

Spotlight On Safety

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DOSIMETRY Radiation Monitoring for Workers

The California Radiologic Health Branch sets limits for permissible radiation exposure to employees during a calendar year. Additionally, at UC Riverside, every effort is made to maintain radiation exposure As Low As Reasonably Achievable (ALARA).

Radiation Exposure Limits

Exposure Area	Limit
Whole Body	2.5 rem/yr
Lens of the Eye	7.5 rem/yr
Skin and Extremities	25 rem/yr
Embryo/Fetus	0.5 rem/entire period of gestation
Age 18 & below	Less than 10% of limits

Dosimetry Facts

- Do not take dosimeters home
- Do not share your dosimeter with anyone else
- Wear a dosimeter any time when you are working with radioactive materials
- Always wear your whole body dosimeter on the trunk of the body between collar and waist level
- Dosimeters are sent via campus mail the week before the next reporting period
- To speed up reporting process, please make every effort to exchange dosimeters during the first week of each month or calendar quarter (January, April, July, October)
- If your dosimeter is exposed to radiation/ contaminated with radioactive material, or your physician gives you a radiopharmaceutical for a nuclear medicine scan, inform EH&S as soon as possible
- When you are no longer using radioactive materials or if you are leaving the university, please let EHS know and return your dosimeter via campus mail
- Keep dosimeters dry, contamination free, and away from sources of heat
- If you work with radiation sources outside of UCR, contact EH&S to track total radiation dose for the year
- If a dosimeter is damaged or lost, EH&S will estimate dose and add to the worker's exposure record
- If you work with S-35, C-14, and/or H-3 a dosimeter is not required. If you have a question regarding if a dosimeter is required, contact EHS Radiation Safety at 951-827-5528.
- To request a dosimeter, please fill out the Badge request form which is located under Forms on the EHS website at https://ehs.ucr.edu/laboratory/radiation#manuals_regulations_forms

For more information visit www.ehs.ucr.edu or call 951-827-5528 if you have questions.