

# Liquid Nitrogen – Safe Handling

## Picture This



The individual is pouring liquid nitrogen without any protective gloves or face shield. Liquid nitrogen is extremely cold ( $-196^{\circ}\text{C}$  /  $-321^{\circ}\text{F}$ ) and can cause severe frostbite or cold burns upon contact with skin. It also poses an asphyxiation risk in enclosed spaces due to oxygen displacement.

Always wear cryogenic gloves, face shield, and lab coat when handling liquid nitrogen. Ensure you're working in a well-ventilated area to prevent oxygen depletion. Never allow any part of your body to contact the liquid or the vapor. Safe procedures are essential to avoid serious injuries.