

# Dive Enriched Air Nitrox (EAN)

be less tired

dive longer

WHAT IS IT?

HOW CAN I GET CERTIFIED?

go back to [mayandivers.com](http://mayandivers.com)



A normal air fill has 21% Oxygen and 79% Nitrogen. Nitrogen can give us nitrogen narcosis at a depth of 100 feet and is one of the variables to determine the surface interval. If we go ahead and fill 32% Oxygen (standard fill) in the tank we have reduced the Nitrogen to 68%. Our body will now have less work and needs less time to get rid of the Nitrogen.

To get certified you watch a short video, read through the manual, answer two knowledge reviews, take an exam and off you go for your first dive with 32% EAN Nitrox. It only takes you 2 days! This is just a sample schedule and can be personalized.



stay well within the limits of recreational diving