

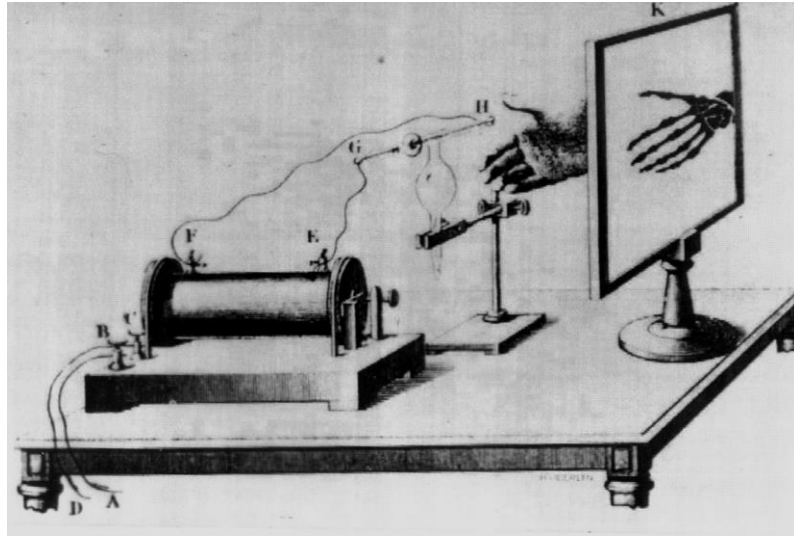


# Radiation dosimetry, radiation protection and measurements

Marco Silari  
CERN, Geneva, Switzerland

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- A very brief historical introduction
- Directly and indirectly ionizing radiation
  - Radioactivity
  - Natural exposures
- The effects of ionizing radiation
  - Deterministic and stochastic effects
- Radiological quantities and units
  - physical, protection and operational quantities
- Principles of radiation protection
  - Justification, optimization and dose limitation
  - The ALARA principle
- Protection means
- Instrumentation for measuring ionizing radiation



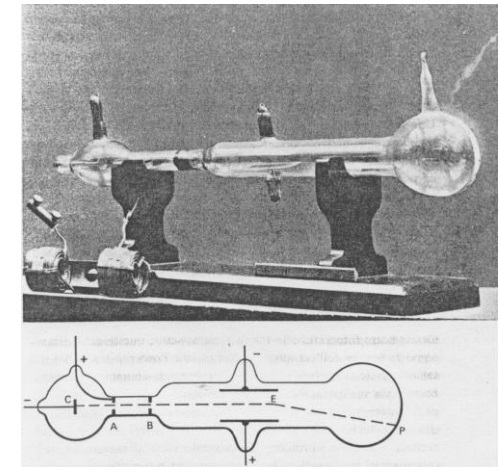
1895  
Discovery of X rays  
**Wilhelm C. Röntgen**



1897  
First treatment of  
tissue with X rays  
**Leopold Freund**

**J.J. Thompson**

1897  
"Discovery" of the  
electron





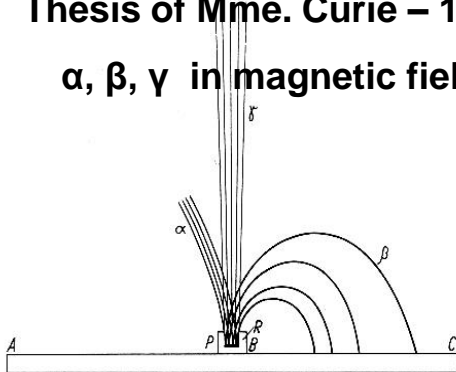
## Henri Becquerel (1852-1908)

1896

Discovery of natural  
radioactivity

Thesis of Mme. Curie – 1904

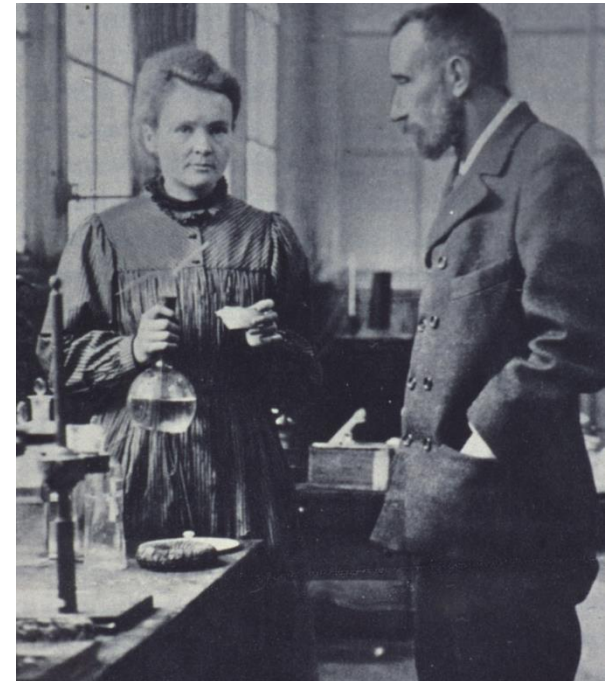
$\alpha$ ,  $\beta$ ,  $\gamma$  in magnetic field



Hundred years ago

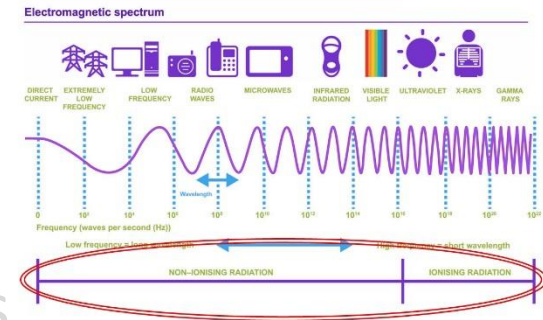
1898

Discovery of polonium  
and radium



**Marie Curie**    **Pierre Curie**  
**(1867 – 1934)**    **(1859 – 1906)**

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# Periodic Table of Elements

