

## Calculating how long your cylinder will last

Flow rate (litres per minute)	B10 continuous flow
0.5	70 hours 44 mins
1	35 hours 22 mins
1.5	23 hours 34 mins
2	17 hours 41 mins
3	11 hours 47 mins
4	8 hours 50 mins
6	5 hours 53 mins
8	4 hours 25 mins
15	2 hours 21 mins

Flow rate (litres per minute)	B2 continuous flow	Estimated duration with a conserver
0.1	70 hours	
0.2	35 hours	
0.5	14 hours	
1	7 hours	21 hours
2	3 hours 30 mins	10 hours
3	2 hours 20 mins	7 hours
4	1 hour 45 mins	5 hours
6	70 mins	3 hours 30 mins
8	52 mins	2 hours 36 mins
10	42 mins	
15	28 mins	

Flow rate (litres per minute)	B1 continuous flow	Estimated duration with a conserver
0.1	35 hours	
0.2	17 hours 30 mins	
0.5	7 hours	
1	3 hours 30 mins	10 hours 30 mins
2	1 hour 45 mins	5 hours 15 mins
3	70 mins	3 hours 30 mins
4	52 mins	2 hours 36 mins
6	35 mins	1 hour 45 mins
8	26 mins	1 hour 18 mins
10	21 mins	
15	14 mins	

### Note

If using a conserver with your cylinder expect the cylinder to last approximately 2-3 times longer. However the duration will vary according to your individual breathing rate and activity. You should always measure how long half a cylinder will last you to give you some indication on personal duration.