

Table 12-4. Surface-Supplied Helium-Oxygen Decompression Table
(DESCENT RATE 75 FPM—ASCENT RATE 30 FPM)

			Decompression Stops (fsw)																	Chamber O ₂ Periods	
			Stop times (min) include travel time, except first HeO ₂ and first O ₂ stop																		
Depth (fsw)	Bottom Time (min.)	Time to First Stop (min:sec)	190	180	170	160	150	140	130	120	110	100	90	80	70	60	50	40	30		20
60			BOTTOM MIX										50% O ₂					100% O ₂			
	10	2:00																		0	0
	20	2:00																		0	0
	30	2:00																		0	0
	40	2:00																		0	0
	60	0:40																10	11	16	1
	80	0:40																10	13	22	2
	100	0:40																10	16	27	2
	120	0:40																10	17	28	2
70	10	2:20																		0	0
	20	2:20																		0	0
	30	2:20																		0	0
	40	1:00																10	10	16	1
	60	1:00																10	14	24	2
	80	1:00																10	18	30	2
	100	1:00																10	19	34	2
	120	1:00																10	21	37	2
80	10	2:40																		0	0
	20	2:40																		0	0
	25	2:40																		0	0
	30	1:20																10	11	16	1
	40	1:20																10	13	21	2
	60	1:20																10	18	32	2
	80	1:20																10	21	38	2
	100	1:20																10	24	42	3
120	1:20																10	25	45	3	
90	10	3:00																		0	0
	20	3:00																		0	0
	30	1:40																10	13	21	2
	40	1:40																10	16	26	2
	60	1:40																10	21	38	2
	80	1:40																10	25	45	3
	100	1:40																10	28	50	3
	120	1:40																10	29	52	3

Table 12-4. Surface-Supplied Helium-Oxygen Decompression Table (Continued).
(DESCENT RATE 75 FPM—ASCENT RATE 30 FPM)

			Decompression Stops (fsw)																	Chamber O ₂ Periods	
			Stop times (min) include travel time, except first HeO ₂ and first O ₂ stop																		
Depth (fsw)	Bottom Time (min.)	Time to First Stop (min:sec)	190	180	170	160	150	140	130	120	110	100	90	80	70	60	50	40	30		20
			BOTTOM MIX										50% O ₂						100% O ₂		
100	10	3:20																		0	0
	15	3:20																		0	0
	20	2:00																10	11	17	1
	30	2:00																10	15	24	2
	40	2:00																10	18	32	2
	60	2:00																10	25	44	3
	80	2:00																10	28	52	3
	100	2:00																10	31	56	3
	120	2:00																10	32	58	3
110	10	2:20																10	8	11	1
	20	2:20																10	12	20	1
	30	2:20																10	17	28	2
	40	2:20																10	20	36	2
	60	2:20																10	27	49	3
	80	2:20																10	31	58	3
	100	2:20																10	33	62	4
	Exceptional Exposure -----																				
	120	2:20																10	35	64	4
120	10	2:40																10	9	13	1
	20	2:40																10	14	23	2
	30	2:40																10	19	33	2
	40	2:40																10	23	42	3
	60	2:40																10	30	55	3
	80	2:40																10	34	63	4
	100	2:40																10	36	66	4
	Exceptional Exposure -----																				
	120	2:20																10	10	35	65
130	10	2:40															10	10	6	8	1
	20	2:40															10	10	12	19	1
	30	2:40															10	10	18	30	2
	40	2:20														7	10	10	22	40	3
	60	2:20														7	10	10	29	52	3
	80	2:20														7	10	10	33	60	3
	Exceptional Exposure -----																				
	100	2:20														7	10	10	35	64	4
	120	2:20														7	11	11	35	66	4

Max O₂=32.3%
Min O₂=14.0%

Max O₂=30.0%
Min O₂=14.0%

Max O₂=28.0%
Min O₂=14.0%

Max O₂=26.3%
Min O₂=14.0%

Table 12-4. Surface-Supplied Helium-Oxygen Decompression Table (Continued).
(DESCENT RATE 75 FPM—ASCENT RATE 30 FPM)

