

Table 8.1
OCCUPATIONAL RADIATION DOSE EQUIVALENT GUIDELINES
 (Sum of Internal & External Sources)

Category	Federal/State Annual Limit		OHSU Annual Limit		OHSU Quarterly ALARA Limit		OHSU Monthly ALARA Limit	
	mSv	mrem	mSv	mrem	mSv	mrem	mSv	mrem
Whole Body ₁	50	5000	25	2500	6	600	2	200
Lens of Eye ₂	150	15000	75	7500	18	1800	6	600
Skin & Extremities ₃	500	50000	250	25000	60	6000	20	2000
Declared Pregnant Worker ₄	5	500	2.5	250	0.6	60	0.2	20
Youthful Worker ₅	1/10 of the above Federal/State, OHSU and ALARA adult limits.							

1. Whole body is defined as the head, trunk arms above elbow, legs above knee. Deep dose equivalent at tissue depth of 1 cm.
2. Eye dose equivalent is the dose equivalent at tissue depth of 0.3cm.
3. Extremities include elbows and knees, arms below the elbow, and legs below the knee. Shallow dose to depth 0.007cm.
4. Dose is for exposure over entire pregnancy.
5. Youthful Worker is defined as minors over 14 and under 18 years of age. Child labor laws prohibit youths under 14 years from working in areas where radiation hazards exist.

Ref. Code of Federal Regulations Parts 0-50: 10CFR 20.1003, 20.1201, 20.1208
 Ref. Oregon Rules for the Control of Radiation: OAR 333-120-100, -160, -170