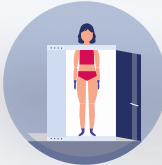


# PRECAUTIONS FOR LIQUID NITROGEN USE IN CRYOSAUNA ENVIRONMENTS



## WEAR APPROPRIATE PERSONAL PROTECTIVE EQUIPMENT



USERS SHOULD WEAR GLOVES, SOCKS, AND UNDERGARMENTS DURING CRYOTHERAPY.



EMPLOYEES CONNECTING CRYOGENIC LIQUID CONTAINERS TO CRYOSAUNAS SHOULD WEAR A FACE SHIELD, SAFETY GLASSES OR SAFETY GOGGLES, INSULATED GLOVES, AND CLOTHING THAT COVERS THE SKIN AND DOES NOT HAVE CUFFS OR FOLDS THAT COULD TRAP SPILLED CRYOGENIC LIQUID.



## DON'T LOWER YOUR HEAD INTO THE LIQUID NITROGEN VAPOR CLOUD



NITROGEN GAS IS COLORLESS, ODORLESS, AND TASTELESS AND DISPLACES OXYGEN IN THE AIR TO LEVELS THAT ARE UNSAFE, CAUSING ASPHYXIAATION.



## USE LIQUID NITROGEN IN WELL-VENTILATED AREAS



OXYGEN MONITORS SHOULD BE INSTALLED AND MAINTAINED. CHECK THE OXYGEN MONITOR TO CONFIRM OXYGEN LEVEL IS 19.5% OR GREATER.



## DON'T USE A CRYOSAUNA IF



YOU ARE UNATTENDED  
YOU ARE IMPAIRED  
YOU BECOME ILL OR FEEL UNWELL  
YOU FEEL OR BECOME DROWSY OR LETHARGIC



## AVOID DIRECT CONTACT WITH OR LONG-TERM EXPOSURE TO LIQUID NITROGEN



LIQUID NITROGEN IS -321 °F (-196 °C) AND CAN FREEZE HUMAN TISSUE ON CONTACT, WHICH CAN CAUSE SERIOUS INJURY.  
EXCEEDING RECOMMENDED THERAPY SESSION TIMES CAN LEAD TO SERIOUS INJURIES.



## ADDITIONAL HAZARD CONSIDERATIONS



MATERIALS THAT ARE NOT DESIGNED FOR CRYOGENIC SERVICE, SUCH AS GLASS OR PLASTIC, CAN SHATTER WHEN EXPOSED TO LIQUID NITROGEN.



REFER TO THE SAFETY DATA SHEET (SDS) FOR ADDITIONAL INFORMATION ON LIQUID NITROGEN.



DO NOT OPERATE A CRYOSAUNA UNLESS YOU HAVE BEEN PROPERLY TRAINED AND ARE AWARE OF EMERGENCY PROCEDURES.

