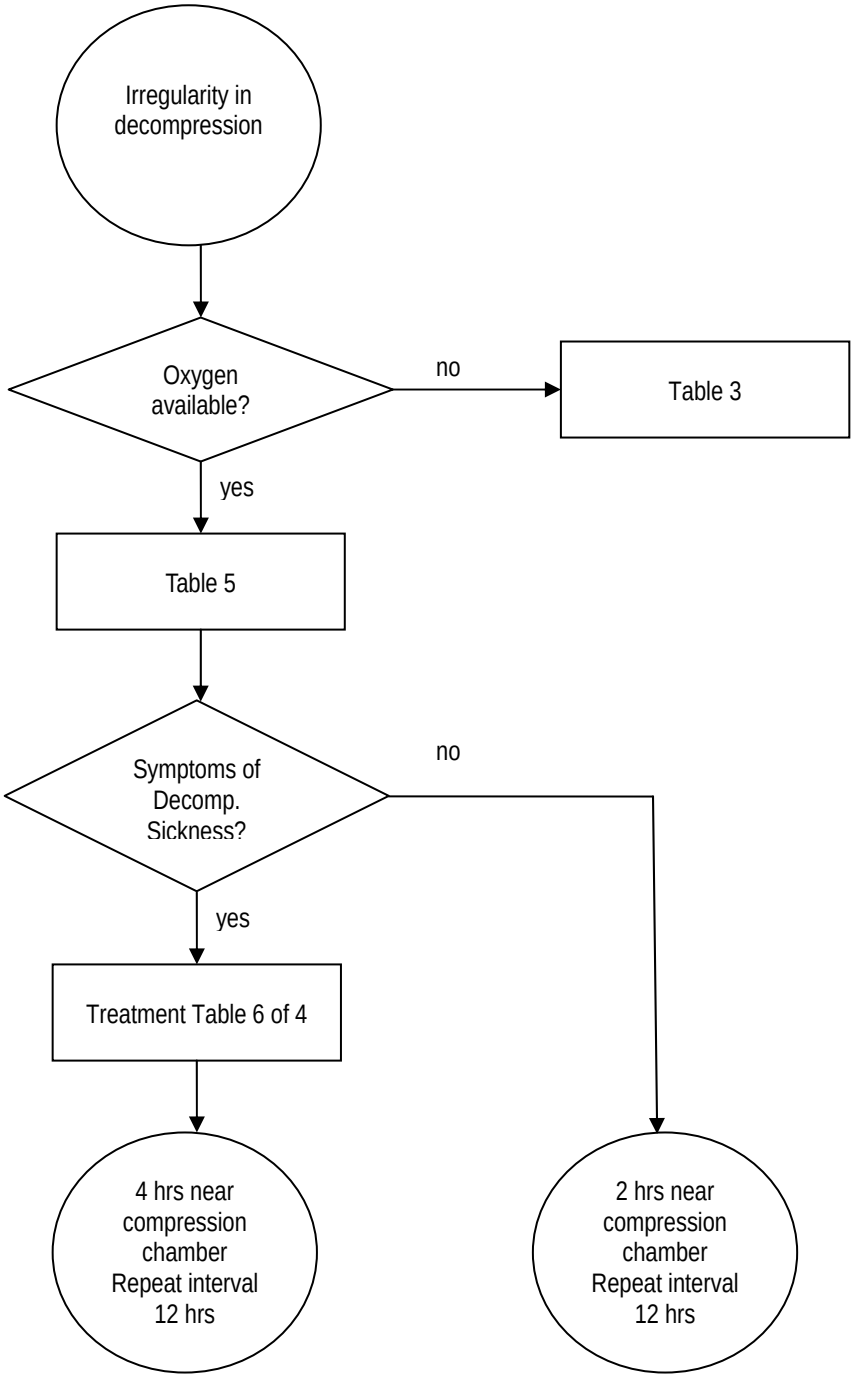
A repet interval of not less than 12 hours must be observed. If oxygen was used during the decompression the diver is required to remain in the vicinity of the compression chamber for 2 hours. Alternatively if no oxygen was used this should be 4 hours (see standby period).
Under these conditions the risk of decompression sickness increases!

Emergency procedure 1 nitrox table (NSNI88)



NDC DECOMPRESSION TABLES 2005

Emergency procedure 2 nitrox table (NSNI88)



UPTD table
100% oxygen

Depth (metres)	UPTD per 10 minutes	UPTD per 20 minutes
18	35.7	71.3
15	31.7	63.5
13.5	29.8	59.5
12	27.7	55.5
9	23.6	47.2
6	19.3	38.6
4.5	17.1	34.1
3	14.8	29.6
0	10.0	20.0

Nitrox 40/60
40% oxygen, 60% nitrogen

Depth (metres)	UPTD per 10 minutes
30	19.9
27	18.1
24	16.2
21	14.3
18	12.4
15	10.4
12	8.3
9	6.1
6	3.8
3	1.0

NO DECO-TABLE NITROX 40/60 (NSND88)

The standard nitrox mixture 40/60 contains 40% oxygen and 60% nitrogen by volume. The oxygen contents deviation of more then plus and minus 1% by volume is not allowed. Oxygen contents in the mixture must be checked before use.
The nitrox mixture 40/60 can be used no deeper then 28.5 metres for routine diving. Deeper then 28.5 metres the partial oxygen pressure will be more the 1.5 bar comprising the risk of acute oxygen toxicity (poisoning). The 40/60 mixture may be used up to 30 meters for a maximum of 40 minutes per dive for "light" diving work.

Per maximum diving depth the maximum allowable diving time without the necessity for staged decompression is indicated. The repet intervals are calculated for 2 and 12 hours.
Should the repet interval be less than 12 hours but longer than 2 hours, the repet interval table for 2 hours should be applied.
In both cases the total time spent under pressure must not exceed 8 hours in a 24 hour period. It is recommended that following two repetitive dives with the no-deco limits a repeat interval of not less than 12 hours should be observed.

The table also provides the equivalent air depth (ea). By exceeding the no-deco limits, decompression procedures can be followed according the nitrox 40/60 table (NSNI88), but also with the standard air tables (NSIL88), the surface air tables (NSOA88) or the surface-ox tables (NSOX88). Chose a table with a table depth deeper then the equivalent air depth.

maximum diving depth (metres)	equivalent air-depth	repet interval 12 hours	repet interval 2 hours
15	9.9	391	264
18	12.3	107	101
21	14.7	67	65
24	17.1	42	42
27	19.5	25	25
30	21.9	18	18

BASISTABELLEN

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nitrox 40/60 decompression tables.

maximum diving depth 18 metres.

dive and decompression on nitrox.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.

repet interval is 12 hours.

Code: nsni88

Equivalent air depth is 12.3 metres

15 juni 1988

dive time (min)	till 1st stop	stop depth in metres										tot. deco time (min)	tot. uptd
		30	27	24	21	18	15	12	9	6	3		
110	1.5	-	-	-	-	-	-	-	-	-	1	2.8	138
120	1.5	-	-	-	-	-	-	-	-	-	3	4.8	150
130	1.5	-	-	-	-	-	-	-	-	-	4	5.8	163
140	1.5	-	-	-	-	-	-	-	-	-	5	6.8	175
150	1.5	-	-	-	-	-	-	-	-	-	7	8.8	188

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netherlands diving centre

nitrox 40/60 decompression tables.
maximum diving depth 21 metres.
dive and decompression on nitrox.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repet interval is 12 hours.

Code: nsni88

Equivalent air depth is 14.7 metres

15 juni 1988

dive time (min)	till 1st stop	stop depth in metres										tot. deco time (min)	tot. uptd
		30	27	24	21	18	15	12	9	6	3		
70	1.8	-	-	-	-	-	-	-	-	-	1	3.1	102
80	1.8	-	-	-	-	-	-	-	-	-	4	6.1	117
90	1.8	-	-	-	-	-	-	-	-	-	8	10.1	131
100	1.8	-	-	-	-	-	-	-	-	-	11	13.1	146
110	1.8	-	-	-	-	-	-	-	-	-	13	15.1	161
120	1.8	-	-	-	-	-	-	-	-	-	15	17.1	175
130	1.8	-	-	-	-	-	-	-	-	-	16	18.1	190
140	1.8	-	-	-	-	-	-	-	-	-	17	19.1	204
150	1.8	-	-	-	-	-	-	-	-	-	18	20.1	219

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netherlands diving centre

nitrox 40/60 decompression tables.
maximum diving depth 24 metres.
dive and decompression on nitrox.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repet interval is 12 hours.

Code: nsni88

Equivalent air depth is 17.1 metres

15 juni 1988

dive time (min)	till 1st stop	stop depth in metres										tot. deco time (min)	tot. uptd
		30	27	24	21	18	15	12	9	6	3		
50	2.1	-	-	-	-	-	-	-	-	-	2	4.4	83
60	2.1	-	-	-	-	-	-	-	-	-	4	6.4	100
70	2.1	-	-	-	-	-	-	-	-	-	11	13.4	117
80	2.1	-	-	-	-	-	-	-	-	-	14	16.4	133
90	2.1	-	-	-	-	-	-	-	-	-	18	20.4	150
100	2.1	-	-	-	-	-	-	-	-	-	21	23.4	166
110	2.1	-	-	-	-	-	-	-	-	-	23	25.4	183
120	1.8	-	-	-	-	-	-	-	-	2	23	27.4	200
130	1.8	-	-	-	-	-	-	-	-	4	23	29.4	217
140	1.8	-	-	-	-	-	-	-	-	5	27	34.4	234
150	1.8	-	-	-	-	-	-	-	-	7	30	39.4	251

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nitrox 40/60 decompression tables.
maximum diving depth 27 metres.
dive and decompression on nitrox.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repet interval is 12 hours.

Code: nsni88

Equivalent air depth is 19.5 metres

15 juni 1988

dive time (min)	till 1st stop	stop depth in metres										tot. deco time (min)	tot. uptd
		30	27	24	21	18	15	12	9	6	3		
30	2.4	-	-	-	-	-	-	-	-	-	1	3.7	57
40	2.4	-	-	-	-	-	-	-	-	-	3	5.7	75
50	2.4	-	-	-	-	-	-	-	-	-	7	9.7	94
60	2.4	-	-	-	-	-	-	-	-	-	14	16.7	112
70	2.4	-	-	-	-	-	-	-	-	-	20	22.7	131
80	2.1	-	-	-	-	-	-	-	-	1	23	26.7	150
90	2.1	-	-	-	-	-	-	-	-	4	23	29.7	169

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netherlands diving centre

nitrox 40/60 decompression tables.
maximum diving depth 30 metres.
dive and decompression on nitrox.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repet interval is 12 hours.

Equivalent air depth is 21.9 metres

15 juni 1988

dive time (min)	till 1st stop	stop depth in metres										tot. deco time (min)	tot. uptd
		30	27	24	21	18	15	12	9	6	3		
20	2.7	-	-	-	-	-	-	-	-	-	1	4.0	43
30	2.7	-	-	-	-	-	-	-	-	-	3	6.0	63
40	2.7	-	-	-	-	-	-	-	-	-	8	11.0	83
50	2.4	-	-	-	-	-	-	-	-	1	13	17.0	104
60	2.4	-	-	-	-	-	-	-	-	3	18	24.0	125
70	2.4	-	-	-	-	-	-	-	-	4	23	30.0	146
80	2.4	-	-	-	-	-	-	-	-	10	23	36.0	168
90	2.4	-	-	-	-	-	-	-	-	14	23	40.0	190

HERHALINGSINTERVAL 2 UUR

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netherlands diving centre

nitrox 40/60 decompression tables.

maximum diving depth 18 metres.

dive and decompression on nitrox.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.

repetitive dive!

repet interval is 2 hours.

Equivalent air depth is 12.3 metres

15 juni 1988

dive time (min)	till 1st stop	stop depth in metres										tot. deco time (min)	tot. uptd
		30	27	24	21	18	15	12	9	6	3		
110	1.5	-	-	-	-	-	-	-	-	-	2	3.8	138
120	1.5	-	-	-	-	-	-	-	-	-	4	5.8	150
130	1.5	-	-	-	-	-	-	-	-	-	5	6.8	163
140	1.5	-	-	-	-	-	-	-	-	-	7	8.8	176
150	1.5	-	-	-	-	-	-	-	-	-	8	9.8	188

ndc
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netherlands diving centre

nitrox 40/60 decompression tables.
maximum diving depth 21 metres.
dive and decompression on nitrox.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repetitive dive!
repet interval is 2 hours.

Code: nh2sni88

Equivalent air depth is 14.7 metres

15 juni 1988

dive time (min)	till 1st stop	stop depth in metres										tot. deco time (min)	tot. uptd
		30	27	24	21	18	15	12	9	6	3		
70	1.8	-	-	-	-	-	-	-	-	-	2	4.1	102
80	1.8	-	-	-	-	-	-	-	-	-	7	9.1	117
90	1.8	-	-	-	-	-	-	-	-	-	10	12.1	132
100	1.8	-	-	-	-	-	-	-	-	-	12	14.1	146
110	1.8	-	-	-	-	-	-	-	-	-	14	16.1	161
120	1.8	-	-	-	-	-	-	-	-	-	21	23.1	176
130	1.8	-	-	-	-	-	-	-	-	-	33	35.1	191
140	1.8	-	-	-	-	-	-	-	-	-	45	47.1	207
150	1.8	-	-	-	-	-	-	-	-	-	57	59.1	223

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netherlands diving centre

nitrox 40/60 decompression tables.

maximum diving depth 24 metres.

dive and decompression on nitrox.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.

repetitive dive!

repet interval is 2 hours.