			Decompression Stops (fsw)																	Chamber O ₂ Periods		
			Stop times (min) include travel time, except first HeO ₂ and first O ₂ stop																			
Depth (fsw)	Bottom Time (min.)	Time to First Stop (min:sec)	190	180	170	160	150	140	130	120	110	100	90	80	70	60	50	40	30		20	
140			BOTTOM MIX											50% O ₂						100% O ₂		
	10	3:00															10	10	6	8	1	
	20	3:00															10	10	12	19	1	
	30	3:00															10	10	18	30	2	
	40	2:40														7	10	10	22	40	2	
	60	2:40														7	10	10	29	52	3	
	80	2:40														7	10	10	33	60	3	
Exceptional Exposure																						
	100	2:40														7	10	10	35	64	4	
	120	2:40														7	11	11	35	66	4	
150	10	3:20															10	10	7	8	1	
	20	3:00														7	10	10	14	22	2	
	30	3:00														7	10	10	19	34	2	
	40	3:00														7	10	10	24	44	3	
	60	3:00														7	10	10	31	56	3	
	80	3:00														7	10	10	35	64	4	
	Exceptional Exposure																					
	100	3:00														7	13	13	36	66	4	
	120	3:00														9	16	16	36	66	5	
160	10	3:20														7	10	10	8	10	1	
	20	3:20														7	10	10	15	24	2	
	30	3:20														7	10	10	21	37	2	
	40	3:20														7	10	10	26	47	3	
	60	3:00													7	6	10	10	30	56	3	
	Exceptional Exposure																					
		80	3:00													7	9	10	10	35	66	4
	100	3:00													7	13	14	14	35	66	5	
	120	3:00													7	17	17	17	36	66	5	
170	10	3:20													7	0	10	10	8	12	1	
	20	3:20													7	0	10	10	16	28	2	
	30	3:20													7	1	10	10	23	42	3	
	40	3:20													7	4	10	10	28	52	3	
	60	3:20													7	10	10	10	33	62	4	
	Exceptional Exposure																					
		80	3:20													9	14	14	14	35	66	4
	100	3:00												7	5	18	18	18	36	66	5	
	120	3:00												7	9	21	21	21	36	66	5	

Table 12-4. *Surface-Supplied Helium-Oxygen Decompression Table (Continued).*
(DESCENT RATE 75 FPM—ASCENT RATE 30 FPM)

[illegible]

Table 12-4. Surface-Supplied Helium-Oxygen Decompression Table (Continued).
(DESCENT RATE 75 FPM—ASCENT RATE 30 FPM)

			Decompression Stops (fsw)																	Chamber O ₂ Periods		
			Stop times (min) include travel time, except first HeO ₂ and first O ₂ stop																			
Depth (fsw)	Bottom Time (min.)	Time to First Stop (min:sec)	190	180	170	160	150	140	130	120	110	100	90	80	70	60	50	40	30		20	
180			BOTTOM MIX											50% O ₂						100% O ₂		
	10	3:40														7	0	10	10	9	14	1
	20	3:40														7	0	10	10	17	30	2
	30	3:40														7	4	10	10	25	45	3
	40	3:20												7	0	8	10	10	30	54	3	
	60	3:20												7	5	11	11	11	35	64	4	
	Exceptional Exposure																					
	80	3:20													7	9	15	15	15	36	66	4
	100	3:20													7	13	19	19	19	36	66	5
	120	3:20													7	17	23	23	23	36	66	6
190	10	4:00													7	0	10	10	10	15	1	
	20	3:40												7	0	2	10	10	19	34	2	
	30	3:40												7	0	7	10	10	26	46	3	
	40	3:40												7	4	9	10	10	31	56	3	
	Exceptional Exposure																					
	60	3:40												7	9	13	13	13	34	62	4	
	80	3:20											7	3	13	18	18	18	36	66	5	
	100	3:20											7	6	16	21	21	21	36	66	6	
	120	3:20											7	8	20	23	23	23	36	66	7	
	Exceptional Exposure																					
200	10	4:00												7	0	0	10	10	11	17	1	
	20	4:00												7	0	4	10	10	20	36	2	
	30	3:40											7	0	3	7	10	10	27	50	3	
	40	3:40											7	0	7	10	10	10	31	58	3	
	Exceptional Exposure																					
	60	3:40											7	4	10	14	14	14	35	66	4	
	80	3:40											7	8	14	18	18	18	36	66	5	
	100	3:40											7	12	17	23	23	23	36	66	6	
	120	3:40											8	15	21	23	23	23	36	66	7	
	Exceptional Exposure																					
210	10	4:20												7	0	0	10	10	12	19	1	
	20	4:00											7	0	1	6	10	10	22	38	2	
	30	4:00											7	0	6	7	10	10	29	53	3	
	40	4:00											7	3	9	10	10	10	33	60	3	
	Exceptional Exposure																					
	60	3:40										7	0	9	11	17	17	17	35	66	5	
	80	3:40										7	3	11	15	20	20	20	36	66	6	
	100	3:40										7	6	14	19	23	23	23	36	66	7	
	120	3:40										7	8	18	23	23	23	23	36	66	7	
	Exceptional Exposure																					