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18																																																																										
1 <b>H</b> Hydrogen 1.00794	2 <b>He</b> Helium 4.002602	<table border="0"> <tr> <td><b>C</b> Solid</td> <td colspan="10"><b>Metals</b></td> <td colspan="4"><b>Nonmetals</b></td> </tr> <tr> <td><b>Hg</b> Liquid</td> <td><b>Alkali metals</b></td> <td><b>Alkaline earth metals</b></td> <td><b>Lanthanoids</b></td> <td><b>Transition metals</b></td> <td><b>Poor metals</b></td> <td><b>Other nonmetals</b></td> <td><b>Noble gases</b></td> <td colspan="7"></td> </tr> <tr> <td><b>H</b> Gas</td> <td colspan="10"></td> <td colspan="4"></td> </tr> <tr> <td><b>Rf</b> Unknown</td> <td colspan="10"></td> <td colspan="4"></td> </tr> </table>														<b>C</b> Solid	<b>Metals</b>										<b>Nonmetals</b>				<b>Hg</b> Liquid	<b>Alkali metals</b>	<b>Alkaline earth metals</b>	<b>Lanthanoids</b>	<b>Transition metals</b>	<b>Poor metals</b>	<b>Other nonmetals</b>	<b>Noble gases</b>								<b>H</b> Gas															<b>Rf</b> Unknown															3 <b>Li</b> Lithium 6.941	4 <b>Be</b> Beryllium 9.012182	5 <b>B</b> Boron 10.811	6 <b>C</b> Carbon 12.0107	7 <b>N</b> Nitrogen 14.0067	8 <b>O</b> Oxygen 15.9994	9 <b>F</b> Fluorine 18.9984032	10 <b>Ne</b> Neon 20.1797	11 <b>Na</b> Sodium 22.98976928	12 <b>Mg</b> Magnesium 24.3050	13 <b>Al</b> Aluminium 26.9815386	14 <b>Si</b> Silicon 28.0855	15 <b>P</b> Phosphorus 30.973762	16 <b>S</b> Sulfur 32.065	17 <b>Cl</b> Chlorine 35.453	18 <b>Ar</b> Argon 39.948
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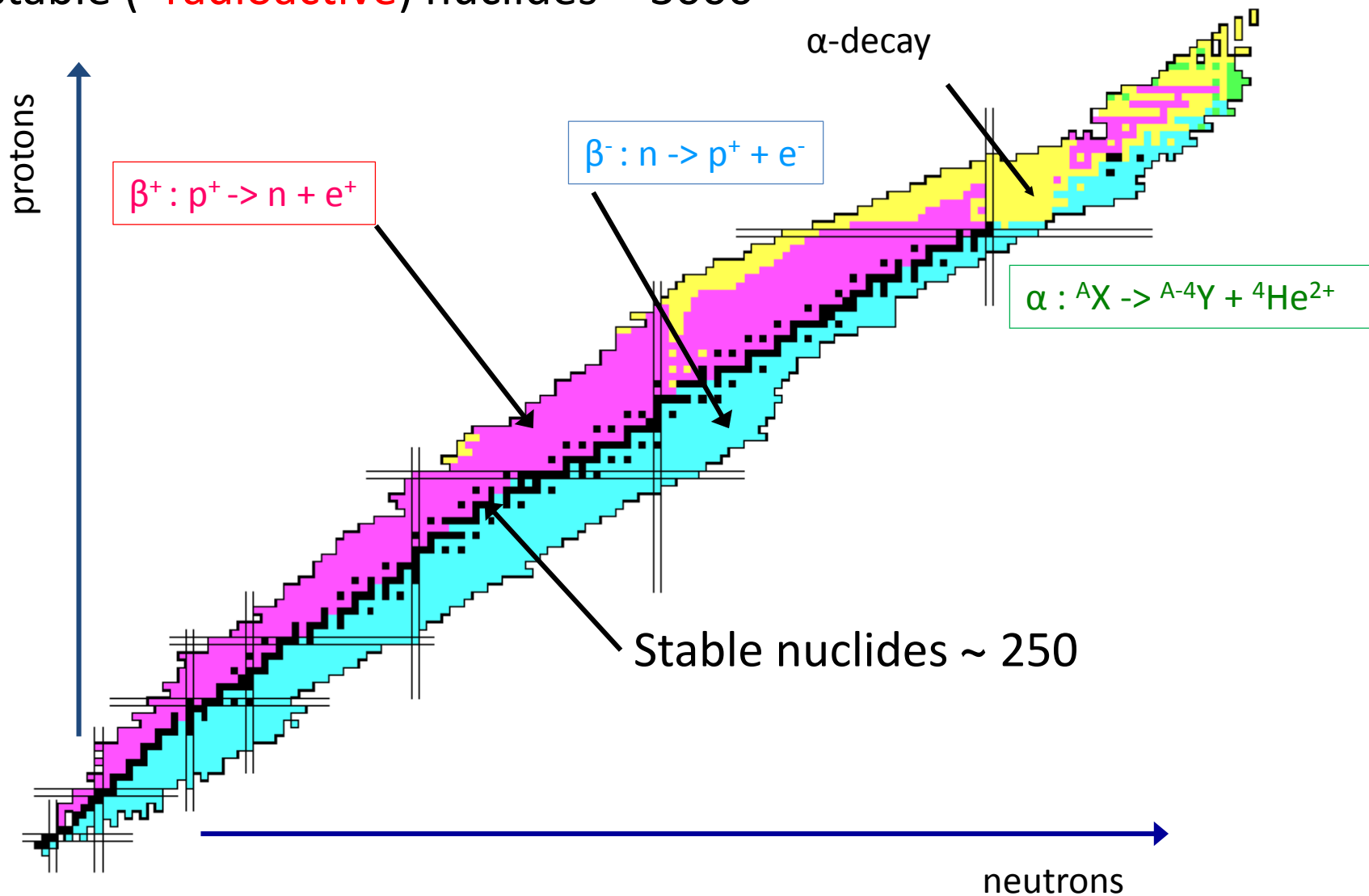
For elements with no stable isotopes, the mass number of the isotope with the longest half-life is in parentheses.

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89 <b>Ac</b> Actinium (227)	90 <b>Th</b> Thorium 232.03806	91 <b>Pa</b> Protactinium 231.03688	92 <b>U</b> Uranium 238.02891	93 <b>Np</b> Neptunium (237)	94 <b>Pu</b> Plutonium (244)	95 <b>Am</b> Americium (243)	96 <b>Cm</b> Curium (247)	97 <b>Bk</b> Berkelium (247)	98 <b>Cf</b> Californium (251)	99 <b>Es</b> Einsteinium (252)	100 <b>Fm</b> Fermium (257)	101 <b>Md</b> Mendelevium (268)	102 <b>No</b> Nobelium (259)	103 <b>Lr</b> Lawrencium (262)

Unstable (=radioactive) nuclides ~ 3000



## Directly ionizing radiation:

- **fast charged particles** (e.g., electrons, protons, alpha particles), which deliver their energy to matter directly, through many small **Coulomb-force interactions** along the particle's track

## Indirectly ionizing radiation:

- X- or  $\gamma$ -ray photons or neutrons (i.e., **uncharged particles**), which first transfer their energy to charged particles in the matter through which they pass in a relatively few large interactions, or cause nuclear reactions
- The **resulting fast charged particles** then in turn deliver the energy in matter

The deposition of energy in matter by indirectly ionising radiation is a **two-step process**

photon  $\rightarrow$  electron

neutron  $\rightarrow$  proton or recoiling nuclei



**Radioactivity:** the phenomenon whereby atoms undergo spontaneous random disintegration, usually accompanied by the emission of ionising radiation.