Equivalent air depth is 17.1 metres

15 juni 1988

dive time (min)	till 1st stop	stop depth in metres										tot. deco time (min)	tot. uptd
		30	27	24	21	18	15	12	9	6	3		
50	2.1	-	-	-	-	-	-	-	-	-	2	4.4	83
60	2.1	-	-	-	-	-	-	-	-	-	8	10.4	100
70	2.1	-	-	-	-	-	-	-	-	-	12	14.4	117
80	2.1	-	-	-	-	-	-	-	-	-	16	18.4	133
90	2.1	-	-	-	-	-	-	-	-	-	20	22.4	150
100	2.1	-	-	-	-	-	-	-	-	-	35	37.4	168
110	1.8	-	-	-	-	-	-	-	-	1	49	52.4	186
120	1.8	-	-	-	-	-	-	-	-	3	63	68.4	204
130	1.8	-	-	-	-	-	-	-	-	4	77	83.4	222
140	1.8	-	-	-	-	-	-	-	-	7	90	99.4	241
150	1.8	-	-	-	-	-	-	-	-	8	103	113.4	259

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nitrox 40/60 decompression tables.
maximum diving depth 27 metres.
dive and decompression on nitrox.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repetitive dive!
repet interval is 2 hours.

Code: nh2sni88

Equivalent air depth is 19.5 metres

15 juni 1988

dive time (min)	till 1st stop	stop depth in metres										tot. deco time (min)	tot. uptd
		30	27	24	21	18	15	12	9	6	3		
30	2.4	-	-	-	-	-	-	-	-	-	1	3.7	57
40	2.4	-	-	-	-	-	-	-	-	-	4	6.7	75
50	2.4	-	-	-	-	-	-	-	-	-	10	12.7	94
60	2.4	-	-	-	-	-	-	-	-	-	16	18.7	113
70	2.4	-	-	-	-	-	-	-	-	-	21	23.7	131
80	2.1	-	-	-	-	-	-	-	-	2	32	36.7	151
90	2.1	-	-	-	-	-	-	-	-	7	49	58.7	173

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nitrox 40/60 decompression tables.
maximum diving depth 30 metres.
dive and decompression on nitrox.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repetitive dive!
repet interval is 2 hours.

Code: nh2sni88

Equivalent air depth is 21.9 metres

15 juni 1988

dive time (min)	till 1st stop	stop depth in metres										tot. deco time (min)	tot. uptd
		30	27	24	21	18	15	12	9	6	3		
20	2.7	-	-	-	-	-	-	-	-	-	1	4.0	43
30	2.7	-	-	-	-	-	-	-	-	-	3	6.0	63
40	2.7	-	-	-	-	-	-	-	-	-	9	12.0	83
50	2.4	-	-	-	-	-	-	-	-	1	16	20.0	104
60	2.4	-	-	-	-	-	-	-	-	3	21	27.0	126
70	2.4	-	-	-	-	-	-	-	-	7	36	46.0	149
80	2.4	-	-	-	-	-	-	-	-	11	57	71.0	172
90	2.4	-	-	-	-	-	-	-	-	15	76	94.0	195

HERHALINGSINTERVAL 4 UUR

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nitrox 40/60 decompression tables.
maximum diving depth 18 metres.
dive and decompression on nitrox.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repetitive dive!
repet interval is 4 hours.

Code: nh4sni88

Equivalent air depth is 12.3 metres

15 juni 1988

dive time (min)	till 1st Stop	stop depth in metres										tot. deco time (min)	tot. uptd
		30	27	24	21	18	15	12	9	6	3		
110	1.5	-	-	-	-	-	-	-	-	-	1	2.8	138
120	1.5	-	-	-	-	-	-	-	-	-	3	4.8	150
130	1.5	-	-	-	-	-	-	-	-	-	4	5.8	163
140	1.5	-	-	-	-	-	-	-	-	-	5	6.8	175
150	1.5	-	-	-	-	-	-	-	-	-	7	8.8	188

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nitrox 40/60 decompression tables.
maximum diving depth 21 metres.
dive and decompression on nitrox.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repetitive dive!
repet interval is 4 hours.

Code: nh4sni88

Equivalent air depth is 14.7 metres

15 juni 1988

dive time (min)	till 1st stop	stop depth in metres										tot. deco time (min)	tot. uptd
		30	27	24	21	18	15	12	9	6	3		
70	1.8	-	-	-	-	-	-	-	-	-	1	3.1	102
80	1.8	-	-	-	-	-	-	-	-	-	4	6.1	117
90	1.8	-	-	-	-	-	-	-	-	-	9	11.1	132
100	1.8	-	-	-	-	-	-	-	-	-	11	13.1	146
110	1.8	-	-	-	-	-	-	-	-	-	13	15.1	161
120	1.8	-	-	-	-	-	-	-	-	-	15	17.1	175
130	1.8	-	-	-	-	-	-	-	-	-	16	18.1	190
140	1.8	-	-	-	-	-	-	-	-	-	17	19.1	204
150	1.8	-	-	-	-	-	-	-	-	-	20	22.1	219

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nitrox 40/60 decompression tables.
maximum diving depth 24 metres.
dive and decompression on nitrox.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repetitive dive!
repet interval is 4 hours.

Code: nh4sni88

Equivalent air depth is 17.1 metres

15 juni 1988

dive time (min)	till 1st stop	stop depth in metres										tot. deco time (min)	tot. Uptd
		30	27	24	21	18	15	12	9	6	3		
50	2.1	-	-	-	-	-	-	-	-	-	2	4.4	83
60	2.1	-	-	-	-	-	-	-	-	-	5	7.4	100
70	2.1	-	-	-	-	-	-	-	-	-	11	13.4	117
80	2.1	-	-	-	-	-	-	-	-	-	15	17.4	133
90	2.1	-	-	-	-	-	-	-	-	-	18	20.4	150
100	2.1	-	-	-	-	-	-	-	-	-	21	23.4	166
110	2.1	-	-	-	-	-	-	-	-	-	23	25.4	183
120	1.8	-	-	-	-	-	-	-	-	2	24	28.4	200
130	1.8	-	-	-	-	-	-	-	-	4	27	33.4	217
140	1.8	-	-	-	-	-	-	-	-	5	30	37.4	234
150	1.8	-	-	-	-	-	-	-	-	7	34	43.4	252

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nitrox 40/60 decompression tables.
maximum diving depth 27 metres.
dive and decompression on nitrox.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repetitive dive!
repet interval is 4 hours.

Code: nh4sni88

Equivalent air depth is 19.5 metres

15 juni 1988

dive time (min)	till 1st stop	stop depth in metres										tot. deco time (min)	tot. uptd
		30	27	24	21	18	15	12	9	6	3		
30	2.4	-	-	-	-	-	-	-	-	-	1	3.7	57
40	2.4	-	-	-	-	-	-	-	-	-	3	5.7	75
50	2.4	-	-	-	-	-	-	-	-	-	7	9.7	94
60	2.4	-	-	-	-	-	-	-	-	-	14	16.7	112
70	2.4	-	-	-	-	-	-	-	-	-	20	22.7	131
80	2.1	-	-	-	-	-	-	-	-	1	23	26.7	150
90	2.1	-	-	-	-	-	-	-	-	5	22	29.7	169

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nitrox 40/60 decompression tables.
maximum diving depth 30 metres.
dive and decompression on nitrox.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repetitive dive!
repet interval is 4 hours.

Code: nh4sni88

Equivalent air depth is 21.9 metres

15 juni 1988

dive time (min)	till 1st stop	stop depth in metres										tot. deco time (min)	tot. uptd
		30	27	24	21	18	15	12	9	6	3		
20	2.7	-	-	-	-	-	-	-	-	-	1	4.0	43
30	2.7	-	-	-	-	-	-	-	-	-	3	6.0	63
40	2.7	-	-	-	-	-	-	-	-	-	8	11.0	83
50	2.4	-	-	-	-	-	-	-	-	1	14	18.0	104
60	2.4	-	-	-	-	-	-	-	-	3	18	24.0	125
70	2.4	-	-	-	-	-	-	-	-	5	23	31.0	146
80	2.4	-	-	-	-	-	-	-	-	10	23	36.0	168
90	2.4	-	-	-	-	-	-	-	-	14	25	42.0	190

HERHALINGSINTERVAL 8 UUR

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nitrox 40/60 decompression tables.

maximum diving depth 18 metres.

dive and decompression on nitrox.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.

repetitive dive!

repet interval is 8 hours.

Equivalent air depth is 12.3 metres

15 juni 1988

dive time (min)	till 1st stop	stop depth in metres										tot. deco time (min)	tot. uptd
		30	27	24	21	18	15	12	9	6	3		
110	1.5	-	-	-	-	-	-	-	-	-	1	2.8	138
120	1.5	-	-	-	-	-	-	-	-	-	3	4.8	150
130	1.5	-	-	-	-	-	-	-	-	-	4	5.8	163
140	1.5	-	-	-	-	-	-	-	-	-	5	6.8	175
150	1.5	-	-	-	-	-	-	-	-	-	7	8.8	188

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netherlands diving centre

nitrox 40/60 decompression tables.
maximum diving depth 21 metres.
dive and decompression on nitrox.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repetitive dive!
repet interval is 8 hours.

Code: nh8sni88

Equivalent air depth is 14.7 metres

15 juni 1988

dive time (min)	till 1st stop	stop depth in metres										tot. deco time (min)	tot. uptd
		30	27	24	21	18	15	12	9	6	3		
70	1.8	-	-	-	-	-	-	-	-	-	1	3.1	102
80	1.8	-	-	-	-	-	-	-	-	-	4	6.1	117
90	1.8	-	-	-	-	-	-	-	-	-	8	10.1	131
100	1.8	-	-	-	-	-	-	-	-	-	11	13.1	146
110	1.8	-	-	-	-	-	-	-	-	-	13	15.1	161
120	1.8	-	-	-	-	-	-	-	-	-	15	17.1	175
130	1.8	-	-	-	-	-	-	-	-	-	16	18.1	190
140	1.8	-	-	-	-	-	-	-	-	-	17	19.1	204
150	1.8	-	-	-	-	-	-	-	-	-	18	20.1	219

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nitrox 40/60 decompression tables.

maximum diving depth 24 metres.

dive and decompression on nitrox.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.

repetitive dive!

repet interval is 8 hours.

Equivalent air depth is 17.1 metres

15 juni 1988

dive time (min)	till 1st stop	stop depth in metres										tot. deco time (min)	tot. uptd
		30	27	24	21	18	15	12	9	6	3		
50	2.1	-	-	-	-	-	-	-	-	-	2	4.4	83
60	2.1	-	-	-	-	-	-	-	-	-	4	6.4	100
70	2.1	-	-	-	-	-	-	-	-	-	11	13.4	117
80	2.1	-	-	-	-	-	-	-	-	-	14	16.4	133
90	2.1	-	-	-	-	-	-	-	-	-	18	20.4	150
100	2.1	-	-	-	-	-	-	-	-	-	21	23.4	166
110	2.1	-	-	-	-	-	-	-	-	-	23	25.4	183
120	1.8	-	-	-	-	-	-	-	-	2	23	27.4	200
130	1.8	-	-	-	-	-	-	-	-	4	23	29.4	217
140	1.8	-	-	-	-	-	-	-	-	5	27	34.4	234
150	1.8	-	-	-	-	-	-	-	-	7	32	41.4	251

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nitrox 40/60 decompression tables.
maximum diving depth 27 metres.
dive and decompression on nitrox.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repetitive dive!
repet interval is 8 hours.

Code: nh8sni88

Equivalent air depth is 19.5 metres

15 juni 1988

dive time (min)	till 1st stop	stop depth in metres										tot. deco time (min)	tot. uptd
		30	27	24	21	18	15	12	9	6	3		
30	2.4	-	-	-	-	-	-	-	-	-	1	3.7	57
40	2.4	-	-	-	-	-	-	-	-	-	3	5.7	75
50	2.4	-	-	-	-	-	-	-	-	-	7	9.7	94
60	2.4	-	-	-	-	-	-	-	-	-	14	16.7	112
70	2.4	-	-	-	-	-	-	-	-	-	20	22.7	131
80	2.1	-	-	-	-	-	-	-	-	1	23	26.7	150
90	2.1	-	-	-	-	-	-	-	-	4	23	29.7	169

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nitrox 40/60 decompression tables.
maximum diving depth 30 metres.
dive and decompression on nitrox.
ascent speed is max. 10 metres/minute.
stop time starts after arrival at stop.
repetitive dive!
repet interval is 8 hours.

Code: nh8sni88

Equivalent air depth is 21.9 metres

15 juni 1988

dive time (min)	till 1st stop	stop depth in metres										tot. deco time (min)	tot. uptd
		30	27	24	21	18	15	12	9	6	3		
20	2.7	-	-	-	-	-	-	-	-	-	1	4.0	43
30	2.7	-	-	-	-	-	-	-	-	-	3	6.0	63
40	2.7	-	-	-	-	-	-	-	-	-	8	11.0	83
50	2.4	-	-	-	-	-	-	-	-	1	13	17.0	104
60	2.4	-	-	-	-	-	-	-	-	3	18	24.0	125
70	2.4	-	-	-	-	-	-	-	-	4	23	30.0	146
80	2.4	-	-	-	-	-	-	-	-	10	23	36.0	168
90	2.4	-	-	-	-	-	-	-	-	14	23	40.0	190

GUIDANCE FOR TREATMENT OF DIVER SICKNESSES

INTRODUCTION

Extensive information regarding diver sicknesses and treatment thereof may be found in the course manual "Medical Aspects of Diving: course A". This manual will provide a summery of these aspects. Diver sicknesses are identified into four distinct categories: Barotraumas, Gas effects, Decompression sickness and Other diving-related sicknesses. This summary will deal with the first three categories only.
The golden rule with respect to any sickness, whether diving-related or not is: **No diving until a complete recovery has taken place.** This restriction may only be lifted by a qualified diving physician.

