

Safety Procedure for **Liquid Nitrogen Basics**

General Liquid Nitrogen Safety:

1. Always wear fully covered shoes with either long pants (that cover the tops of the shoes) or sock protectors provided. This prevents pooling of liquid nitrogen in shoes.
2. Always remove all metal from hands, arms and feet (including rings, necklaces, bracelets, watches, anklets) before approaching liquid nitrogen.
3. Never splash liquid nitrogen towards people or in a person's face.
4. Never enter an airtight space, such as an elevator, with a container of liquid nitrogen.
5. Never run with a container of liquid nitrogen.
6. If pouring liquid from one container to another, always put the container being poured into on the floor for stability and reduction of spillage.
7. Never touch an item that has been frozen in liquid nitrogen with bare hands; always wear thick gloves provided.