Before using any compressed gas cylinder, familiarize yourself with the properties and hazards of the material you are working with. Safety information can be obtained from the compressed gas cylinder supplier, a material Safety Data Sheet (MSDS) or by contacting UC Riverside Environmental Health and Safety. A list of safe and unsafe practices for Helium Cylinder use is provided below.

**Safe**
- Store and use helium cylinders in a well-ventilated area.
- Store and use helium cylinders in an upright secured position.
- Cylinders must be chained to the wall or placed in a safety stand at all times.
- Close cylinder valves after each use and when cylinder is empty.
- Remove regulator and replace the safety protective cap before transporting helium or any compressed gas cylinder.
- Use a cylinder cart to move cylinders.
- Always open cylinder regulator valves slowly.
- Stand to one side of the cylinder when opening the valve.

**Unsafe**
- Do not inhale helium from cylinders or balloons.
- Do not allow children to operate helium compressed gas cylinders.
- Do not leave helium cylinders unattended or in an unsupervised public place.
- Do not open the compressed gas cylinder valve without the proper regulator in place.
- Do not store or use helium compressed gas cylinders in hot areas, near open flames or electrical devices.
- Do not attempt to transfer helium from one cylinder to another.

For more information
Please review the Hazardous Materials Website at: [http://ehs.ucr.edu/hazardousmaterials/](http://ehs.ucr.edu/hazardousmaterials/).

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