BAROTRAUMAS (DESCENT)

Barotraumas which occur during descent caused by low pressure and normally called "squeeze".

OUTER EAR SQUEEZE

Cause	Ear canal blocked by ear plug, wax or diving hood.
Symptoms	Earache, sometimes dizziness and/or bleeding ear.
Treatment	Keep ear dry, cover with sterile gauze. Consult physician.
Prevention	Sufficient air in diving hood, do not use ear plugs, have ears checked regularly for excessive wax build up.

MIDDLE EAR SQUEEZE

Cause	Blockage of Eustachian tube.
Symptoms	Unable to "clear" ear, earache, dizziness and nausea. After surfacing "heavy" feeling remains in the ear. Sometimes bleeding from mouth and nose
Treatment	Keep ear dry, cover with sterile gauze. Consult physician.
Prevention	Abort dive if unable to "clear" ears.

INNER EAR SQUEEZE

Cause	Problems with "clearing". Clearing with excessive force.
Symptoms	Ringing ears, deafness, dizziness/imbalance, disorientation
Treatment	Consult diving physician immediately. First Aid as for outer ear squeeze
Prevention	Avoid clearing with excessive force. Slower descent speed. Abort dive after unable to clear.

SINUS SQUEEZE

Cause	Swelling of the mucous membranes (i.e. in case of a common could), causing restrictions of nasal passage.
Symptoms	Pain in the forehead, behind the eyes or in the upper jaw. Sometimes bleeding from the nose or mouth.
Treatment	Consult physician. Nose drops and/or steam baths
Prevention	Restrict diving with colds. Slow descent speed

TOOTH SQUEEZE

Cause	Air pockets at roots of diseased teeth. Air pockets under tooth fillings.
Symptoms	Pain under teeth or molars.
Treatment	Consult dentist.
Prevention	Proper dental care. Consult dentist regularly.

MASK/FACIAL SQUEEZE

Cause	Insufficient air blown into the mask during descent
Symptoms	Sensation of suction on facial area. Eyes red, red face, bruising.
Treatment	Consult paramedic or physician; cold compresses.
Prevention	Blow air into mask during descent equalising pressure.

SKIN OR SUIT SQUEEZE

Cause	Space between folds in diving suit and skin of the diver.
Symptoms	Pinching by suit; restriction of movement.
Treatment	Cold compresses.
Prevention	Wear underclothing. Blow air into the suit.

THORACIC OR LUNG SQUEEZE

Cause	Breath held during descent, loss of air supply (standard diving suit) or fall underwater.
Symptoms	Chest pain, gasping. Unconsciousness, vomiting blood or cyanosis.
Treatment	Immediate transfer to hospital. Supply oxygen. Place unconscious patient in stable recovery position; if necessary administer artificial respiration and Cardiac Pulmonary Resuscitation.
Prevention	Regular breathing during descent.

BODY OR HELMET SQUEEZE

Cause	During standard diving suit operations should the diver fall underwater or in the case where the surface air supply is lost during descent.
Symptoms	Choking/gasping, sensation of rapidly swelling head, haemorrhaging in head and upper body.
Treatment	See thoracic or lung squeeze
Prevention	Controlled descent

BAROTRAUMA DURING ASCENT (OVERPRESSURE BAROTRAUMA)

BURST LUNG SYNDROME

Cause: No or insufficient exhalation during ascent due to panic, poor technique, illnesses of airways and lungs or malfunctioning equipment.

Symptoms: May be divided into four categories, occurring single or in combination:

- long tissue damage;
- mediastinal emphysema, subcutaneous emphysema;
- pneumothorax;
- air embolism.

As symptoms and their treatment vary for these conditions they will be discussed separately.

Prevention: Slow, controlled ascent, training, medical examinations.

LUNG TISSUE DAMAGE

Symptoms: Gasping, chest pain, coughing (bloody phlegm) High pitch scream when surfacing, cyanosis, shock, unconsciousness, sudden death.

Treatment: Immediate treatment is necessary. Maintain breathing (if possible avoid forced ventilation1) Administer oxygen. Transfer to hospital when certain there is no possibility of air embolism; if in doubt treat as if air embolism is present.

MEDIASTINAL OR SUBCUTANIOUS EMPHYSEMA

Symptoms: Chest pain, gasping, throat cramp and difficulties with swallowing, swollen neck, possible shock and unconsciousness.

Treatment: Administer oxygen. In serious cases recompression will be necessary. Otherwise threat as lung tissue damage.

PNEUMOTHORAX (COLLAPSED LUNG)

Symptoms: Normally symptoms occur instantly. Sudden pain on one side of the chest containing the effected lung, gasping, cyanosis increased respiratory rate, possible shock.

Treatment: In light cases the administration of oxygen is sufficient; transfer to hospital if certain there is no possibility of air embolism. In acute cases or when recompression is necessary, apply thorax drain.

AIR EMBOLISM

Symptoms: Sensory disorder, visual impairment, paralysis, speech impairment, confusion, muscle spasm, unconsciousness, respiratory failure, cardiac arrest.

Treatment: Immediate recompression in compression chamber according to flowchart air embolism.

MIDDLE EAR BAROTRAUMA DURING ASCENT

Cause: Eustachian tube becomes obstructed during the dive.

Symptoms: Pressure sensation in ear, earache, dizziness, ringing ears, deafness

Treatment: Slower ascent, otherwise as with middle ear squeeze.

Prevention: Do not dive when afflicted by cold, do not use nose drops for more than 10 days.

SINUS BAROTRAUMA DURING ASCENT

Cause: Sinus passages become obstructed during the dive.

Symptoms: Sharp pain over the eyes or in the upper jaw which decreases after re-descending; sometimes nose bleed.

Treatment: Slower descent speed, otherwise as with sinus squeeze.

Prevention: Do not dive when afflicted by cold.

TOOTH BAROTRAUMA DURING ASCENT

Cause	Air pockets at root of diseased teeth or under filling that are unable to vent during ascent.
Symptoms	Pain in teeth or molars.
Treatment	Refer to dentist.
Prevention	Proper dental care. Regular dental check-ups.

STOMACH OR INTESTINAL BAROTRAUMA DURING ASCENT (DIVER'S COLIC)

Cause	Ingestion of carbonated drinks or gas forming foods prior to diving; air swallowed during dive.
Symptoms	Bloated feeling in the stomach, belching, flatulence, possible acute diarrhoea, painful stomach cramps, possible fainting.
Treatment	If discomfort is minor, releasing tight straps is usually sufficient. In serious cases recompression is sometimes necessary.
Prevention	Avoid heavy meals and carbonated drinks 4-6 hours prior to the dive.

GAS EFFECTS

OXYGEN DEFICIENCY (HYPOXIA/ANOXIA)

Cause	Insufficient oxygen supply (incorrect mixture, equipment malfunction), insufficient lung ventilation, impaired diffusion (i.e. during drowning)
Symptoms	Symptoms appear at a pO_2 anywhere below 0,18 bar. With a rapid drop in partial pressure there is sudden unconsciousness; with a slow drop there is a feeling of fatigue, headache, euphoria, concentration loss and eventually unconsciousness, cyanosis.
Treatment	Administer oxygen, if necessary resuscitation (artificial respiration and CPR).
Prevention	Check gas mixtures. Proper equipment maintenance.

OXYGEN TOXICITY

Cause	Oxygen partial pressure more than 0,5 bar.
Symptoms	Depending on actual oxygen pressure and the length of exposure. Cause, symptoms, treatment and prevention of the following cases will be discussed separately: • acute oxygen toxicity (CNS) specifically with a pO_2 over 2 bar; • chronic oxygen toxicity (lungs), specifically as a result of prolonged breathing of a mixture with a pO_2 between 0,5 and 2 bar; • chronic oxygen toxicity syndrome (other organs) specifically frequent use of oxygen rich mixtures where UPTD limits are exceeded.

ACUTE OXYGEN TOXICITY

Cause	Diving with oxygen-rich mixtures at extended depths and periods; oxygen breathing during the use of treatment tables.
Symptoms	Nausea, vomiting, light-headedness, dizziness, abnormal hearing sensations, facial muscle convulsion, total body convulsions combined with unconsciousness and possibility of tongue biting (epileptic seizure). This epileptic seizure can be the first apparent symptom.
Treatment	Change to air or less oxygen-rich mixture, maintain constant depth, protect patient from self-inflicted injury or tongue-bite, contact diving physician.
Prevention	During oxygen treatment, keep patient completely relaxed. Adhere exactly to air/oxygen treatment tables, allowing the patient to breathe deeply a number of times during each 5 minute period, observing for first signs of oxygen toxicity. When diving scrupulously observe depth limits for the gas mixture used.

Chronic oxygen toxicity (lungs)

Cause	Extremely long dive times (saturation) and/or treatment with a mixture having a pO_2 > 0,5 bar (not normal during air diving)
Symptoms	Pain behind breastbone, sore throat, chest pain during deep exhalation, tickling cough and gasping. After continued exposure finally breathlessness and oxygen deficiency.
Treatment	Reduce pO_2 to less than 0,5 bar. Consult diving physician.
Prevention	Unless unavoidable (treatment situation) do not exceed UPTD limits.

CHRONIC OXYGEN TOXICITY SYNDROME

Cause	Extended use (days/weeks) of, or treatment with oxygen rich mixtures.
Symptoms	“Pins and needles” and numbness in toes and fingers, extreme fatigue, headache, nausea, dizziness, aching muscles and joints.
Treatment	Reduce pO_2 to less than 0,5 bar. Consult diving physician.
Prevention	Unless unavoidable (treatment situation) do not exceed UPTD limits.

CARBON DIOXIDE POISONING (HYPERCAPNIA)

Cause	Insufficient ventilation, to much dead space, deficient CO_2 filter
Symptoms	Gasping, dizziness, sweating feeling warm, chronic headache, deep breathing, flushed perspiring face, possible unconsciousness.
Treatment	Administer fresh air/oxygen, if necessary resuscitate. Consult diving physician.
Prevention	Proper ventilation, sufficient fresh air supply, proficient equipment maintenance. At first signs, cease working activity and administer fresh air.

CARBON DIOXIDE DEFICIENCY (HYPOCAPNIA)

Cause	Hyperventilation, usually a result of fear or stress.
Symptoms	Shortness of breath, heart palpations, tightness and tingling in arms, legs and around the mouth, rapid deep breathing, possible unconsciousness.
Treatment	Reassure patient and exhort to breathe more calmly, if necessary get patient to breathe briefly into a plastic bag.
Prevention	Proper diving training and physical fitness, regular diver medical.

NITROGEN NARCOSIS

Cause	High nitrogen partial pressure. Can occur anywhere deeper than 30 metres (inexperienced divers); almost all divers affected around 50 metres.
Symptoms	Much like drunkenness due to alcohol, feeling of well-being, recklessness, uninhibited, reduces mental and physical capacities. Unpredictable behaviour.
Treatment	Reduce pressure, summon diver to reduce depth; symptoms will disappear spontaneously.
Prevention	Training, awareness of dangers, prohibit diving on air at depths deeper than 50 metres.

CARBON MONOXIDE POISONING

Cause	Breathing impure air, i.e. as a result of air compressor intake ingesting exhaust gases from its internal combustion engine.
Symptoms	Identical to anoxia except that facial colouring is cherry red instead of blue.
Treatment	Administer air/oxygen if necessary resuscitation and hyperbaric oxygen treatment. Immediate medical treatment required.
Prevention	Compressor intake must be well separated from engine exhaust (beware of wind direction!)

DECOMPRESSION SICKNESS

Cause

Increasing pressure during diving (descent) causes increasing amount of inert gasses (nitrogen, helium) to be absorbed by the body tissues until a new balance is reached (saturation). During ascent these inert gasses are released by the tissues and vented from the body. Should the ascent occur too rapidly, gas bubbles can form in the body and cause decompression sickness. Omission of a gradual decompression, use of incorrect decompression tables or incorrect use of decompression tables can increase the chance of decompression sickness. Even with proper use of accurate approved tables there remains a (small) chance of decompression sickness. Various factors can influence the susceptibility of a diver to decompression sickness, such as: physical effort, physical condition, body composition (fat!), dehydration, age, injuries, jojo-ing, reduced temperature during decompression, flying after decompression etc.

Symptoms

Dependent upon the location (tissues, organs) affected by the decompression sickness. Generally decompression sickness may be subdivided into:

- type I local effects
- type II serious general effects
- Combinations of above.

The symptoms are extremely varied making diagnosis difficult. Symptoms are clearly confused with those occurring as a result of air embolism (burst lung). If acute complaints occur within in 15 minutes after the dive, it is more than likely a case of air embolism. Decompression sickness can occur during decompression itself; in 85% of all cases symptoms occur within one hour after diving, however they may take up to 24 hours to become apparent!
The various types of decompression sickness will be discussed separately.

Type I decompression sickness (local effects)

Considered to be an affliction of the slow tissues

Skin (skin-bends)	Irritation/splotching of the skin.
Muscles and skeleton	Increasing pain in muscles and joints.

Type II decompression sickness (general effects)

Considered to be an affliction of the rapid tissues.

Central nervous system (staggers)

Large brain	One-sided paralysis, cramps, unable to speak or write, confusion, sensory loss etc.
Small brain	spastic movements, muscle tremors, flaccid muscles, distorted speech
Spinal cord	Often begins with abdominal pain (following chokes), complete paralysis and sensory loss, bladder paralysis (unable to urinate).
Inner ear	Dizziness, nausea and vomiting, deafness and ringing ears.
Stomach/Intestinal tract	Nausea and vomiting, abdominal pain, internal haemorrhaging.
Heart and lungs (chokes)	Chest pain and coughing, gasping, rapid shallow breathing, cyanosis, shock, slow heart action, death.
Post decompression shock	Massive amounts of gas bubbles in the bloodstream, i.e. in case of an explosive decompression, usually resulting in immediate death. In less serious cases shock and unconsciousness.