The rate at which this nuclear transformations occurs in matter containing radionuclides is called **activity** and it is expressed in **Bequerels**:

$$A(t) = -dN/dt [Bq] \qquad 1 Bq = s^{-1}$$

(the old unit is the Curie:  $1 Ci = 3.7 \times 10^{10} Bq$ )

where N is the number of nuclei of the radionuclide, and hence the rate of change of N with time is negative

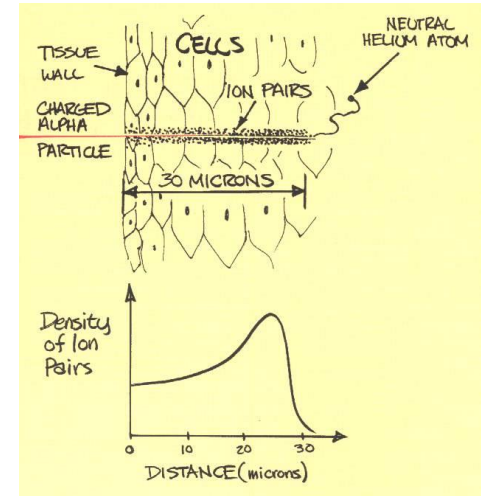
The radioactive **half-life** ( $T_{1/2}$ ) of a radionuclide is the time necessary for half of the nuclei present in the sample to decay

Radionuclides are either of **natural origin** or produced by **nuclear reactions** (**artificial** radionuclides)

(Emitted in the de-excitation of unstable nuclei)

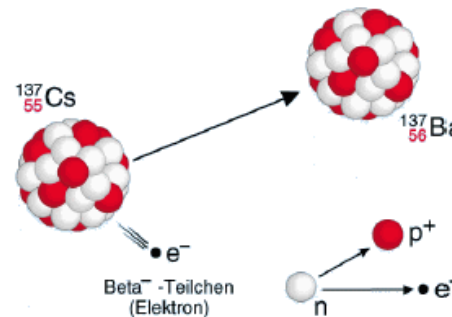
## ◆ ALPHA

- Helium nuclei (2 protons + 2 neutrons)
- Energy: a few MeV
- Non-penetrating
- Radiological hazard only if inhaled, ingested or absorbed through a wound (internal irradiation)



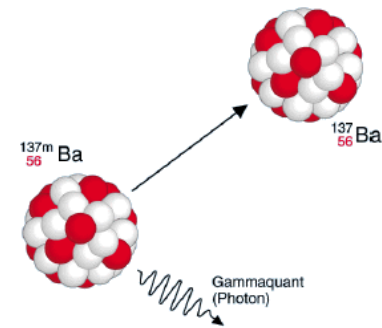
## ◆ BETA

- Electrons or positrons
- Energy: a few keV to a few MeV
- Limited penetration
- Dangerous for skin and eyes in case of external irradiation
- Increased radiological hazard if inhaled, ingested or absorbed through a wound (internal irradiation)



## ◆ PHOTONS

- Electromagnetic radiation
- Energy: a few keV to a few MeV
- Very penetrating
- Radiological hazard only by external irradiation



## ◆ NEUTRONS

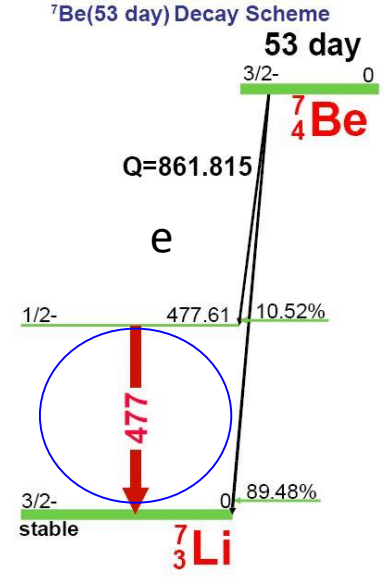
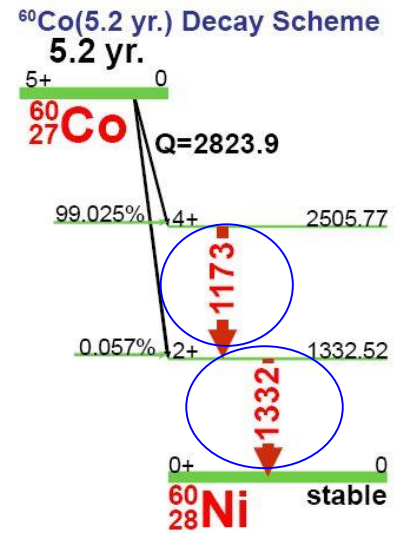
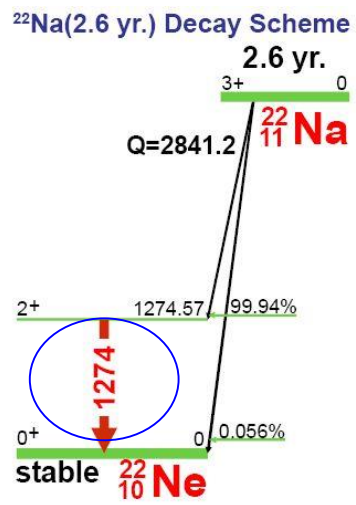
- Neutral particles (constituents of the atomic nucleus together with protons)
- Very penetrating
- External irradiation
- **Enhanced biological effect** (high LET radiation), which depends on their energy

## ◆ HEAVY CHARGED PARTICLES (protons, ions)

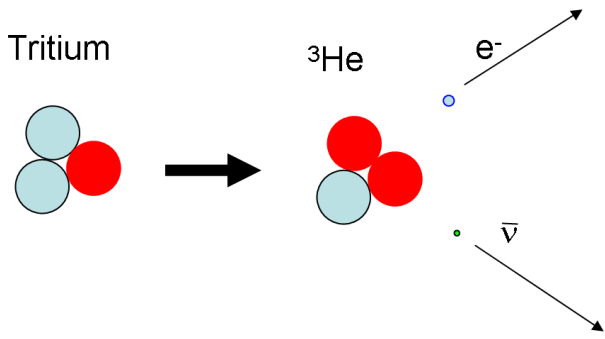
- External irradiation
- **Enhanced biological effect** (high LET radiation)



## $\beta^-$ , $\gamma$ -emitter

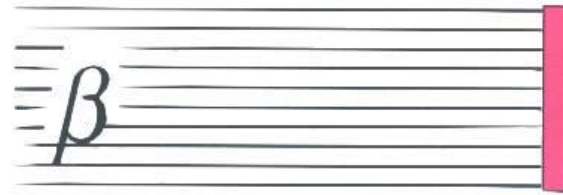


## Pure $\beta^-$ -emitter

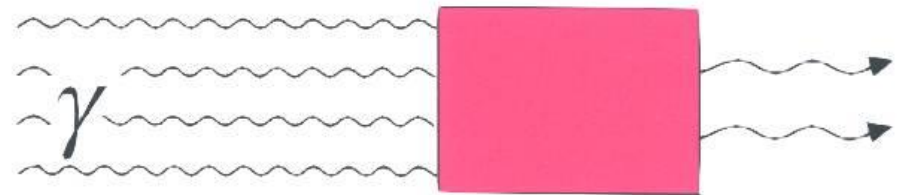


$\alpha^-$ ,  $\beta^-$  and  $\gamma$  are emitted with end energies up to few MeV

