Liquid Nitrogen – Best Practices Picture This



The man is placing his face directly over the vapor of liquid nitrogen while it’s being poured. This is extremely dangerous. Liquid nitrogen vapor can displace oxygen, leading to dizziness or suffocation, and the extreme cold can cause cryogenic burns to the face or airways.

Never lean over or inhale vapors from a liquid nitrogen container.

Use proper PPE (face shield, cryogenic gloves, lab coat), work in well-ventilated areas, and ensure safe distancing during handling. Treat liquid nitrogen with the same caution you would a hazardous chemical.