Treatment
Based on the symptoms described above, a “probable diagnosis” is determined. The "diagnosis table" may be used as an aid in this determination.
It is imperative that a detailed physical examination is made, however this may probably be possible only after the patient has been brought under pressure in the compression chamber. This examination must be repeated at regular intervals during the treatment and details should be noted on a **treatment check list,** an example of which may be found on at the end of this section.

Treatment of decompression sickness and air embolism are based on the same principals:
- recompression;
- administering oxygen;
- administering of medicines, including fluid.

A diving physician should be consulted as soon as possible, however commencement of the treatment **must not de delayed.**

Recompression has priority. The steps to be taken are outlined in flow charts.
The compression and decompression profiles may be found in treatment tables.

Administering oxygen can be commenced on deck and/or during the transfer to the compression chamber. Treatment tables that provide for the use of oxygen are to be preferred to treatment tables utilising air only.
The treatment table is able 6.
Table 5 is only to be used for mild types of skinbends (red not elevated rash) and as a preventive measure for irregularities in the decompression procedure without any sign of decompression sickness.

Administering fluid should consist of large quantities of water or fruit juices, or alternatively, if the patient is unable to drink, an intravenous saline drip. This should be started immediately, i.e. during transfer to the compression chamber.

Other drugs should be administered only in consultation with a diving physician of paramedic.

First aid, including resuscitation is essential to success of further treatment. In case of **transfer** to a remote compression chamber, place the patient in a stable recovery position, with his feet elevated relative to his head (30 cm). Guard against heat loss (blankets) and avoids startling or shocks (movement) of the patient. When transferring by helicopter keep flight altitude below 300 meter! **Monitor patient’s vital signs constantly!**

COMMUNICATION

In the event of diver sickness, a diving physician should be consulted and the company and other relevant authorities informed. The protocol and telephone numbers should be present at the worksite.

If necessary the diving physician of the Dive Medical Centre of the Royal Dutch Navy can be contacted for advice on telephone number 0031-(0)223-653076 during office hours and 0031-(0)223-658220 (duty officer) after office hours.

Communicating information regarding a diving accident or incident must occur in a structured manner, in order to enable assistance or advice to be applied properly.
At first contact between the diving personnel and a diving physician, information regarding the accident shall be given according to the "**Information list div ing accid ents**" at the end of this section.
During subsequent contacts which may occur during the treatment phase, the "**Treatment ch eck list**" at the end of this section should be used.

In the interest of confidentiality it may be desirable while using radio to transmit details in code. To this end a code list has been provided in the first column of both the previous mentioned lists.

DIAGNOSIS TABLE

DIAGNOSIS TABLE FOR DECOMPRESSION SICKNESS AND BURST LUNG / GAS EMBOLISM

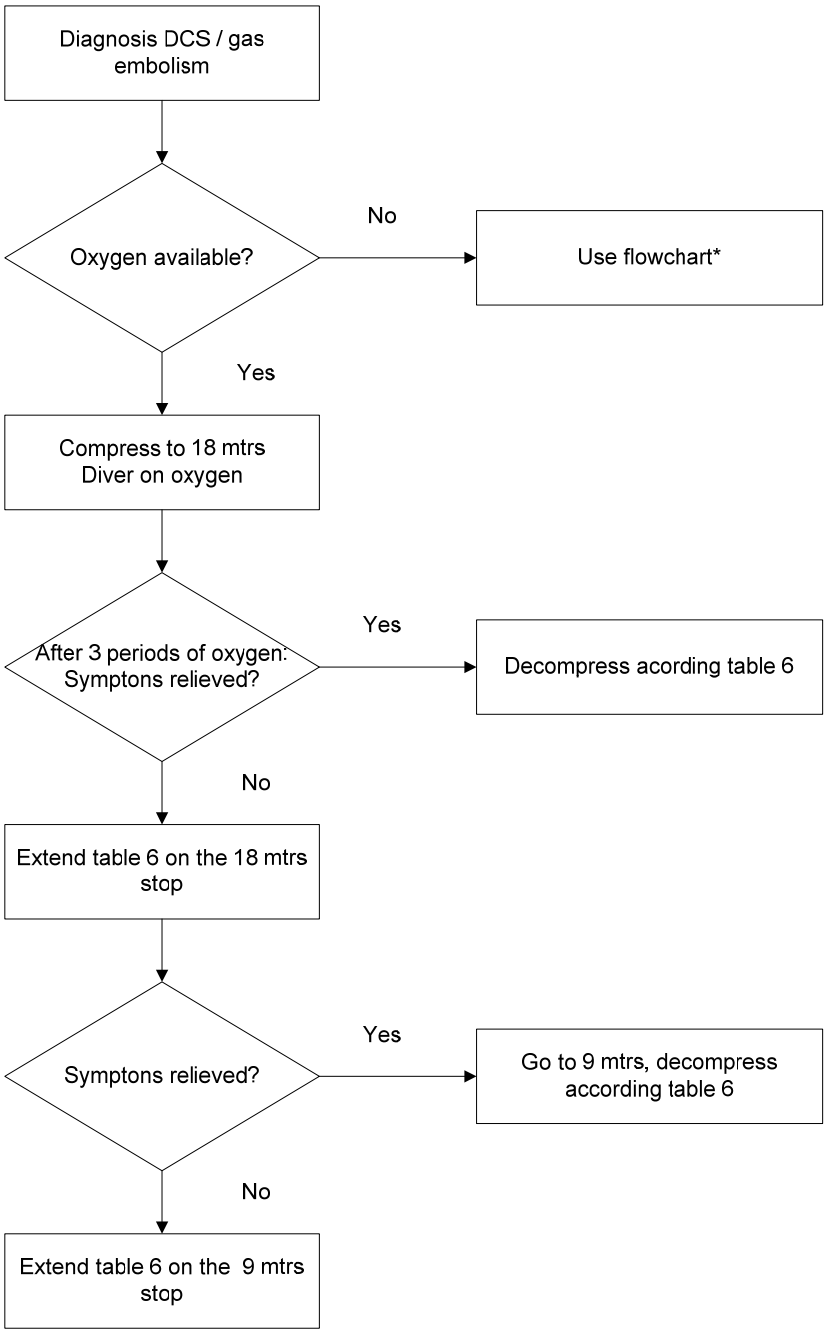
Signs & Symptoms	DECOMPRESSION SICKNESS				BURST LUNG			
					GAS EMBOLISM			
	Skin	Pain only	CNS	Chokes	Brain damage	Spinal cord damage	Pneumot horax	Mediastinal Emphysema
Pain-head					■ x			
Pain-back			□ x					
Pain-neck								■
Pain-chest			□ x	■		□ x	■ x	□
Pain-stomach			■ x			□ x		
Pain-arms/legs		■				□ x		
Pain-shoulders/hips		■				□ x		
Unconsciousness			■	□	■	□	□	
Shock			■	□	■	□	□	
Vertigo			■ x					
Nausea / vomiting			■ x		■ x			
Visual difficulty			■ x		■ x			
Hearing difficulty			■ x		■ x			
Speech difficulty			■ x		■ x			
Balance lack			■ x		■ x			
Numbness	□		■ x		■ x	□ x		□
Weakness		□	■ x		■ x	□ x		
Strange sensations	□		■ x		■ x	□ x		
Swollen neck								■
Short of breath			□	□	□	□	□	□
Cyanosis				□	□	□	□	□
Skin changes	■							

■ Probable

□ Possible cause

x Only when patient is not unconscious

FLOWCHART TREATMENT DS AND GAS EMBOLISM (OXYGEN)



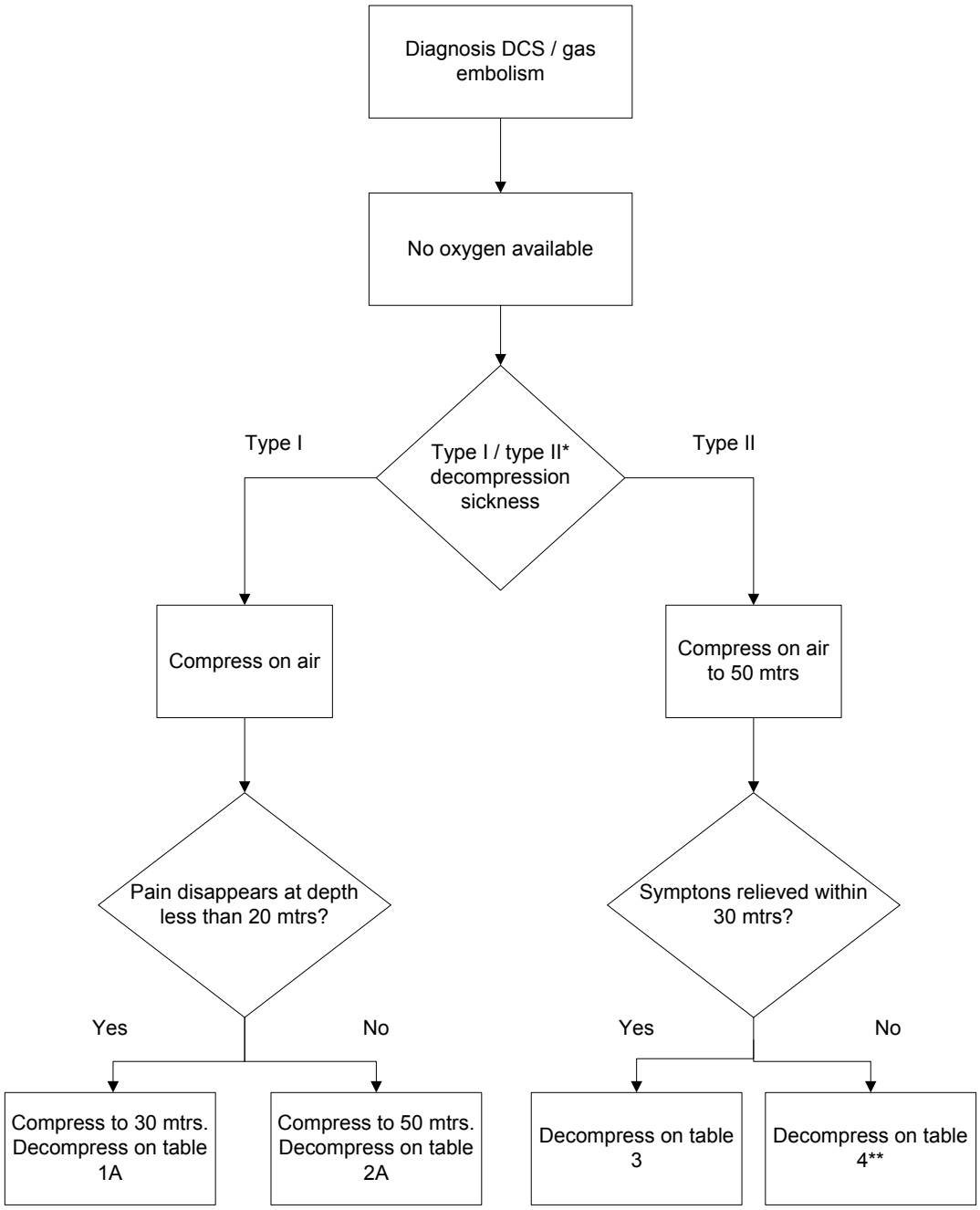
* Reference is made to flowchart Treatment decompression sickness and gas embolism (no oxygen)

Note: If prior to the decompression, a complete neurological examination cannot be carried out, the patient must be treated as having a type II decompression sickness.

Directions for extended tables

1. Table 6 can be extended by an extra 25 minutes at 18 metres (20 minutes oxygen and 5 minutes air) or 75 minutes at 9 metres (3 periods of 20 minutes oxygen and 5 minutes air) or by both.
2. The attendant breathes air continually. If the treatment is a repetitive dive for the attendant or the table has been extended by one or more periods, then the attendant must breathe oxygen according to the rules as set out at the applicable table.