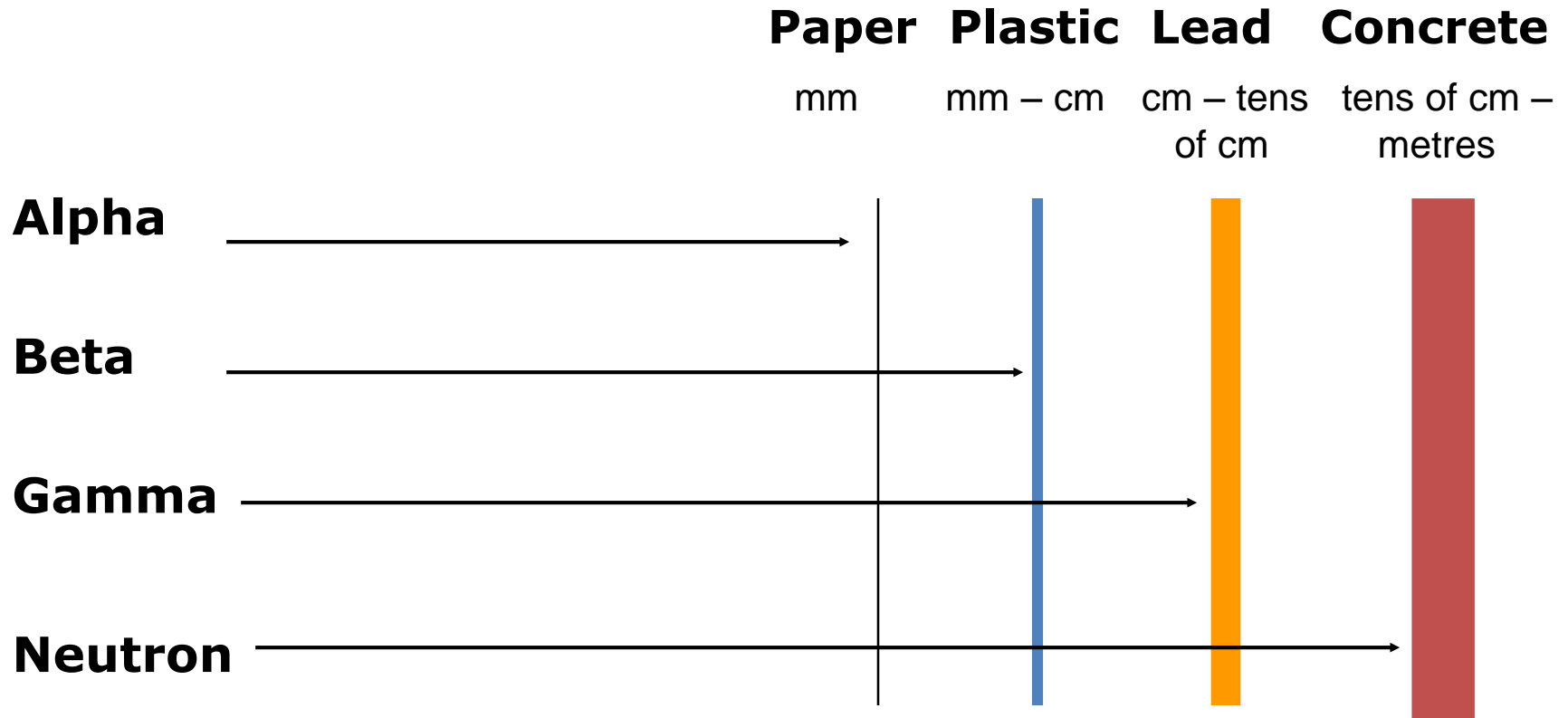
$\alpha$ - and  $\beta$ -particles are degraded in energy while traversing a material, until they are completely brought to rest



$\gamma$ -rays are attenuated in intensity by the material



Qualitative!



Beta sources are usually shielded with Plexiglas, gamma sources with lead

For a given particle, target element and nuclide

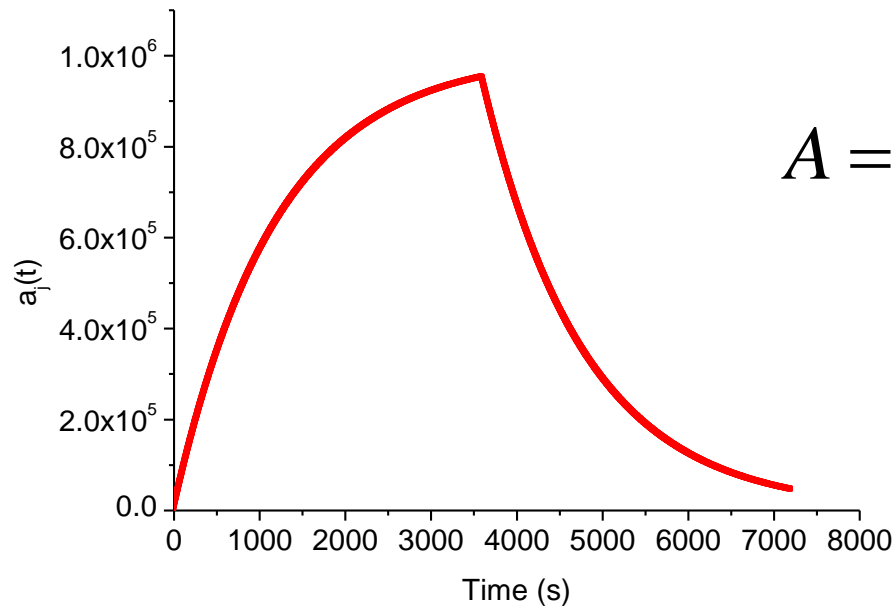
- Interaction probability,  $\sigma$  (*cross section*)
- Flux (spectrum),  $\Phi$
- Beam intensity,  $I_p$

$$n = I_p \frac{\rho N_{Av}}{A} \sum_{i=p,n,\pi,pho} \int \Phi_i(E) \sigma_i(E) dE$$

Nuclide production rate

Rule-of-thumb (probably very obvious):

The shorter the half-life, the fastest the build-up, the fastest the decay



$$A = A_s (1 - e^{-t_{irr}/\tau}) e^{-t_{dec}/\tau}$$

It takes about 5 half-lives to reach saturation of activity



The **absorbed dose** is the energy deposited by a given radiation in a unit mass of matter

The unit of absorbed dose is the **Gray** (mGy,  $\mu$ Gy):

$$1 \text{ Gy} = 1 \text{ J/Kg}$$

(the old unit is the **rad**:  $1 \text{ rad} = 10^{-2} \text{ Gy}$ )

Radiation protection uses the operational quantity "**dose equivalent H**" in Sievert (mSv,  $\mu$ Sv)

$$H = Q \cdot D$$

$$1 \text{ Sv} = 1 \text{ J/Kg}$$

Q = quality factor of the radiation

Are we all exposed (voluntarily or not) to some radiation sources?