Max O₂=20.1%
Min O₂=14.0%

Max O₂=19.2%
Min O₂=14.0%

Max O₂=18.4%
Min O₂=14.0%

Max O₂=17.7%
Min O₂=10.0%

Table 12-4. Surface-Supplied Helium-Oxygen Decompression Table (Continued).
(DESCENT RATE 75 FPM—ASCENT RATE 30 FPM)

			Decompression Stops (fsw)																	Chamber O ₂ Periods		
			Stop times (min) include travel time, except first HeO ₂ and first O ₂ stop																			
Depth (fsw)	Bottom Time (min.)	Time to First Stop (min:sec)	190	180	170	160	150	140	130	120	110	100	90	80	70	60	50	40	30		20	
220			BOTTOM MIX										50% O ₂						100% O ₂			
	10	4:40													7	0	2	10	10	13	20	1
	20	4:20												7	0	3	7	10	10	23	41	3
	30	4:20												7	2	6	9	10	10	30	54	3
	40	4:00										7	0	6	9	11	11	11	34	62	4	
	Exceptional Exposure																					
	60	4:00										7	4	9	12	18	18	18	36	66	5	
	80	4:00										7	8	12	17	21	21	21	36	66	6	
	100	4:00										7	12	15	20	23	23	23	36	66	7	
	120	4:00										8	14	19	23	23	23	23	36	66	8	
230																						
	10	4:40											7	0	0	3	10	10	14	22	2	
	20	4:20									7	0	3	4	7	10	10	24	44	3		
	30	4:20									7	0	5	7	10	10	10	31	57	3		
	40	4:00								7	0	3	7	9	13	13	13	34	64	4		
	Exceptional Exposure																					
	60	4:00								7	0	8	10	14	18	18	18	36	66	6		
	80	4:00								7	3	10	14	18	23	23	23	36	66	7		
	100	4:00								7	6	12	17	23	23	23	23	36	66	8		
	120	4:00								7	7	16	19	23	23	23	23	36	66	8		
240																						
	10	4:40									7	0	0	3	4	10	10	14	24	2		
	20	4:40									7	0	3	5	7	10	10	25	46	3		
	30	4:20								7	0	3	6	7	10	10	10	32	58	3		
	40	4:20								7	0	5	8	9	14	14	14	35	64	4		
	Exceptional Exposure																					
	60	4:20								7	4	8	11	14	19	19	19	36	66	6		
	80	4:20								7	7	11	16	18	23	23	23	36	66	7		
	100	4:20								7	10	14	19	23	23	23	23	36	66	8		
	120	4:00								7	3	12	17	19	23	23	23	36	66	8		
250																						
	10	5:00									7	0	0	3	4	10	10	15	25	2		
	20	4:40								7	0	0	3	7	7	10	10	26	47	3		
	30	4:40								7	0	4	6	8	10	10	10	32	60	4		
	40	4:40								7	2	5	9	9	14	14	14	35	64	4		
	Exceptional Exposure																					
	60	4:20								7	0	7	9	12	16	21	21	21	36	66	6	
	80	4:20								7	3	9	13	15	21	23	23	36	66	7		
	100	4:20								7	6	11	14	19	23	23	23	36	66	8		
	120	4:20								7	8	13	19	20	23	23	23	36	66	8		

Table 12-4. Surface-Supplied Helium-Oxygen Decompression Table (Continued).
(DESCENT RATE 75 FPM—ASCENT RATE 30 FPM)

