

Personal Protective Equipment (PPE) Guide - Physical Hazards

Activity	Y/N	Potential Hazard	Applicable PPE
Working with cryogenic liquids.	If yes	Major skin, tissue, or eye damage.	Safety glasses or goggles for large volumes, impermeable insulated gloves, lab coat.
Removing freezer vials from liquid nitrogen	If yes	Vials may explode upon rapid warming. Cuts to face/neck and frostbite to hands	Face shield, impermeable insulated gloves, lab coat.
Working with very cold equipment or dry ice.	If yes	Frostbite, hypothermia.	Safety glasses, insulated gloves (possibly warm clothing), lab coat.
Working with hot liquids, equipment, open flames (autoclave, Bunsen burner, water bath, oil bath).	If yes	Burns resulting in skin or eye damage.	Safety glasses or goggles for large volumes, insulated gloves (impermeable insulated gloves for liquids, steam), lab coat.
Glassware washing.	If yes	Lacerations.	Heavy rubber gloves, lab coat.
Working with loud equipment, noises, sounds, alarms, etc.	If yes	Potential ear damage and hearing loss.	Earplugs or ear muffs as necessary.
Working with a centrifuge.	If yes	Imbalanced rotor can lead to broken vials, cuts, exposure.	Safety glasses or goggles, lab coat, latex, vinyl, or nitrile gloves.
Working with a sonicator.	If yes	Ear damage, exposure.	Safety glasses or goggles, lab coat, latex, vinyl, or nitrile gloves, ear plugs.
Working with sharps.	If yes	Cuts, exposure.	Safety glasses or goggles, lab coat, latex, vinyl, or nitrile