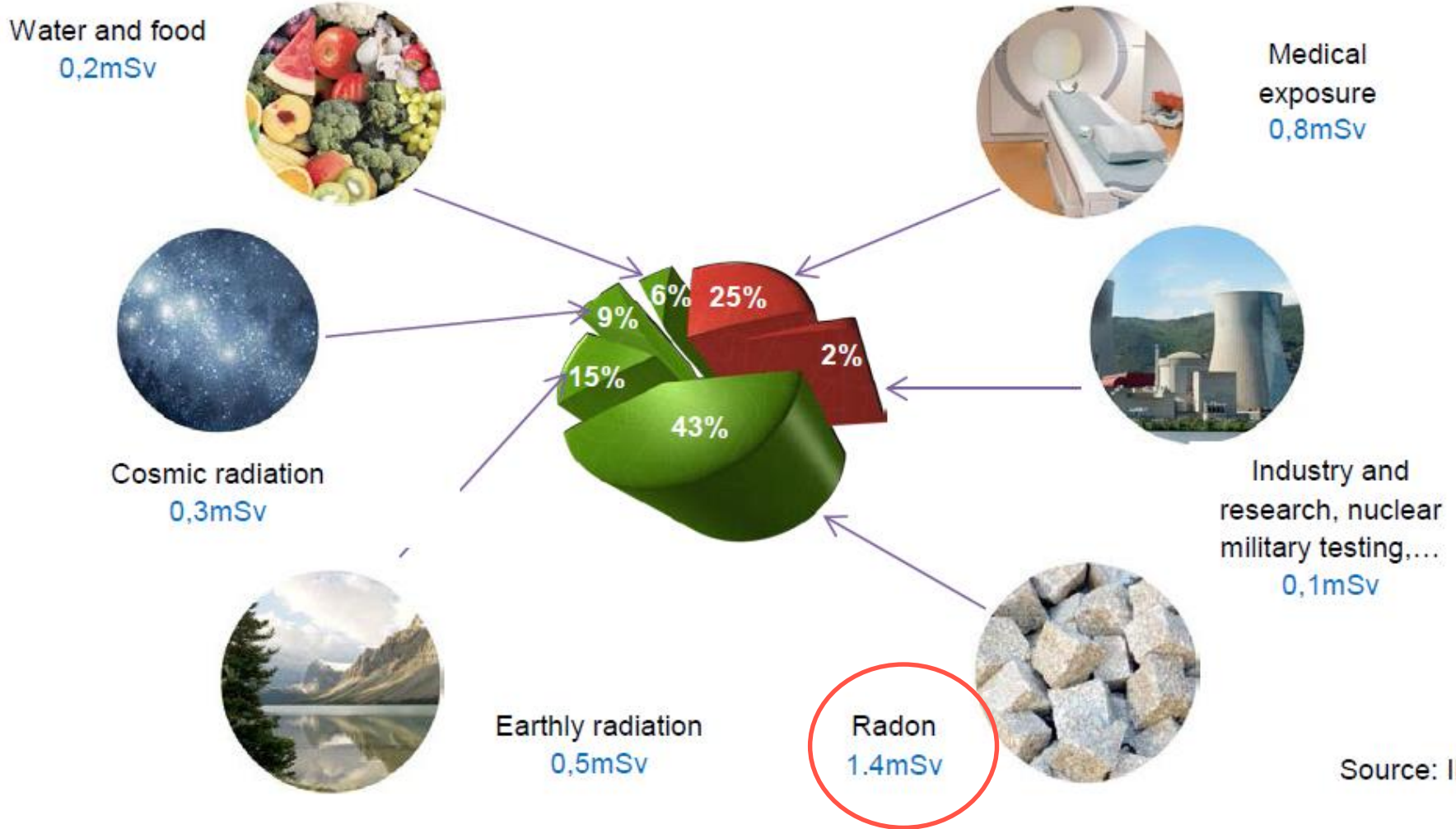
Yes/No?

If the answer is yes,  
what are the natural radiation levels?



# Natural radiation exposures

Annual exposure to natural radioactivity in **France** = 2.5 mSv  
 (3.3 mSv including medical exposures)



Source: IRSN



# Periodic Table of Elements

**$^{219}\text{Rn}$  (Actinon),  $^{220}\text{Rn}$  (Thoron) and  $^{222}\text{Rn}$  (Radon)**

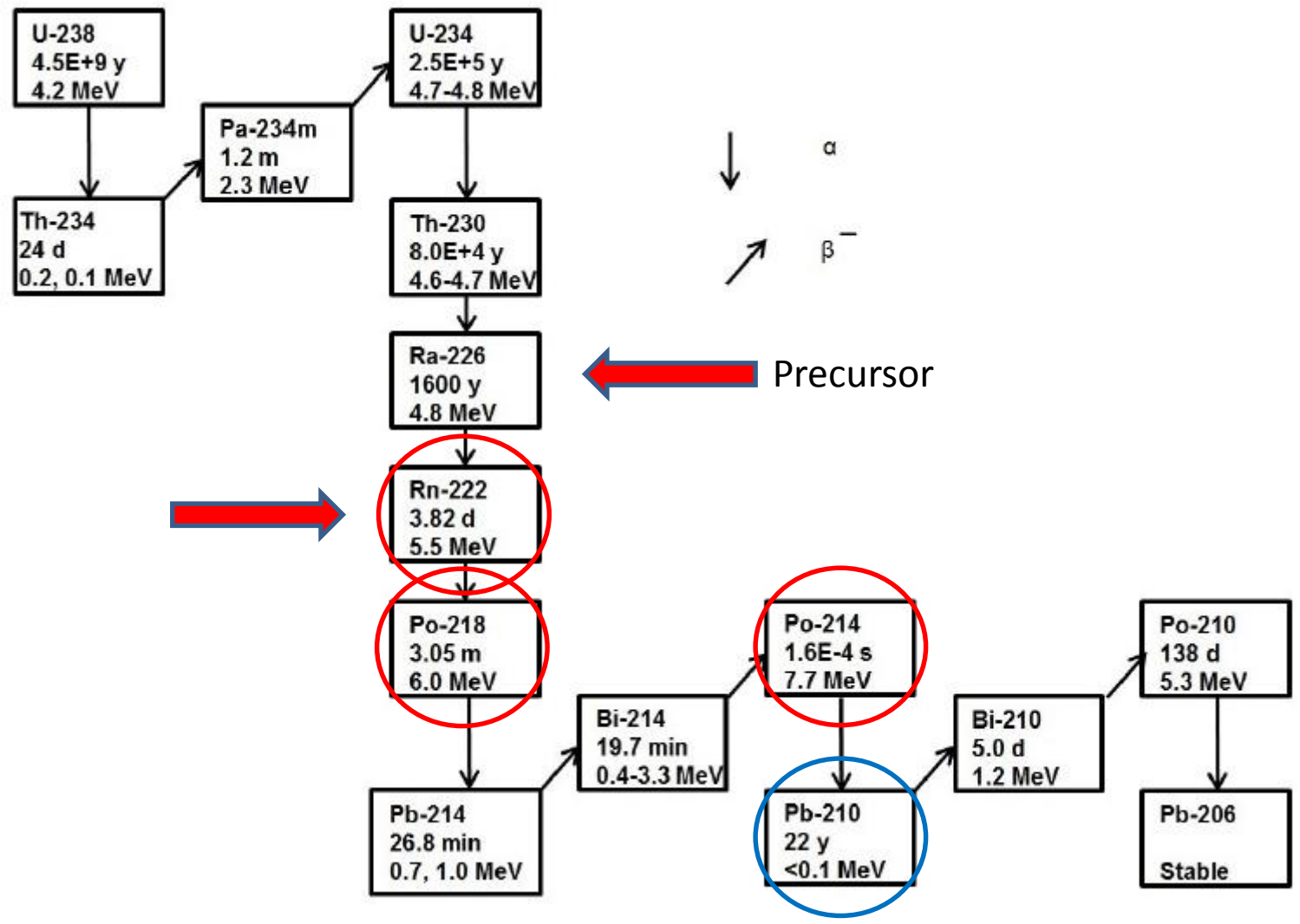
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For elements with no stable isotopes, the mass number of the isotope with the longest half-life is in parentheses.