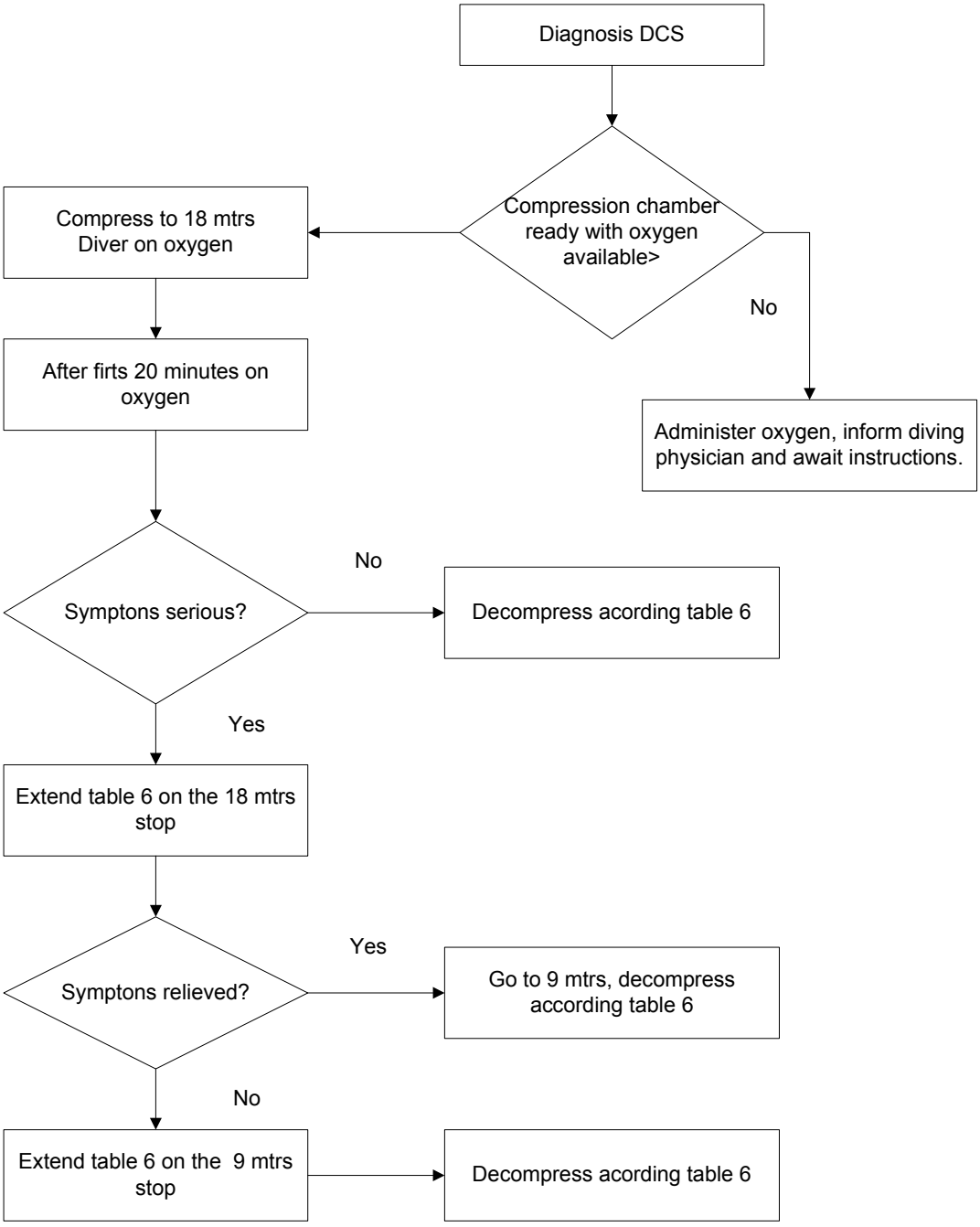
FLOWCHART TREATMENT DS AND GAS EMBOLISM (NO OXYGEN)



* If prior to the decompression, a complete neurological examination cannot be carried out, the patient must be treated as having a type II decompression sickness.

** A diving physician must be consulted before table 4 is applied is possible.

FLOWCHART RECURRENCE OF SYMPONS

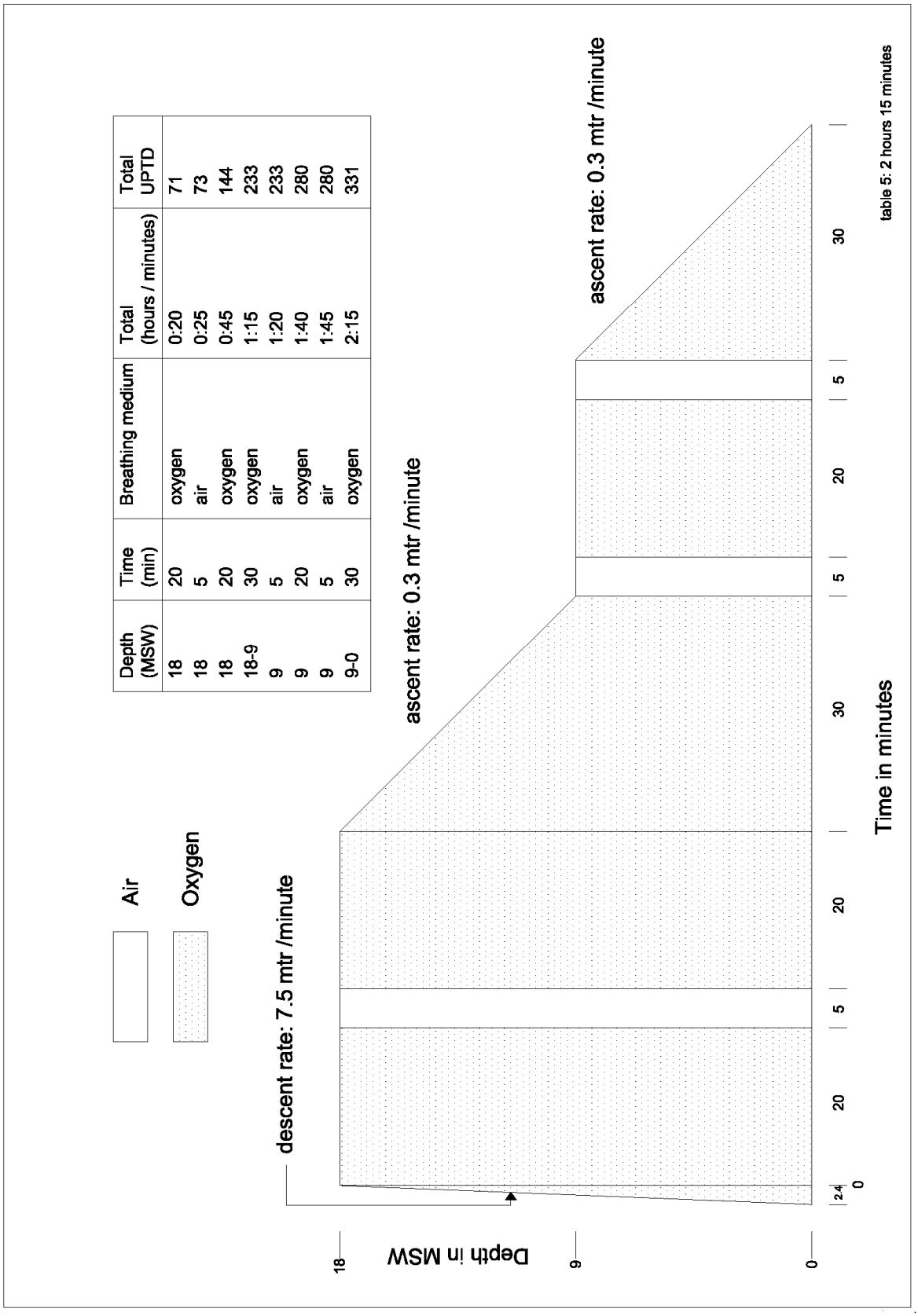


Directions for extended tables

1. Table 6 can be extended by an extra 25 minutes at 18 metres (20 minutes oxygen and 5 minutes air) or 75 minutes at 9 metres (3 periods of 20 minutes oxygen and 5 minutes air) or by both.
2. The attendant breathes air continually. If the treatment is a repetitive dive for the attendant or the table has been extended by one or more periods, then the attendant must breathe oxygen according to the rules as set out at the applicable table.

OXYGEN TREATMENT TABLE 5

Depth (MSW)	Time (min)	Breathing medium	Total (hours / minutes)	Total UPTD
18	20	oxygen	0:20	71
18	5	air	0:25	73
18	20	oxygen	0:45	144
18-9	30	oxygen	1:15	233
9	5	air	1:20	233
9	20	oxygen	1:40	280
9	5	air	1:45	280
9-0	30	oxygen	2:15	331



1. **Directions for use:**
   - preventive measure for irregularities in the decompression procedure without any sign of decompression sickness.
   - mild types of skinbends (red not elevated rash)

2. Descent speed: 7,5 metres/minute.

3. Ascent speed: 0,3 metres/minute. Do not compensate for slower ascent. Do compensate for faster ascent by stopping for a moment.

4. Time at 18 metres starts after reaching this pressure.

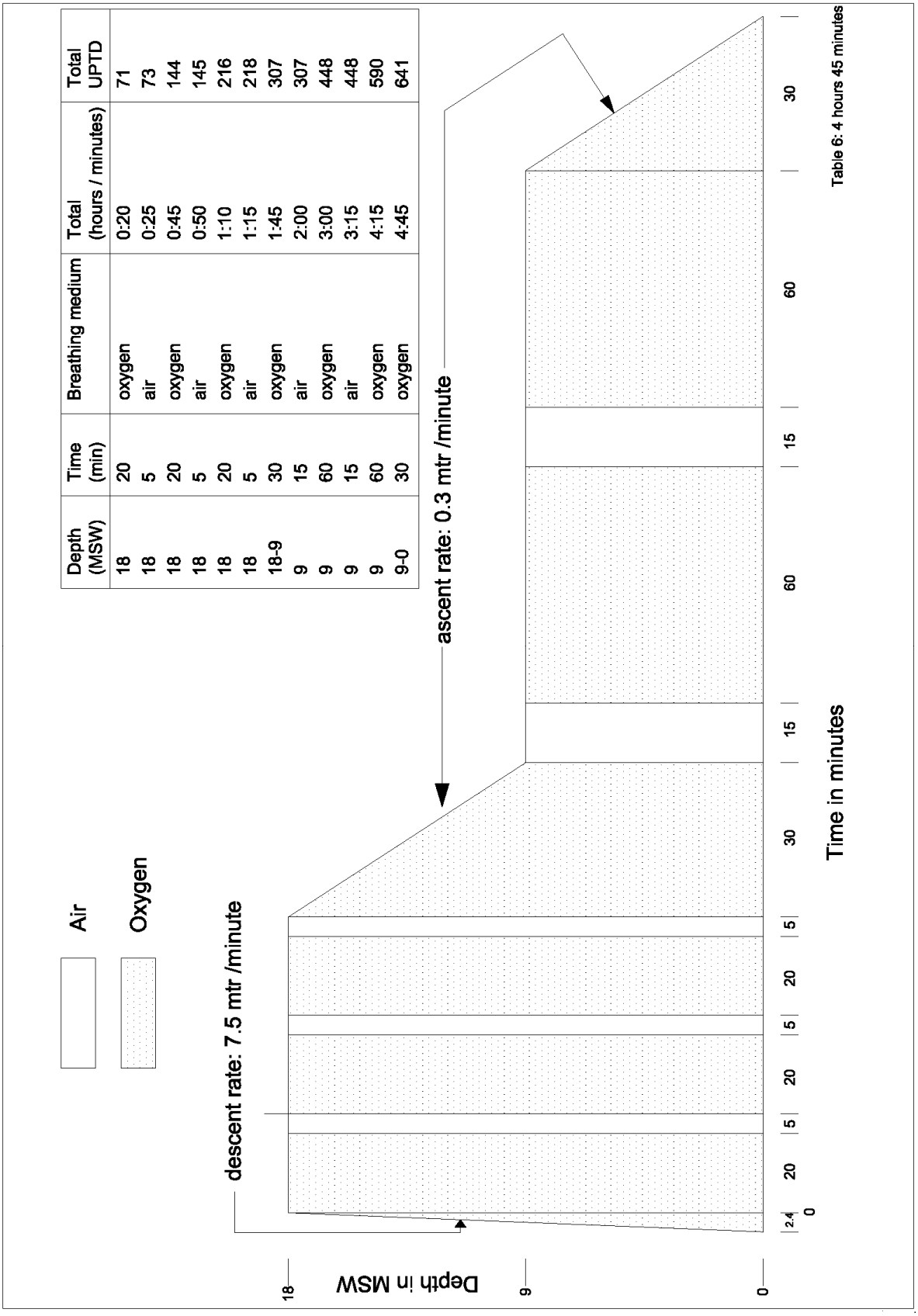
5. If oxygen breathing has to be interrupted, wait until 15 minutes after the reaction has totally disappeared and continue the table from the point of interruption.

6. If oxygen breathing has to be interrupted at 18 metres, switch to table 6 after reaching the stop at 9 metres.

7. The attendant breathes air continuously. If the treatment is a repetitive dive for the attendant (dived in the preceding 12 hours) or if the treatment is extended, then the attendant must breathe oxygen during the last 30 minutes from the 9 metres to atmospheric pressure.

OXYGEN TREATMENT TABLE 6

Depth (MSW)	Time (min)	Breathing medium	Total (hours / minutes)	Total UPTD
18	20	oxygen	0:20	71
18	5	air	0:25	73
18	20	oxygen	0:45	144
18	5	air	0:50	145
18	20	oxygen	1:10	216
18	5	air	1:15	218
18-9	30	oxygen	1:45	307
9	15	air	2:00	307
9	60	oxygen	3:00	448
9	15	air	3:15	448
9	60	oxygen	4:15	590
9-0	30	oxygen	4:45	641



NDC GUIDANCE FOR TREATMENT OF DIVER SICKNESSES 2005

1. **Directions for use:**
   - **treatment of decompression sickness (type I and type II) when symptoms do not disappear within 10 minutes on 18 meters.**
   - **treatment of gas embolism, when symptoms disappear within 30 minutes on 50 meters.**
   - **when it is unclear if the diver suffers from gas embolism or serious decompression sickness (type II).**

2. Descent speed: 7,5 metres/minute.

3. Ascent speed: 0,3 metres/minute. Do not compensate for slower ascent. Do compensate for faster ascent by stopping for a moment.

4. Time at 18 metres starts after reaching this pressure.

5. If oxygen breathing has to be interrupted, wait until 15 minutes after the reaction has totally disappeared and continue the table from the point of interruption.

6. The attendant breathes air continuously. If the treatment is a repetitive dive for the attendant (dived in the preceding 12 hours) or as the treatment is extended, then the attendant must breathe oxygen during the last 30 minutes from the 9 metres to atmospheric pressure.

7. Table 6 can be extended by an extra 25 minutes at 18 metres (20 minutes oxygen and 5 minutes air) or 75 minutes at 9 metres (3 periods of 20 minutes oxygen and 5 minutes air) or with both.

