



PS-67—2022

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POSITION STATEMENT

NITROGEN SUPPLY FOR USE IN CRYOSAUNAS

Background

The Compressed Gas Association (CGA) is concerned with the risk of asphyxiation or other injuries to occupants of cryosaunas if appropriate precautions are not taken. Safety information is available on the risks associated with gaseous and liquid nitrogen used in cryosaunas. See CGA P-76, *Hazards of Oxygen-Deficient Atmospheres*, and CGA P-12, *Safe Handling of Cryogenic Liquids* [1, 2].

Questions have been raised regarding the grade of nitrogen to be supplied to cryosauna facilities in the United States. This position statement addresses those questions.

Question

What grade of nitrogen should be supplied to cryosauna facilities?

Answer

The grade of liquid nitrogen provided for use in cryosauna facilities should be consistent with its use and the understanding that generated gas and vapor may come in contact with the skin. As a minimum requirement, the liquid nitrogen supplied should be produced under good manufacturing procedures and should meet CGA G-10.1, *Commodity Specification for Nitrogen*, Table 1, QVL L specifications [3]. Nitrogen NF is a designated medical gas certified for use in hypoxic challenge testing. The use of designated medical gases for other indications may only be done at the direction of licensed practitioners. The grade of nitrogen used with medical devices should be based on the device's approval and indications for use. The U.S. Food and Drug Administration (FDA) Center for Devices and Radiological Health (CDRH) maintains a list of approved and cleared medical devices, Establishment Registration & Device Listing [4].

References

Unless otherwise specified, the latest edition shall apply.

[1] CGA P-76, *Hazards of Oxygen-Deficient Atmospheres*, Compressed Gas Association, Inc. www.cganet.com

[2] CGA P-12, *Safe Handling of Cryogenic Liquids*, Compressed Gas Association, Inc. www.cganet.com

[3] CGA G-10.1, *Commodity Specification for Nitrogen*, Compressed Gas Association, Inc. www.cganet.com

[4] Establishment Registration & Device Listing Database, U.S. Food and Drug Administration. www.accessdata.fda.gov/scripts/cdrh/cfdocs/cfRL/rl

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