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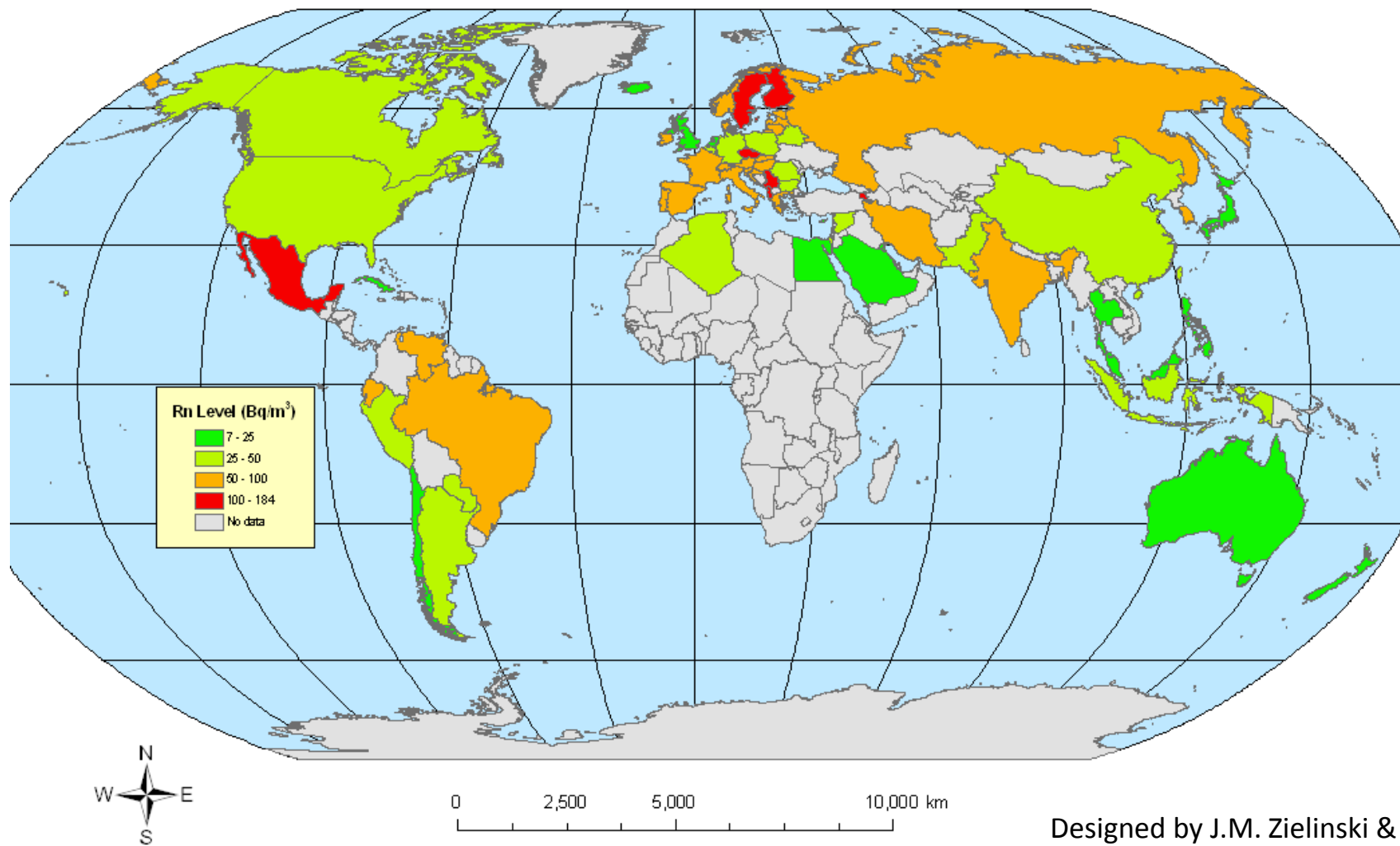


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## Arithmetic Mean Radon Level by Country

(Based on Data up to 2007)



[http://www.mclaughlincentre.ca/research/map\\_radon/Index.htm](http://www.mclaughlincentre.ca/research/map_radon/Index.htm)

During the creation of the Earth, terrestrial nuclides had been incorporated into the earth crust ( $T_{1/2}$  some millions to billions of years)

Nuclide	Symbol	Half-life	
<b>Uranium-235</b>	$^{235}\text{U}$	$7.04 \times 10^8 \text{ y}$	0.72% of natural Uranium
<b>Uranium-238</b>	$^{238}\text{U}$	$4.47 \times 10^9 \text{ y}$	99.3% of natural Uranium
<b>Thorium-232</b>	$^{232}\text{Th}$	$1.41 \times 10^{10} \text{ y}$	
<b>Potassium-40</b>	$^{40}\text{K}$	$1.28 \times 10^9 \text{ y}$	Earth: 0.037-1.1 Bq/g

...and some more:

$^{50}\text{V}$ ,  $^{87}\text{Rb}$ ,  $^{113}\text{Cd}$ ,  $^{115}\text{In}$ , ...  $^{190}\text{Pt}$ ,  $^{192}\text{Pt}$ ,  $^{209}\text{Bi}$ , ...

Cosmogenic nuclides are produced by nuclear reactions of cosmic particles with stable nuclei of the atmosphere

Nuclide	Symbol	Half-life	Nuclear Reaction
Carbon-14	$^{14}\text{C}$	5730 y	e.g. $^{14}\text{N}(n,p)^{14}\text{C}$
Tritium-3	$^3\text{H}$	12.3 y	Interaction of cosmic radiation with N or O $^6\text{Li}(n,\alpha)^3\text{H}$
Beryllium-7	$^7\text{Be}$	53.28 d	Interaction of cosmic radiation with N or O