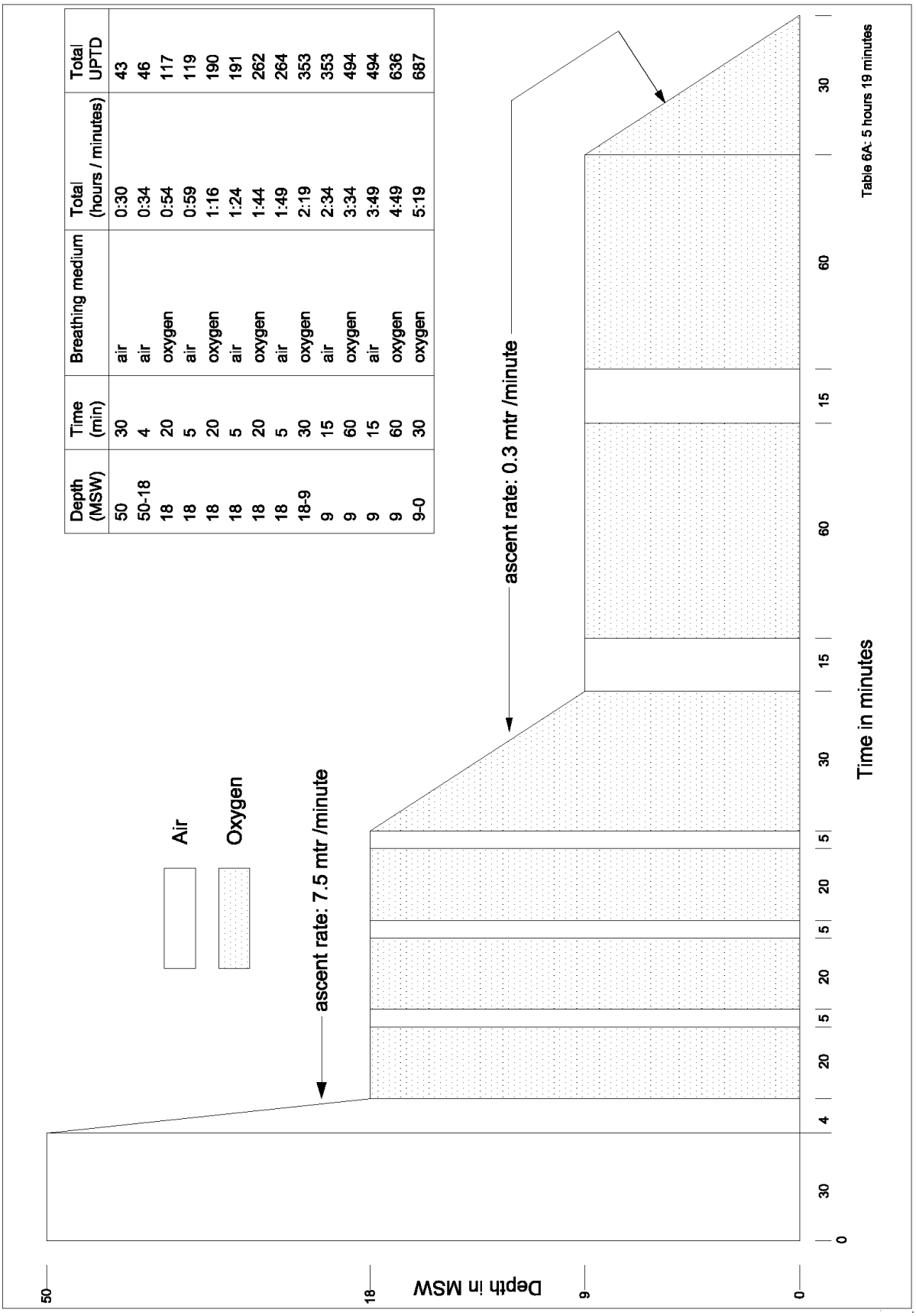
8. If table 6 is extended by one period at 18 or 9 metres, then the attendant must breathe oxygen during the last 30 minutes from the 9 metres to atmospheric pressure.

9. If table 6 is extended by more than one period, then the attendant must breathe oxygen during the last hour at 9 metres during ascend from 9 meters to atmospheric pressure (30 minutes).

10. If the treatment is a repetitive dive for the attendant (dived in the preceding 12 hours) and the table has been extended by one or more periods, then the attendant must breathe oxygen from the start of the first oxygen period at 9 metres.

OXYGEN TREATMENT TABLE 6A

Depth (MSW)	Time (min)	Breathing medium	Total (hours / minutes)	Total UPTD
50	30	air	0:30	43
50-18	4	air	0:34	46
18	20	oxygen	0:54	117
18	5	air	0:59	119
18	20	oxygen	1:16	190
18	5	air	1:24	191
18	20	oxygen	1:44	262
18	5	air	1:49	264
18-9	30	oxygen	2:19	353
9	15	air	2:34	353
9	60	oxygen	3:34	494
9	15	air	3:49	494
9	60	oxygen	4:49	636
9-0	30	oxygen	5:19	687



1. **Directions for use:**
   - **treatment of serious decompression sickness (type II).**

2. Descent speed: as fast as possible.

3. Ascent speed: on air from 50 metres to 18 meters: 7,5 metres/minute.

4. Ascent speed: on oxygen from 18 meters to 9 meters and from 9 meters to surface: 0,3 metres/minute. Do not compensate for slower ascent. Do compensate for faster ascent by stopping for a moment.

5. The time at 50 metres starts at the beginning of the compression (so including descent time!)

6. If oxygen breathing has to be interrupted, wait until 15 minutes after the reaction has totally disappeared and continue the table from the point of interruption.

7. The attendant must breathe oxygen during the last 30 minutes from the 9 metres to atmospheric pressure.

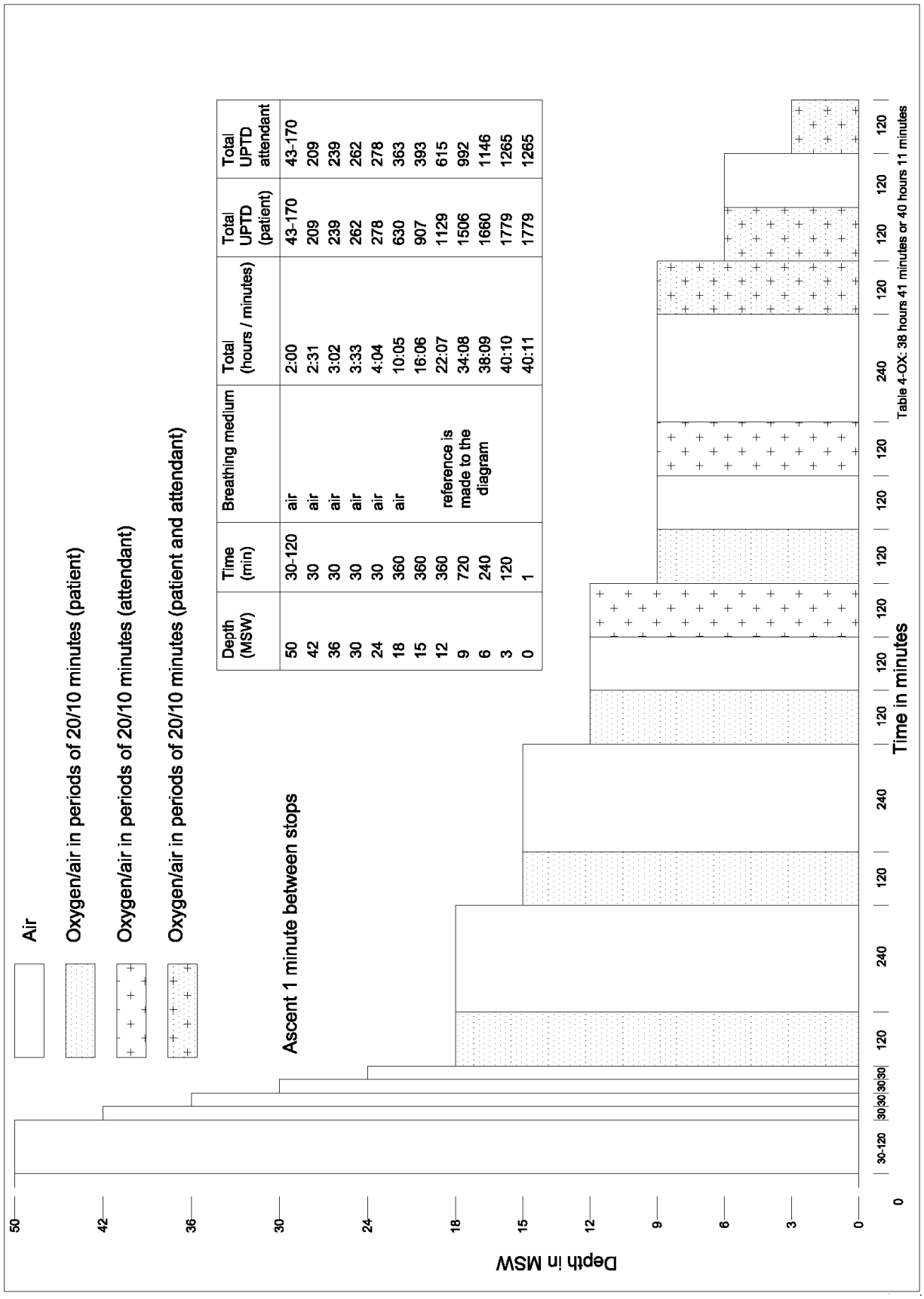
8. If the treatment is a repetitive dive for the attendant (dived in the preceding 12 hours), then the attendant must breathe oxygen during the last hour at 9 metres and during the ascent from the 9 metres to atmospheric pressure (30 minutes).

9. Table 6A can be extended by an extra 25 minutes at 18 metres (20 minutes oxygen and 5 minutes air) or 75 minutes at 9 metres (3 periods of 20 minutes oxygen and 5 minutes air) or with both.

10. If table 6A is extended by one period at 18 or 9 metres, then the attendant must breathe oxygen during the last hour at 9 metres and during the ascent from the 9 metres to atmospheric pressure (30 minutes).

11. If the treatment is a repetitive dive for the attendant (dived in the preceding 12 hours) and the table has been extended by one or more periods, then the attendant must breathe oxygen from the start of the first oxygen period at 9 metres.

AIR/OX TREATMENT TABLE 4-OX



Depth (MSW)	Time (min)	Breathing medium	Total (hours / minutes)	Total UPTD (patient)	Total UPTD attendant
50	30-120	air	2:00	43-170	43-170
42	30	air	2:31	209	209
36	30	air	3:02	239	239
30	30	air	3:33	262	262
24	30	air	4:04	278	278
18	360	air	10:05	630	363
15	360		16:06	907	393
12	360	reference is	22:07	1129	615
9	720	made to the	34:08	1506	992
6	240	diagram	38:09	1660	1146
3	120		40:10	1779	1265
0	1		40:11	1779	1265

1. **Directions for use:**
   - **Treatment of air embolism or serious decompression sickness (type II) and if symptoms have not disappeared within 30 minutes with the use of table 6A.**

2. Descent speed : as fast as possible.

3. Ascent speed: 1 minute between the stops.

4. That time at 50 metres starts at the beginning of the compression (so including descent time!).

5. If oxygen can be administered, the patient must breathe oxygen from 18 metres in periods of 20 minutes oxygen and 10 minutes air until a maximum of 4 periods (total 120 minutes) is reached. The rest of the time at 18 metres the patient breathes air. At the depth of 18 metres the attendant only breathes air.

6. At the 15 metres stop the breathing schedule is the same as at 18 metres.

7. At 12 metres, the patient must breathe 20 minutes oxygen and 10 minutes air until a maximum of 4 periods (total 120 minutes) is reached. After 240 minutes at 12 metres the attendant breathes oxygen for 120 minutes (4 periods of 20 minutes oxygen and 10 minutes air).

8. At the 9 metres stop, the same procedure as at the 12 metres stop is executed, however 120 minutes before the 9 metres stop is abandoned, both the patient and the attendant will start breathing oxygen (20 minutes oxygen/10 minutes air) for a total period of 240 minutes (thus also 120 minutes at the 6 metres stop!).

