

	Steps You Can Take to Limit Your Exposure to Radiation	Effective	December 1, 2005
		Originator	Dr. Richard Page
		Last Updated	December 1, 2005
		Updated by:	Dr. Richard Page

Steps You Can Take to Limit Your Exposure to Radiation

1. Purpose

This brief is prepared for workers that may be exposed to radiation or those that are using equipment that produces radiation.

2. Instructions

EXTERNAL RADIATION EXPOSURE CONTROL

X-rays: Your exposure to x-rays can be decreased using the following methods:

Time: Keep your time of exposure to a minimum. Design your experiment to minimize time in the radiation field. Be familiar with your experimental protocol so you can work quickly and efficiently.

Distance: Radiation intensity falls off quickly with distance (inverse square law), so maintain the maximum possible distance from the source at all times.

Shielding: Use lead shielding.

Diagnostic X-ray Machines: When you use an x-ray producing machine or assist a patient during a radiograph, follow the above listed general guidelines for time, distance, shielding, and the safety techniques listed below.

- Wear a lead apron and thyroid shields.
- Wear lead gloves and leaded glasses when appropriate.
- Do not routinely hold or support a patient.
- When applicable and safe for the patient utilize sedation and/or general anesthesia
- Rotate your duties with co-workers.
- Use cassette holders.

For additional information, contact your Ross University Director, Safety and Security,
Lynell Nolan
Office Phone: (869) 465-4161 Ext. 191
Cell Phone: (869) 662-2812
email: lnolan@rossvet.edu.kn

Version: 1.00	Page No. 1 of 1	Ross University
---------------	-----------------	-----------------