

# Personal Radiation Dosimeter Guidelines

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## Proper use of a personal dosimeter

- Place the dosimeter at chest height, or where the highest exposure is expected.
- Leave the dosimeter at IFA outside of working hours, but not near radiation sources. A good place, for example, is in an office.
- Return and exchange the dosimeter film when instructed to do so. The red carrier is not to be exchanged.
- Please inform the radiation safety officer if there has been an incident that is likely to have caused an elevated dose to the dosimeter or / and the bearer.

## What to avoid

- Do not tear the wrapping of the dosimeter film. If torn upon receipt, contact the radiation safety officer as soon as possible.
- Do not share dosimeters: a dosimeter is considered personal and additional units and bearers can be registered instead.
- Do not *leave* the dosimeter near a radiation source, e.g. overnight.
- Do not take a dosimeter to other (external) radiation sources: medical/dental examinations, air travel baggage scans, other research institutions, etc.
- Do not use a dosimeter to estimate dose rates from e.g. radioactive sources. The radiation safety officer can provide equipment for doing so.

The personal dosimeter is intended to monitor the accumulated dose received while working at IFA. Generally, the dosimeter is issued because the bearer works near a specific radiation source, and the dosimeter should thus (only) be worn while being in the vicinity of this. The dosimetry monitoring programme at IFA aids the confirmation of a safe working environment in terms of radiation. Elevated doses, also those caused by improper use, may thus launch an investigation and require a statement to the Danish Health Authority, Radiation Protection (DHARP).

In case of additional questions or for more specific applications, please contact:

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Additional information (in Danish only):

<https://www.sst.dk/da/Opgaver/Straalebeskyttelse/Dosisovervaagning/Persondosimetri/Spoergsmaal-og-svar-om-persondosimetri>

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