

## Personal Dosimetry Information

Dosimeters monitor external radiation exposure and when processed provides a permanent, lifetime record of occupational dose. Federal and State regulations require us to provide monitoring for anyone working in an area that *could* receive 10% of the annual occupational dose of 5,000 millirem.

To ensure timely notification of high exposures and compliance with regulations, please return your dosimeters(s) to your badge coordinator before the 15<sup>th</sup> of the month following each wear period.

Badges that are returned still in their wrappers are considered unused by the Radiation Safety Office and the University dosimetry processor. In order to be able to monitor your exposure, please remove the packaging from your dosimeter before exchanging it if you have been working near radiation.

**Luxel badges** - (whole body dosimeters) should be worn on the front portion of the trunk of the body between the waist and shoulders and in approximately the same location every time. As an example, if you wear the badge clipped to your belt, it should be worn there each time. (If a leaded apron is worn for x-ray work, the dosimeter should be worn *outside* the apron.)

**Rings** - should be worn on your dominant hand. If you are assigned 2 (two) rings, they are marked and should be worn on the correct hand for accurate exposure readings. On the third line of print on the ring, you will see Wear date (+) "R" for right or "L" for left. *If wearing gloves, the ring should be worn under the gloves.*

**Storage** - Dosimeters should not be taken home or kept in your car, but left in a neutral place at work. If your area does not have a badge board, a desk drawer (not in or near a radiation area) or locker should be a safe place.

**Lost/Damaged/Contaminated** - There should be no "gaps" in your occupational exposure records. If a dosimeter(s) is lost or damaged, immediately fill out a Form 15 (Missing/Damaged Dosimeter Report - [www.ehs.washington.edu/forms/rso/form15.pdf](http://www.ehs.washington.edu/forms/rso/form15.pdf)) and give it to your Area Dosimetry Coordinator or mail or fax to the Radiation Safety Office so that a replacement badge can be issued. Unreported lost dosimeters (more than 2 in a 12-month period) could result in charges to your department.

Should your dosimeter become contaminated please contact the Radiation Safety Office for proper handling instructions.

**Change of jobs** - When transferring to another location where you will be exposed to radiation **take your badge with you**, and then call Radiation Safety at 206.543.0463 to inform them of your new location.

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### Top Ten Dosimeter Do's and Don'ts – Recommended by DOH

1. DO WEAR IT when working. Of what value is it if it is in a locker or purse?
2. DON'T WEAR IT when you are receiving X-rays for your own personal health care.
3. DON'T WEAR IT away from the workplace.
4. DON'T WEAR IT under your apron (unless using more than one dosimeter).
5. DO TURN IT IN promptly. Time gaps make analysis more difficult, less accurate, and reduce the legal and historical value of the reports.
6. DO REPORT A LOST/DAMAGED unit immediately (sunshine/heat, the washer, etc.). Prevent damage by not leaving your monitor in areas of high temperature.
7. DO PLACE the control in a radiation-safe area; this affects the accuracy of all dosimeters!
8. DON'T PLACE one in an area for testing (operator booth, receptionist's desk, etc.). Additional badges for testing can be assigned and provided by the service.
9. DON'T SHARE one; this is illegal. An exposure total for a shared dosimeter is meaningless to each individual.
10. DON'T TAMPER with your badge or anyone else's. The reports are legal documents and are regarded as real exposures received