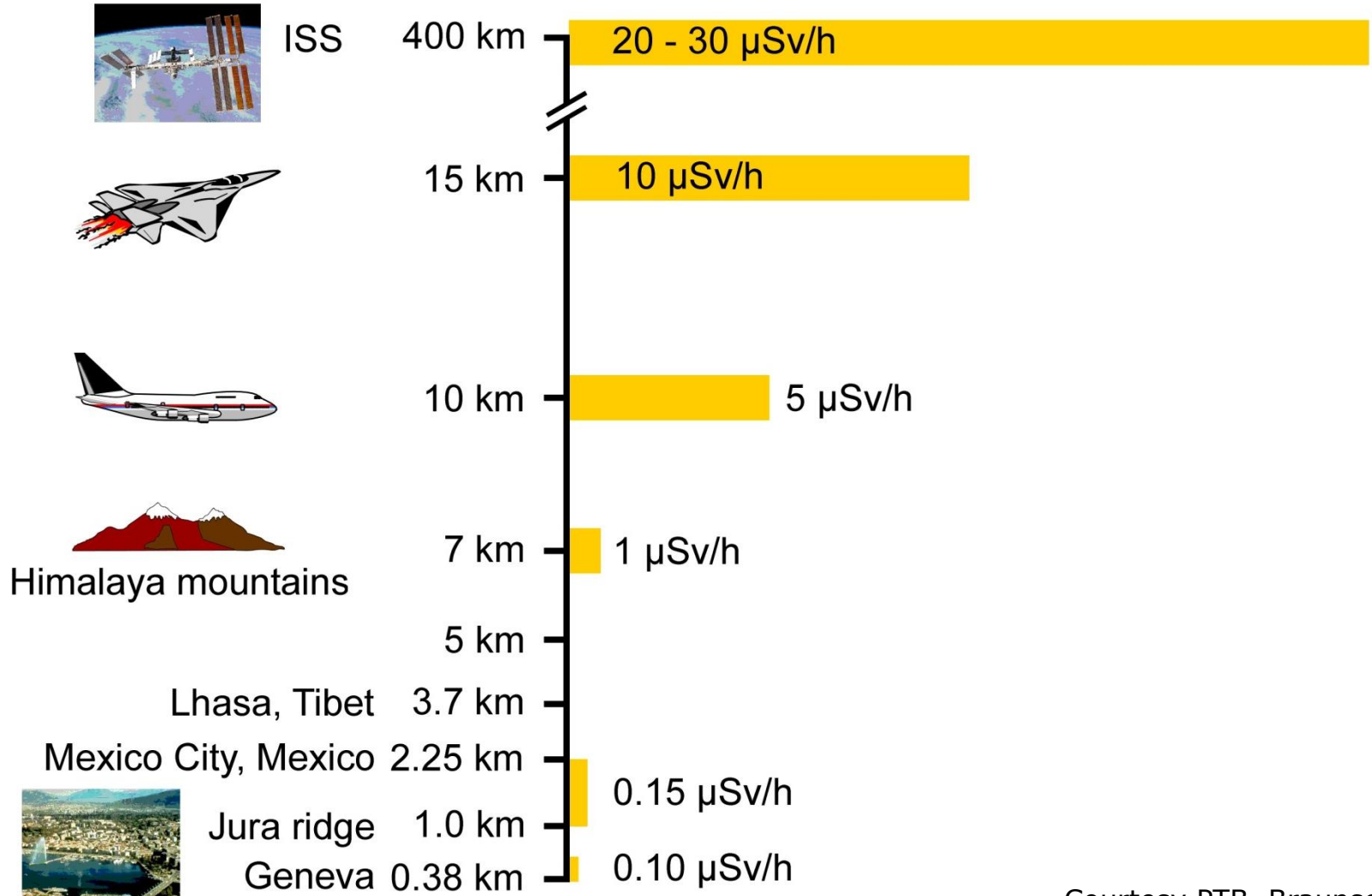
More cosmogenic radionuclides:

$^{10}\text{Be}$ ,  $^{26}\text{Al}$ ,  $^{36}\text{Cl}$ ,  $^{80}\text{Kr}$ , ...



<b>Nuclide</b>	<b>Total activity in human body (~ 70 kg)</b>
Potassium-40	~ 5 kBq
Carbon-14	~ 3 kBq
Tritium	~ 20 Bq
Polonium-210	~ 18 Bq
Uranium	~ 1 Bq
Radium	~1 Bq
Thorium	~ 0.1 Bq
<b>TOTAL</b>	<b>~ 8 kBq</b>