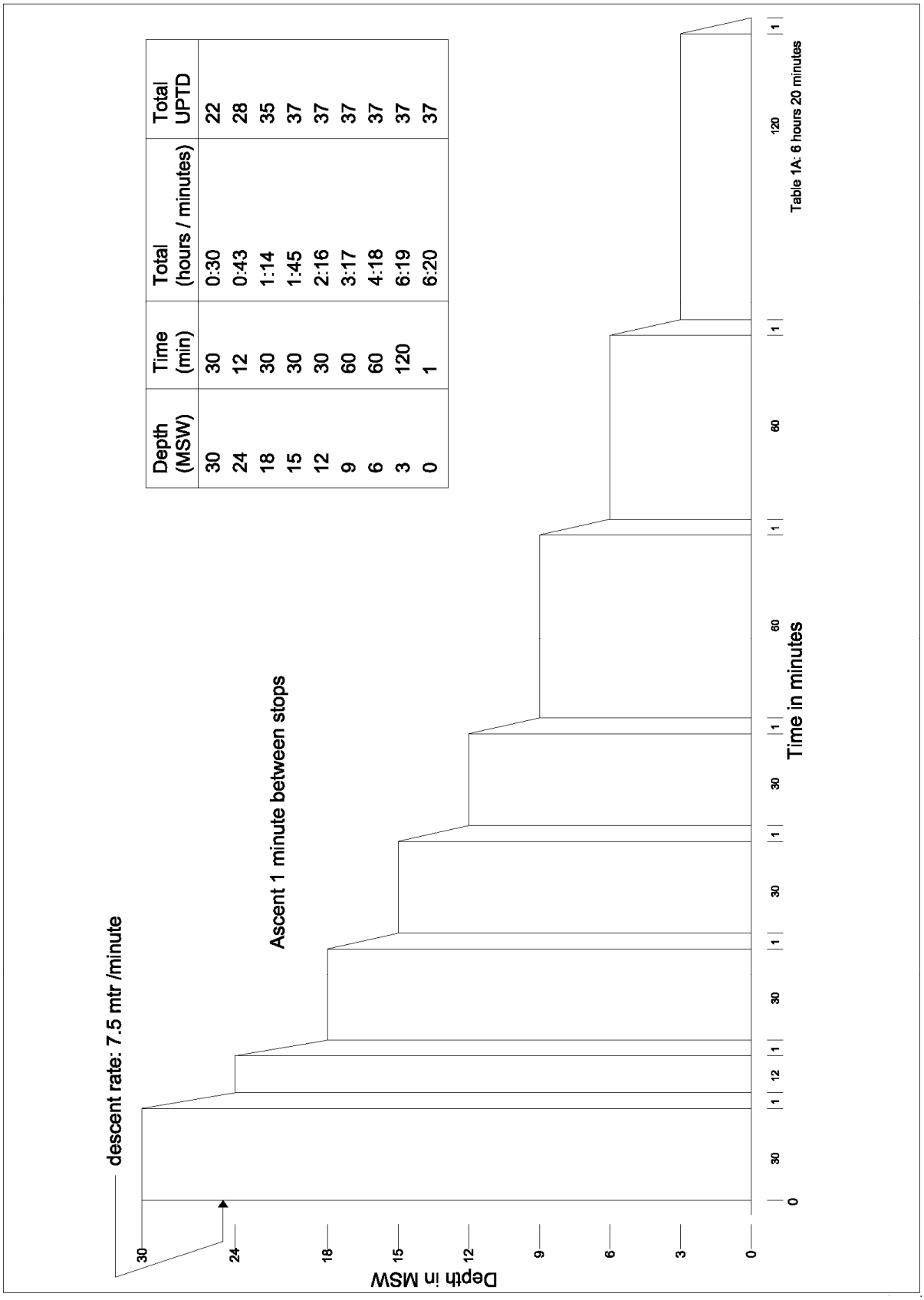
9. During the 120 minutes at the 3 metres stop, both the patient and the attendant must breathe oxygen (20 minutes oxygen/10 minutes air).

10. It oxygen breathing has to be interrupted it is not necessary that the table is extended.

11. **Table 4-ox may only be applied after consultation of a diving physician or in the case of an emergency (very serious, life threatening symptoms) if in spite of serious efforts a diving physician cannot be reached.**

AIR TREATMENT TABLE 1A

Depth (MSW)	Time (min)	Total (hours / minutes)	Total UPTD
30	30	0:30	22
24	12	0:43	28
18	30	1:14	35
15	30	1:45	37
12	30	2:16	37
9	60	3:17	37
6	60	4:18	37
3	120	6:19	37
0	1	6:20	37



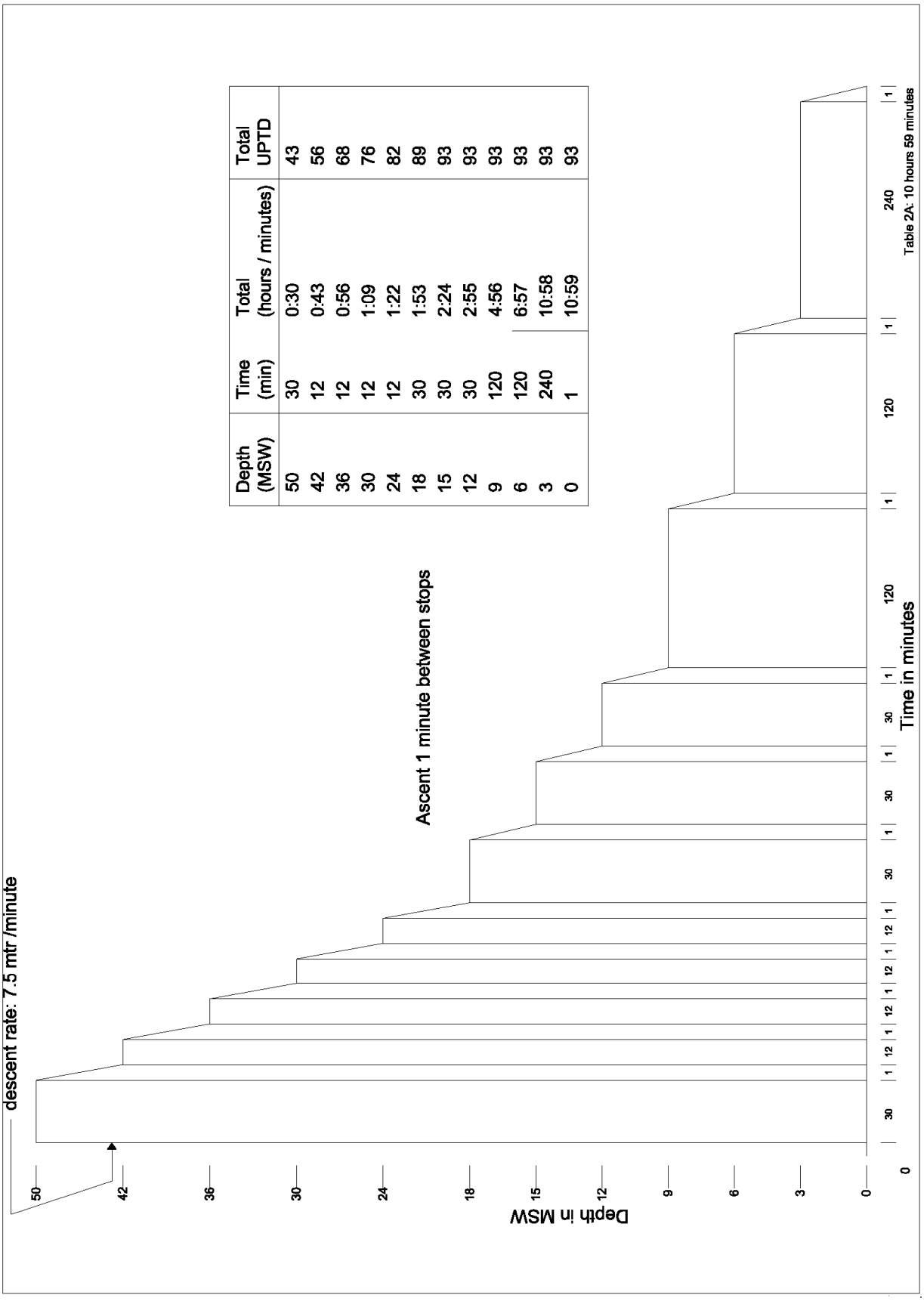
1. **Directions for use:**
   - **treatment of "pain-only" decompression sickness (type I), if oxygen cannot be administered and pain disappears at a depth less then 20 meters.**

2. Descent speed: 7,5 metres/minute.

3. Ascent speed: 1 minute between the stops.

4. The time at 30 metres starts at the beginning of the compression (so including the descent time!).

AIR TREATMENT TABLE 2A



Depth (MSW)	Time (min)	Total (hours / minutes)	Total UPTD
50	30	0:30	43
42	12	0:43	56
36	12	0:56	68
30	12	1:09	76
24	12	1:22	82
18	30	1:53	89
15	30	2:24	93
12	30	2:55	93
9	120	4:56	93
6	120	6:57	93
3	240	10:58	93
0	1	10:59	93

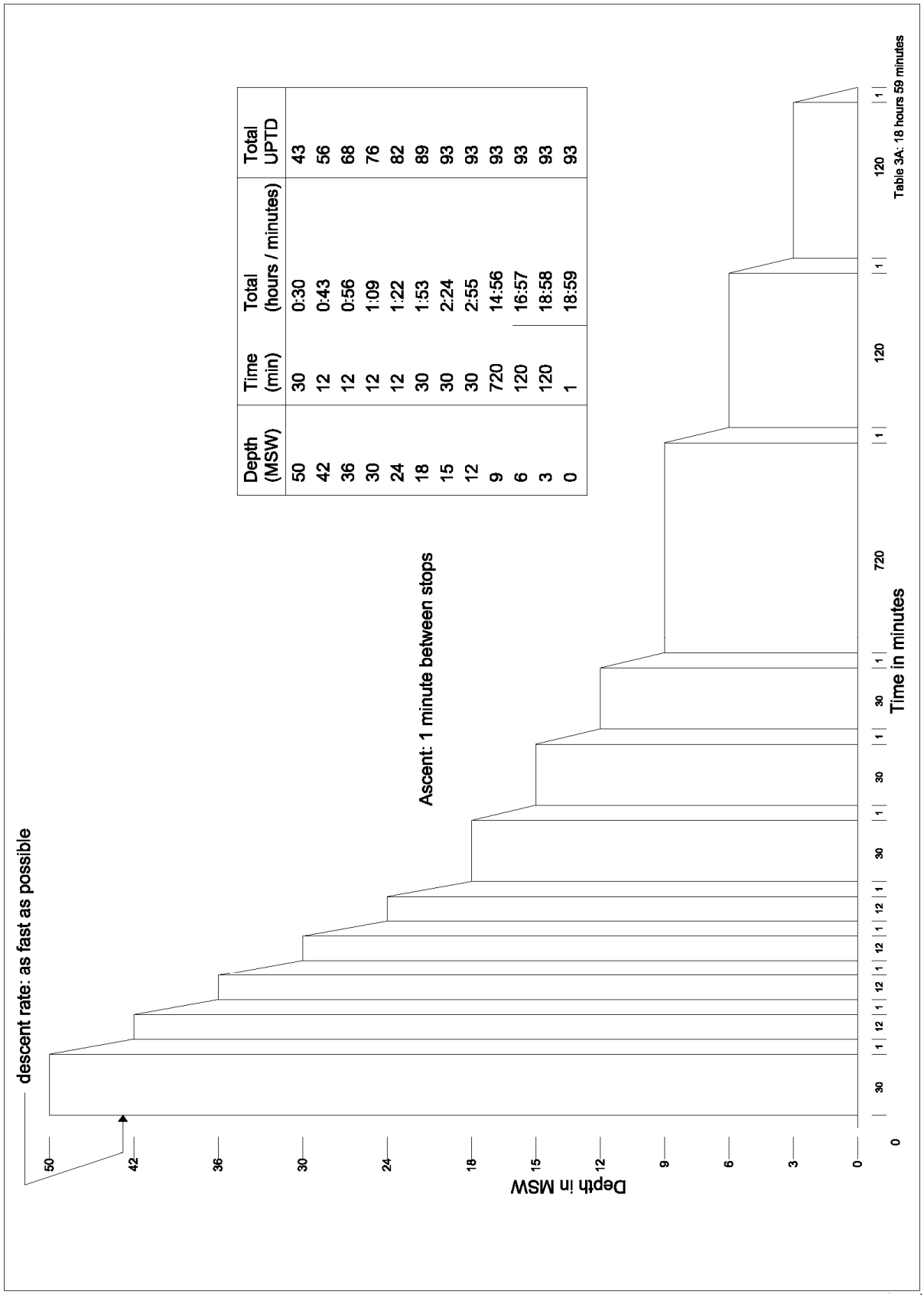
1. **Directions for use:**
   - **treatment of "pain-only" decompression sickness (type I), if oxygen cannot be administered and pain disappears at depth greater than 20 meters.**

2. Descent speed: 7,5 metres/minute.

3. Ascent speed: 1 minute between the stops.

4. The time at 50 metres starts at the beginning of the compression (so including the descent time!)

AIR TREATMENT TABLE 3



Depth (MSW)	Time (min)	Total (hours / minutes)	Total UPTD
50	30	0:30	43
42	12	0:43	56
36	12	0:56	68
30	12	1:09	76
24	12	1:22	82
18	30	1:53	89
15	30	2:24	93
12	30	2:55	93
9	720	14:56	93
6	120	16:57	93
3	120	18:58	93
0	1	18:59	93