			Decompression Stops (fsw)																	Chamber O ₂ Periods		
			Stop times (min) include travel time, except first HeO ₂ and first O ₂ stop																			
Depth (fsw)	Bottom Time (min.)	Time to First Stop (min:sec)	190	180	170	160	150	140	130	120	110	100	90	80	70	60	50	40	30		20	
260			BOTTOM MIX										50% O ₂							100% O ₂		
	10	5:00									7	0	0	0	4	4	10	10	16	27	2	
	20	5:00									7	0	3	4	6	7	10	10	27	50	3	
	30	4:40								7	0	2	5	6	9	10	10	10	33	62	4	
	40	4:40								7	0	3	8	9	10	15	15	15	35	64	5	
	Exceptional Exposure																					
	60	4:40								7	3	7	10	14	16	21	21	21	36	66	6	
	80	4:40								7	6	10	13	17	23	23	23	23	36	66	7	
	100	4:20							7	2	9	13	16	20	23	23	23	23	36	66	8	
	120	4:20							7	4	11	14	19	20	23	23	23	23	36	66	8	
270	10	5:20								7	0	0	3	3	4	10	10	17	28	2		
	20	5:00							7	0	0	3	6	6	8	10	10	29	52	3		
	30	5:00							7	0	3	6	6	9	13	13	13	34	62	4		
	Exceptional Exposure																					
	40	4:40							7	0	2	5	8	8	12	16	16	16	35	66	5	
	60	4:40							7	0	6	8	10	14	19	23	23	23	36	66	6	
	80	4:40							7	3	8	11	14	17	23	23	23	23	36	66	7	
	100	4:40							7	5	11	13	16	20	23	23	23	23	36	66	8	
	120	4:40							7	8	12	16	19	20	23	23	23	23	36	66	8	
	280	10	5:40								7	0	0	3	3	4	10	10	18	31	2	
20		5:20							7	0	0	4	6	7	7	10	10	30	54	3		
30		5:00							7	0	1	5	9	9	12	12	12	35	64	4		
Exceptional Exposure																						
40		5:00							7	0	4	6	8	9	12	17	17	17	35	66	5	
60		5:00							7	4	6	8	12	15	18	23	23	23	36	66	7	
80		4:40						7	0	7	9	11	15	17	23	23	23	23	36	66	8	
100		4:40						7	2	9	11	15	17	20	23	23	23	23	36	66	8	
120		4:40						7	4	11	13	16	19	20	23	23	23	23	36	66	8	
290		10	5:40							7	0	0	0	4	3	4	10	10	19	33	2	
	20	5:20						7	0	0	2	6	6	6	9	10	10	30	56	3		
	30	5:20						7	0	2	5	5	9	9	14	14	14	34	63	5		
	Exceptional Exposure																					
	40	5:20						7	0	5	7	8	11	13	17	17	17	35	66	5		
	60	5:00					7	0	6	7	9	12	15	20	23	23	23	36	66	7		
	80	5:00					7	2	8	10	12	16	19	23	23	23	23	36	66	8		
	100	5:00					7	5	10	12	15	19	20	23	23	23	23	36	66	8		
	120	5:00					7	8	11	16	17	19	20	23	23	23	23	36	66	8		

Table 12-4. Surface-Supplied Helium-Oxygen Decompression Table (Continued).
(DESCENT RATE 75 FPM—ASCENT RATE 30 FPM)

