Training Outline

- Common Sources of Exposure
- NYC Regulations
- Potential Hazards
- Principles of Protection
- Declared Pregnant Workers
- Obligations of CODM Employees
Everybody on the planet is exposed to radiation

Radiation occurs naturally in the atmosphere, in building materials, even in our own bodies

Individuals are also exposed to man-made sources of radiation

Naturally occurring background (baseline) radiation levels in the United States averages approximately 3 mSv per year

The baseline radiation is not included in dosimeter reports

Exposure versus Contamination

- Radioactive Materials – Contamination & Exposure
- X-ray Devices – Exposure; A person receiving an x-ray is exposed to radiation but is not contaminated
The Changing Patterns of Radiation Use in the USA

* NCRP Report 93 (1987)
* NCRP Report 160 (2009)

* NCRP – National Council on Radiation Protection and Measurements
The Changing Patterns of Radiation Use in the USA

Average Effective Dose (1987)
3.6 mSv / year

Average Effective Dose (2009)
6.2 mSv / year
Common Sources of Radiation Exposure to CODM
The safe use of radiation is governed by Article 175 of the Rules of the City of New York.

CUMC and NYP use radiation under licenses and permits issued by the New York City Department of Health and Mental Hygiene.

Applicable regulations, radioactive materials licenses, x-ray registrations, conditions, information notices, bulletins, etc. are available for review by any CUMC and NYP employee by contacting Radiation Safety.
# New York City Regulations

<table>
<thead>
<tr>
<th>Exposure Type</th>
<th>Annual Limit (mrem)</th>
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<tbody>
<tr>
<td>Whole Body (Deep)</td>
<td>5,000</td>
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<tr>
<td>Lens of Eye</td>
<td>15,000</td>
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<tr>
<td>Whole Body (Shallow)</td>
<td>50,000</td>
</tr>
<tr>
<td>Extremity</td>
<td>50,000</td>
</tr>
<tr>
<td>Any Individual Organ</td>
<td>50,000</td>
</tr>
<tr>
<td>Embryo/Fetus (DPW)</td>
<td>500 /entire pregnancy</td>
</tr>
<tr>
<td></td>
<td>50 /month of pregnancy</td>
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</tbody>
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**Average annual exposure of CODM personnel is less than 10 mRem**
Potential Hazards for Radiation Workers

High Dose Risks
Deterministic Effects

- Threshold dose below which effect is not observed
- Severity of effect increases with increasing dose
  - e.g. Cataracts, erythema, fibrosis, hematopoietic damage

Low Dose Risks
Stochastic Effects

- No threshold dose for effects to appear
- Severity of effect is unchanged with increasing dose
  - e.g. Cancer
Principles of Radiation Protection

ALARA = As Low As Reasonably Achievable

**Time**
The less time exposed, the less dose received

**Distance**
The greater the distance, the less dose received

**Shielding**
A physical barrier of high-Z material (i.e. lead or concrete) can absorb photons

Only use machine when you have to

Stand outside room during exposure

Walls of most dental offices provide adequate shielding from x-rays

Radiation Safety
www.ehs.columbia.edu
Declared Pregnant Workers

- The embryo and fetus have a heightened sensitivity to radiation
- CUMC provides a voluntary and confidential program for workers/students who are pregnant while working with radiation
- The program provides for enhanced protection and dosimeter monitoring of the unborn child
- All individuals interested in the program should set up a confidential consultation with the Radiation Safety Officer
Obligations of CUMC Personnel

- Each employee has an obligation to report unsafe conditions to the Radiation Safety Office.
- Each employee has the right to be informed of occupational radiation safety exposure, and may request a dosimeter.
- Each employee has an obligation to return personal radiation dosimeters to the Radiation Safety Office in a timely manner.
Thank you!
Clinical Radiation Safety
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