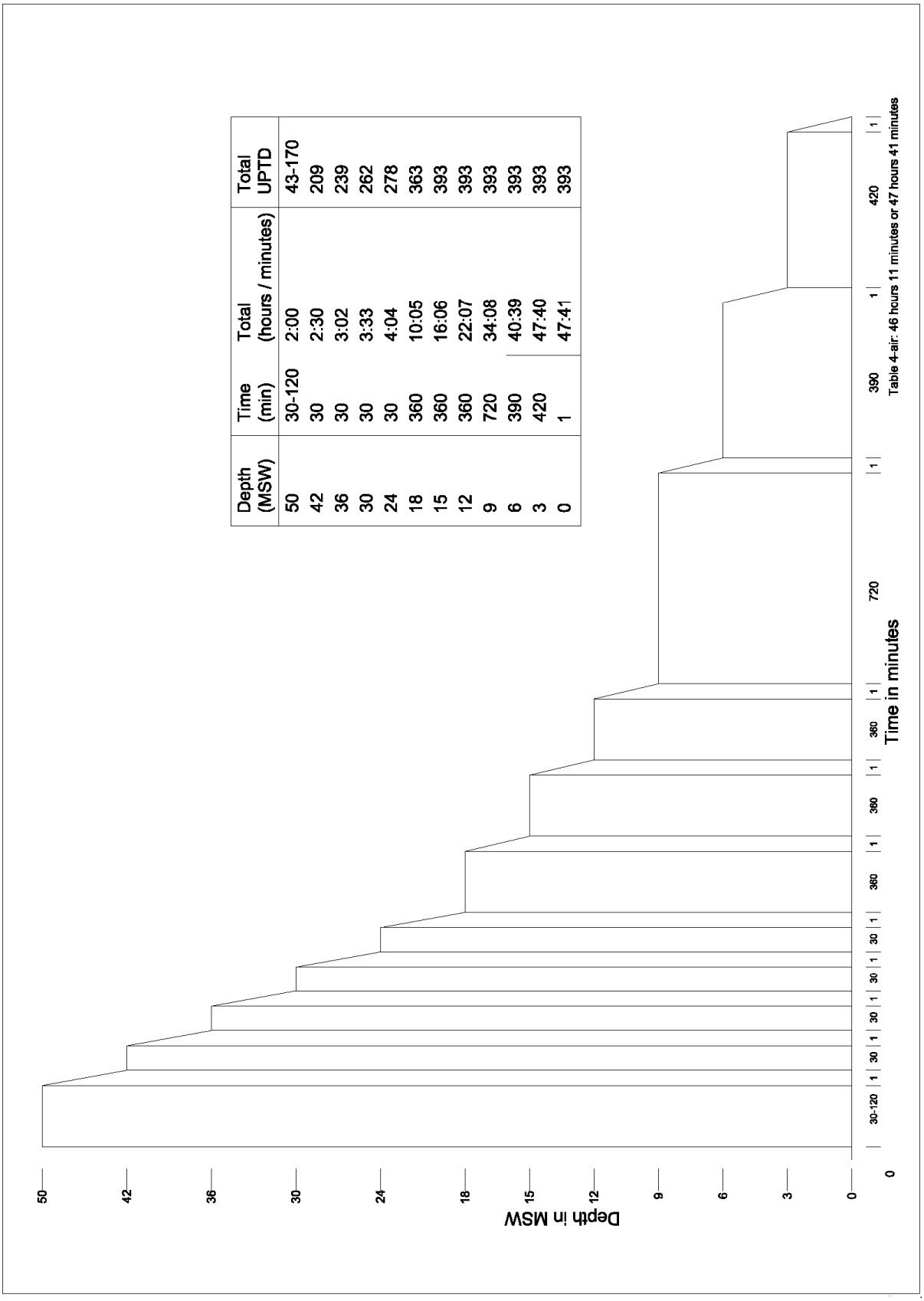
1. **Directions for use:**
   - **treatment of serious symptoms of decompression sickness(type II) if no oxygen is available and symptoms disappear within 30 minutes at 50 metres.**

2. Descent speed: as fast as possible

3. Ascent speed: 1 minute between the stops.

4. The time at 50 metres starts at the beginning of the compression (so includes the descent time!).

AIR TREATMENT TABLE 4-AIR



Depth (MSW)	Time (min)	Total (hours / minutes)	Total UPTD
50	30-120	2:00	43-170
42	30	2:30	209
36	30	3:02	239
30	30	3:33	262
24	30	4:04	278
18	360	10:05	363
15	360	16:06	393
12	360	22:07	393
9	720	34:08	393
6	390	40:39	393
3	420	47:40	393
0	1	47:41	393

1. **Directions for use:**
   - **treatment of gas embolism or serious symptoms of decompression sickness(type II) if no oxygen is available and symptoms do not disappear within 30 minutes at 50 metres, with the use of table 3.**

2. Descent speed: as fast as possible

3. Ascent speed: 1 minute between the stops.

4. The time at 50 metres starts at the beginning of the compression (so including the descent time!).

5. **Table 4-air may only be applied after consultation of a diving physician or in the case of an emergency (very serious, life threatening symptoms) if in spite of serious efforts a diving doctor cannot be reached.**

INFORMATION LIST DIVING ACCIDENTS

Name of diver:		Local time:	
Age :		Date :	

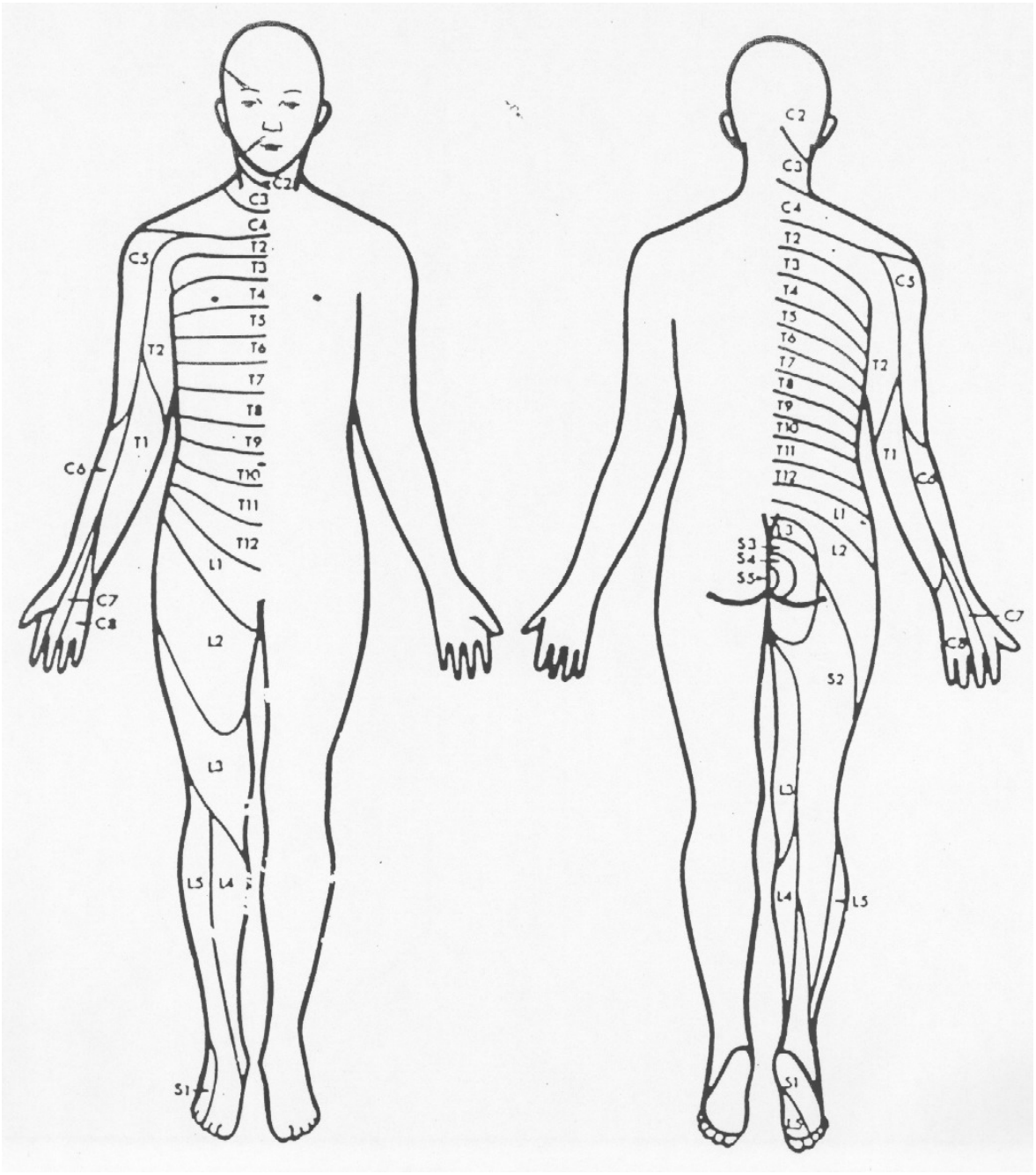
CODE	DESCRIPTION	ANSWER	
A1	Time of descent		hour
A2	Dive depth		meter
A3	Dive time		minutes
A4	Decompression dive	yes / no	
A5	Decompression profile (table/ table depth / table time)		
A6	Breathing gas (air / mixed gas)		
A7	Diving equipment (SCUBA/SSE/bell)		
A8	Workload (heavy/medium/light)		
A9	Condition of diver after surfacing (good/bad)		
A10	Time elapsed first symptoms after dive		minutes
A11	Does the diver uses any medication		
A12	Sufficient oxygen available for treatment (yes / no)		
A13	Kind of treatment started (table / number)		
A14	What time has treatment commenced (local time)		hour
A15	Situation of accident (short description)		
B	PREVIOUS DIVES	ANSWER	
B1	Date		
B2	Time of descent		hour
B3	Dive depth		meter
B4	Dive time		minutes
B5	Decompression dive	yes / no	
B6	Decompression profile (table/ table depth / table time)		
C	CONDITION OF PATIENT (TO BE CHECKED)	ANSWER	
C1	Regular breathing pattern	yes / no	
C2	Breathing rate		/min
C3	Pulse rate		/min
C4	Orientation in time, place and person in order	yes / no	
C5	Amnesia (for previous or recent happenings)	yes / no	
C6	Muscular strength normal	yes / no	
C7	Speech normal	yes / no	
D	SYMPTONS	ANSWER	LOCATION
D1	Joint pains	yes / no	
D2	Headache	yes / no	
D3	Nose bleeding	yes / no	
D4	Chest pains	yes / no	
D5	Oppression of the chest	yes / no	
D6	Muscle spasm	yes / no	
D7	Muscle weakness	yes / no	
D8	Paralysis	yes / no	
D9	Problems with breathing	yes / no	
D10	Affection of the skin (rash or coloration)	yes / no	
D11	Numbness	yes / no	
D12	Itching or tingling	yes / no	
D13	Hearing problems	yes / no	
D14	Dizziness	yes / no	
D15	Equilibrium problems	yes / no	
D16	Tendency of falling, if so, to which side	yes / no	left / right
D17	Vision problems	yes / no	
D18	Anxiety	yes / no	
D19	Nausea / vomiting	yes / no	
D20	Convulsions (if unconscious)	yes / no	
D21	Unconsciousness	yes / no	
E	OTHER SPECIFIC SYMPTONS (DESCRIPTION		

TREATMENT CHECK LIST

CODE	Name of patient:	Depth			Depth		
		Time			Time		
		Breathing gas			Breathing gas		
		Pulse			Pulse		
		Breathing			Breathing		
		Medicine			Medicine		
	Functions	Normal		Comments	Normal		Comments
1	Consciousness	Yes	No		Yes	No	
2	Orientation in time, place and person						
3	Memory						
4	Pupil size/reflexes L-R						
5 a b c d e f g	 Smell Sight L-R Eye movement Chew / smile / tongue Hearing L-R Speech Shoulder lifting						
6 a b c d e	Reflexes Belly L-R Arm TPR L-R Arm BPR L-R Leg TPR L-R Leg TPR L-R						
7	Movement / coordination						
8	Equilibrium (Romberg)						
9	Sensory disorder on the skin						
10	Muscle use / strength						
11	Urinating						

TREATMENT CHECK LIST EXPLANATORY NOTES

CODE		
	Depth	
	Time	
	Breathing gas	
	Pulse	Do not use thumb: risk of monitoring your own pulse.
	Breathing	Monitor frequency and regularity. Listen with stethoscope and compare left and right side.
	Medicine	All medicines that are used for treatment including fluids (intravenous or oral).
1	Consciousness	Performance of task or reaction to pain stimulus.
2	Orientation in time, place and person	What time is it, what day is it, what date? Who are you, where are you, how old are you?
3	Memory	Short term memory: what has happened the last hour?
4	Pupil size/reflexes L-R	Make a block / separation with your hand between his eyes (on his nose) and shine with a light in **one** eye. Both pupils should narrow. Repeat at the other eye.
5		
a	Smell	Has the patient a sensory of smell or does he smell things that are not there? (smoke, rubber)
b	Sight L-R	Examine field of vision and eyesight.
c	Eye movement	Patient has to keep his head still and follow your finger (left-right, up and down). Be suspicious of "rapid eye movements" (nystagmus) when eyes are in its extremities.
d	Chew / smile / tongue	Put jaws together, smile and stick out tongue straight.
e	Hearing L-R	Use tuning-fork. Put tuning fork on the skull behind the ear and then in front of the ear. In front of the ear should be heard louder than on the skull. (test of Rinne). With anomalies: put tuning fork in the middle on the patients head (test of Weber). If the sound sensation is heard towards the ear with the anomaly than it is middle ear problem. If the sound sensation is heard towards the good ear than it's an inner ear problem.
f	Speech	
g	Shoulder lifting	Put your hands on the patient's shoulder and put a little force on it. Instruct the patient to lift his shoulders towards his ears.
6	Reflexes	
	Belly L-R	Brush with the back of a reflex hammer over the belly from outwards towards the navel. The naval should move to the side where you brush the reflex hammer.
	Arm TPR L-R	Stroke with the reflex hammer above the elbow. The triceps should contract.
	Arm BPR L-R	Put the patient's arm bend on his belly. Put your thumb on the bicep's tendon and strike with the reflex hammer on your thumb. The biceps should contract.
	Leg TPR L-R	Bend the knees a little and strike with the reflex hammer just below the kneecap. The upper leg muscle should contract.
	Leg TPR L-R	Brush with the back of the reflex hammer over the foot sole starting at the heel moving outwards towards the big toe. The big to should move downwards. If the big toe moves up then it's an anomaly (Babinski)
7	Movement / coordination	Watch patient walk. Tendency to fall to one side? Walk of a drunken man? Coordination arms: close eyes, spread arms, touch your nose with your forefinger (L+R). Close eyes, spread arms, put your 2 forefinger together. Coordination legs: move heel of the left foot to the right knee and move it downwards over the shinbone and v.v.
8	Equilibrium (Romberg)	Close eyes and stretch arms forwards with the palm of the hand up. Patient should be able to hold his arms still and does not have the tendency to fall.
9	Sensory disorder on the skin	Examine sensory of the skin (blunt/sharp) according attached drawing. Patient should lie down with the palms of his hands upwards.
10	Muscle use / strength	Examine muscle strength: hands, arms, legs. Shake hand and have patient squeeze it. Have patient stretch/bend his arms and legs while holding them.
11	Urinating	Patient should be able to urinate.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