		Decompression Stops (fsw)																		Chamber O ₂ Periods		
		Stop times (min) include travel time, except first HeO ₂ and first O ₂ stop																				
Depth (fsw)	Bottom Time (min.)	Time to First Stop (min:sec)	190	180	170	160	150	140	130	120	110	100	90	80	70	60	50	40	30		20	
			BOTTOM MIX										50% O ₂							100% O ₂		
300	10	6:00								7	0	0	0	0	4	3	4	10	10	19	33	2
	20	5:40							7	0	0	2	6	6	6	9	10	10	30	56	3	
	30	5:40							7	0	2	5	5	9	9	14	14	14	34	63	5	
	Exceptional Exposure -----																					
Max O ₂ =12.9% Min O ₂ =10.0%	40	5:40							7	0	5	7	8	11	13	17	17	17	35	66	6	
	60	5:20						7	0	6	7	9	12	15	20	23	23	23	36	66	7	
	80	5:20						7	2	8	10	12	16	19	23	23	23	23	36	66	8	
	100	5:20						7	5	10	12	15	19	20	23	23	23	23	36	66	8	
	120	5:20						7	8	11	16	17	19	20	23	23	23	23	36	66	8	
310	Exceptional Exposure -----																					
	10	6:00							7	0	0	0	3	3	3	7	10	10	21	36	2	
	20	5:40						7	0	0	2	4	5	6	7	10	10	10	31	57	4	
	30	5:40						7	0	2	4	5	7	8	11	15	15	15	35	66	5	
Max O ₂ =12.5% Min O ₂ =10.0%	40	5:20					7	0	1	4	6	7	8	12	15	19	19	19	36	66	7	
	60	5:20					7	0	5	6	9	11	13	17	20	23	23	23	36	66	8	
	80	5:20					7	3	7	9	11	13	17	20	23	23	23	23	36	66	8	
	100	5:20					7	5	9	11	13	17	19	20	23	23	23	23	36	66	8	
	120	5:20					7	7	12	13	16	17	19	20	23	23	23	23	36	66	8	
320	Exceptional Exposure -----																					
	10	6:20							7	0	0	0	4	3	3	7	10	10	21	38	2	
	20	6:00						7	0	0	3	5	5	6	8	10	10	10	32	59	4	
	30	5:40					7	0	0	4	4	6	7	9	11	17	17	17	35	66	5	
Max O ₂ =12.2% Min O ₂ =10.0%	40	5:40					7	0	4	4	6	7	9	12	16	20	20	20	36	66	6	
	60	5:20				7	0	2	6	8	9	11	14	17	23	23	23	23	36	66	8	
	80	5:20				7	0	6	8	8	13	14	19	20	23	23	23	23	36	66	8	
	100	5:20				7	2	7	10	13	16	17	19	20	23	23	23	23	36	66	8	
	120	5:20				7	4	9	12	13	16	17	19	20	23	23	23	23	36	66	8	
330	Exceptional Exposure -----																					
	10	6:20						7	0	0	0	2	3	3	4	7	10	10	22	40	2	
	20	6:00					7	0	0	2	3	4	6	5	10	10	10	10	33	60	4	
	30	6:00					7	0	1	4	5	6	8	8	13	17	17	17	35	66	6	
Max O ₂ =11.8% Min O ₂ =10.0%	40	5:40				7	0	1	4	5	7	7	10	12	17	22	22	22	36	66	7	
	60	5:40				7	0	5	6	8	9	11	15	20	23	23	23	23	36	66	8	
	80	5:40				7	2	7	8	10	13	15	19	20	23	23	23	23	36	66	8	
	100	5:40				7	5	9	9	13	16	17	19	20	23	23	23	23	36	66	8	
	120	5:20			7	1	7	10	13	15	16	17	19	20	23	23	23	23	36	66	8	

Table 12-4. Surface-Supplied Helium-Oxygen Decompression Table (Continued).
(DESCENT RATE 75 FPM—ASCENT RATE 30 FPM)

		Decompression Stops (fsw)																		Chamber O ₂ Periods	
		Stop times (min) include travel time, except first HeO ₂ and first O ₂ stop																			
Depth (fsw)	Bottom Time (min.)	Time to First Stop (min:sec)	190	180	170	160	150	140	130	120	110	100	90	80	70	60	50	40	30		20
			BOTTOM MIX										50% O ₂						100% O ₂		
340	Exceptional Exposure -----																				
	10	6:40						7	0	0	0	3	3	3	4	7	10	10	23	41	3
	20	6:20					7	0	0	2	4	5	7	8	9	10	10	10	33	60	5
	30	6:00				7	0	0	3	5	5	6	8	9	13	18	18	18	35	66	6
	40	6:00				7	0	2	4	6	7	8	10	13	16	22	22	22	36	66	7
	60	5:40			7	0	3	5	6	9	10	13	16	18	21	23	23	23	36	66	8
	80	5:40			7	0	7	7	8	11	13	15	19	20	23	23	23	23	36	66	8
	100	5:40			7	2	8	8	12	13	16	17	19	20	23	23	23	23	36	66	8
	120	5:40			7	4	9	11	13	15	16	17	19	20	23	23	23	23	36	66	8
350	Exceptional Exposure -----																				
	10	6:40					7	0	0	0	2	2	3	3	5	7	10	10	24	43	3
	20	6:20				7	0	0	0	4	4	5	5	7	9	13	13	13	33	63	5
	30	6:20				7	0	1	4	4	5	7	8	11	13	18	18	18	36	66	6
	40	6:00			7	0	1	3	5	6	7	8	11	14	17	23	23	23	36	66	7
	60	6:00			7	0	5	5	8	8	11	12	16	19	23	23	23	23	36	66	8
	80	6:00			7	2	7	7	10	11	13	17	19	20	23	23	23	23	36	66	8
	100	5:40		7	0	6	8	9	11	15	16	17	19	20	23	23	23	23	36	66	8
	120	5:40		7	1	7	9	12	14	15	16	17	19	20	23	23	23	23	36	66	8
360	Exceptional Exposure -----																				
	10	7:00					7	0	0	0	2	2	3	3	7	7	10	10	25	44	3
	20	6:40				7	0	0	2	3	4	5	5	8	10	13	13	13	34	63	5
	30	6:20			7	0	0	3	3	5	6	7	8	11	13	19	19	19	36	66	7
	40	6:20			7	0	2	4	5	7	7	9	10	14	20	23	23	23	36	66	8
	60	6:20			7	2	5	6	7	9	11	14	16	19	23	23	23	23	36	66	8
	80	6:00		7	0	6	6	8	11	12	14	16	19	20	23	23	23	23	36	66	8
	100	6:00		7	2	7	8	11	13	13	16	17	19	20	23	23	23	23	36	66	8
	120	6:00		7	4	8	10	12	14	15	16	17	19	20	23	23	23	23	36	66	8

Table 12-4. Surface-Supplied Helium-Oxygen Decompression Table (Continued).
(DESCENT RATE 75 FPM—ASCENT RATE 30 FPM)

			Decompression Stops (fsw)																	Chamber O ₂ Periods	
			Stop times (min) include travel time, except first HeO ₂ and first O ₂ stop																		
Depth (fsw)	Bottom Time (min.)	Time to First Stop (min:sec)	190	180	170	160	150	140	130	120	110	100	90	80	70	60	50	40	30		20
BOTTOM MIX													50% O ₂						100% O ₂		
Exceptional Exposure -----																					
370	10	7:00				7	0	0	0	0	3	3	3	3	7	7	10	10	25	46	3
	20	6:40			7	0	0	0	3	4	4	5	5	8	10	13	13	13	34	63	5
	30	6:20		7	0	0	2	3	4	4	7	7	8	11	16	19	19	19	36	66	7
	40	6:20		7	0	0	4	4	5	6	8	10	11	14	20	23	23	23	36	66	8
	60	6:20		7	0	4	5	7	8	9	11	13	17	20	23	23	23	23	36	66	8
	80	6:00	7	0	3	6	7	9	10	12	15	17	19	20	23	23	23	23	36	66	8
	100	6:00	7	0	6	7	9	10	14	15	16	17	19	20	23	23	23	23	36	66	8
	120	6:00	7	1	7	9	11	13	14	15	16	17	19	20	23	23	23	23	36	66	8
	Exceptional Exposure -----																				
380	10	7:20				7	0	0	0	0	3	3	3	3	7	7	10	10	25	46	3
	20	7:00			7	0	0	0	3	4	4	5	5	8	10	13	13	13	34	63	6
	30	6:40		7	0	0	2	3	4	4	7	7	8	11	16	19	19	19	36	66	7
	40	6:40		7	0	0	4	4	5	6	8	10	11	14	20	23	23	23	36	66	8
	60	6:40		7	0	4	5	7	8	9	11	13	17	20	23	23	23	23	36	66	8
	80	6:20	7	0	3	6	7	9	10	12	15	17	19	20	23	23	23	23	36	66	8
	100	6:20	7	0	6	7	9	10	14	15	16	17	19	20	23	23	23	23	36	66	8
	120	6:20	7	1	7	9	11	13	14	15	16	17	19	20	23	23	23	23	36	66	8

Max O₂=10.6%
Min O₂=10.0%

Max O₂=10.4%
Min O₂=10.0%