## Ambient dose equivalent rate in $\mu\text{Sv}$ per hour (Sum of neutrons, muons, electrons and protons)



Courtesy PTB, Braunschweig

CT scan: up to 10 mSv

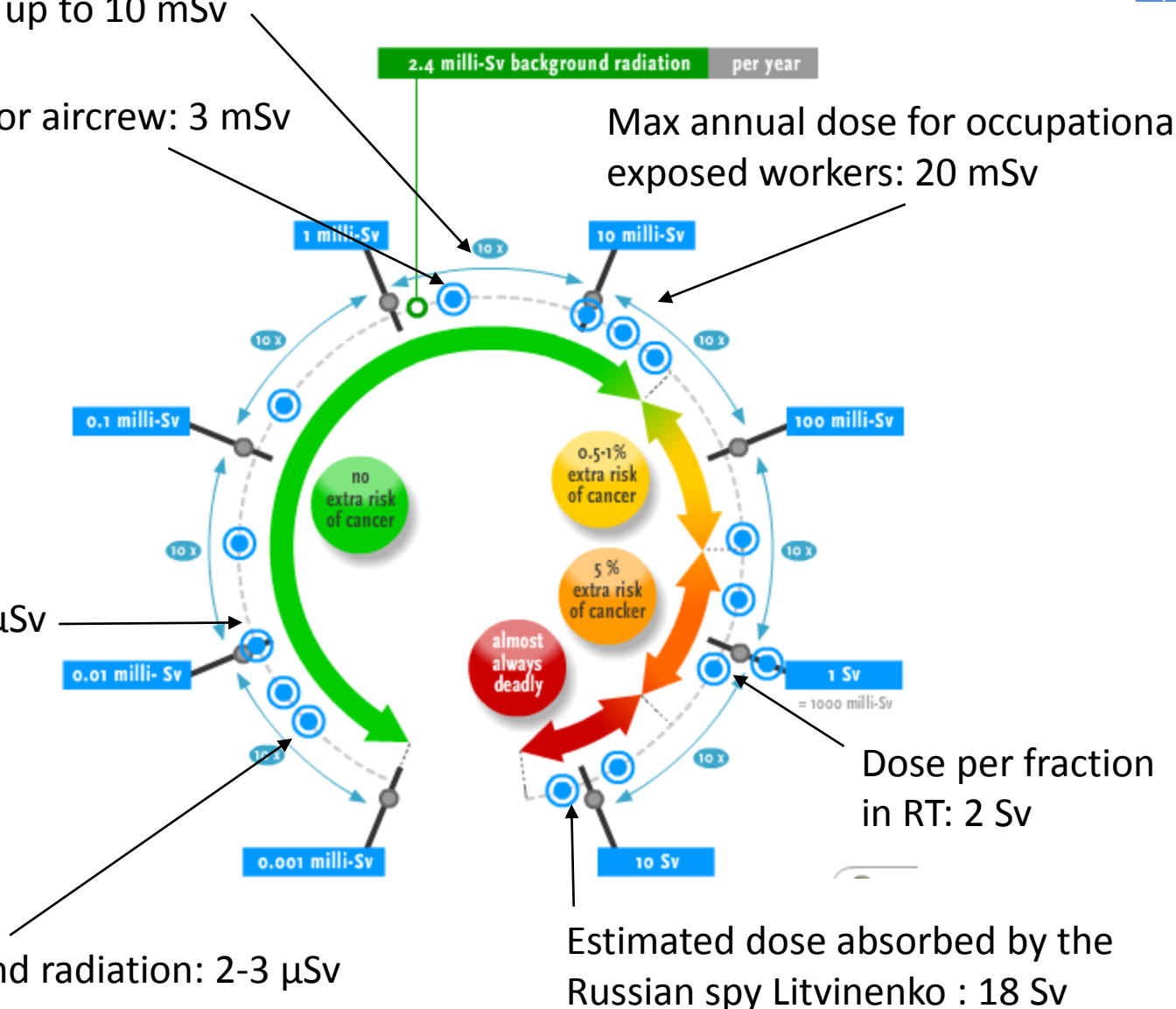
Average annual dose for aircrew: 3 mSv

Max annual dose for occupationally exposed workers: 20 mSv

2.4 milli-Sv background radiation per year

Chest x-ray: 10  $\mu$ Sv

Daily natural background radiation: 2-3  $\mu$ Sv



CRÈME POUVRE  
**THO-RADIA**  
EMBELLISSANTES PARCE QUE CURATIVES  
à base de thorium et de radium selon la formule du  
**DOCTEUR ALFRED CURIE**  
EXCLUSIVEMENT CHEZ LES PHARMACIENS

RACHEL N°1  
**POUVRE THO-RADIA**  
A BASE DE  
RADIUM & DE THORIUM  
Selon la formule du  
D<sup>r</sup> ALFRED CURIE  
PRÉPARÉE PAR  
A. MOUSSALLI, Docteur en Pharmacie  
DÉPOT GÉNÉRAL SECOR  
147, Av<sup>e</sup> Victor-Hugo, PARIS

La SCIENCE au secours de la BEAUTÉ  
par les  
**RADIUMELYS**  
Produits de Beauté  
RADIOACTIFS  
des Laboratoires de la  
C<sup>o</sup> Française Industrielle  
et Commerciale de  
RADIUM  
11, Rue de Valenciennes, PARIS (10<sup>e</sup>)  
CRÈME - POUVRE DE RAY  
EAU DE TOILETTE - SAVONS  
SOLIDES - DÉMAQUILLANT - DÉMAQUILLANT  
MASQUE - BAIGNE

**EAU MINÉRALE NATURELLE**  
**RADIO-ACTIVE**  
DE  
**Velleminfroy**  
HÔTELS-CAFFÈ  
**FOIE**  
**REINS & VESSIE**  
**RHUMATISMES**

PROPRIÉTÉS  
Sulfatée-Calcique-Magnésienne et Radio-Active, l'Eau de VELLEMINFROY est l'Eau PAR EXCELLENCE de l'ARTHRITISME.

Elle régularise les FONCTIONS DIGESTIVES, assure le libre fonctionnement de l'INTESTIN, augmente la DIURÈSE dans de notables proportions, dissout les dépôts musculaires de la VESSIE, prévient l'excès d'urémie, favorise les CONGESTIONS HÉPATIQUES et RENALES, entraîne avec elle les calculs rénaux et biliaires.

En outre, par le FER et l'ARSENIC qu'elle contient, cette eau est à la fois tonique et reconstituante.

Indications  
L'Eau de la VELLEMINFROY est le plus SŒUVÉRAINE dans le traitement des affections MÈME LES PLUS REBELLES du Foie, des Reins, de la Vessie, et de l'Intestin, telles que :  
Calculs Biliaires, Calculs Néphrotiques, Néphrite, Albuminurie, Diabète, Constipation, etc., et dans tous les cas de Rhumatisme, Goutte, Gravelle.

Mode d'emploi  
Comme son de regard pour une véritable cure, l'EAU de VELLEMINFROY doit être prise à jeun - AU REPAS, elle constitue une boisson agréable à boire, seule ou mélangée au vin.

Pour les doses et pour les indications, consulter le prospectus qui accompagne l'eau.

Marque DÉPOSÉE - Extrait de l'Annuaire de la Pharmacie de France

154  
**MÉTHODE**  
**THO-RADIA**  
EMBELLISSANTE PARCE QUE CURATIVE  
**DENTIFRICE**  
**THO-RADIA**  
A BASE DE SELS DE THORIUM  
FORMULE  
du Docteur ALFRED CURIE

Astringent et bactéricide, il stérilise la cavité buccale, évite et combat les gingivites, prévient la carie et les pyorrées alvéolaires. Il assainit les dents, laisse dans la bouche une délicieuse impression de fraîcheur, conserve l'éclat, la blancheur et l'intégrité de la dentition.

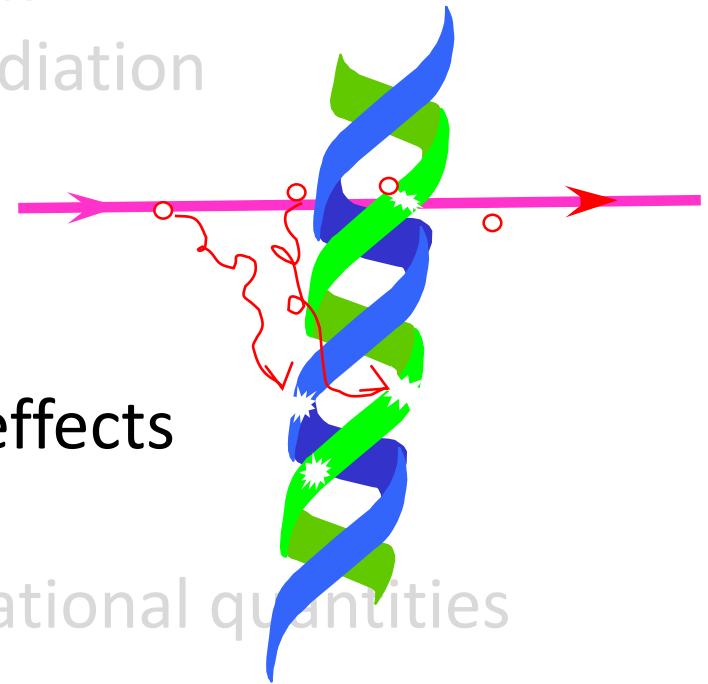
**Pas de joli sourire sans de jolies dents**

CHEZ LES PHARMACIENS EXCLUSIVEMENT

Burkbraun  
**RADIUM**  
**SCHOKOLADE**  
NACH Dr. SENFTNER  
DEUTSCHES REICHSPATENT u. AUSLANDSPAT.



- A very brief historical introduction
- Directly and indirectly ionizing radiation
  - Radioactivity
  - Natural exposures
- **The effects of ionizing radiation**
  - **Deterministic and stochastic effects**
- Radiological quantities and units
  - physical, protection and operational quantities
- Principles of radiation protection
  - Justification, optimization and dose limitation
  - The ALARA principle
- Protection means
- Instrumentation for measuring ionizing radiation

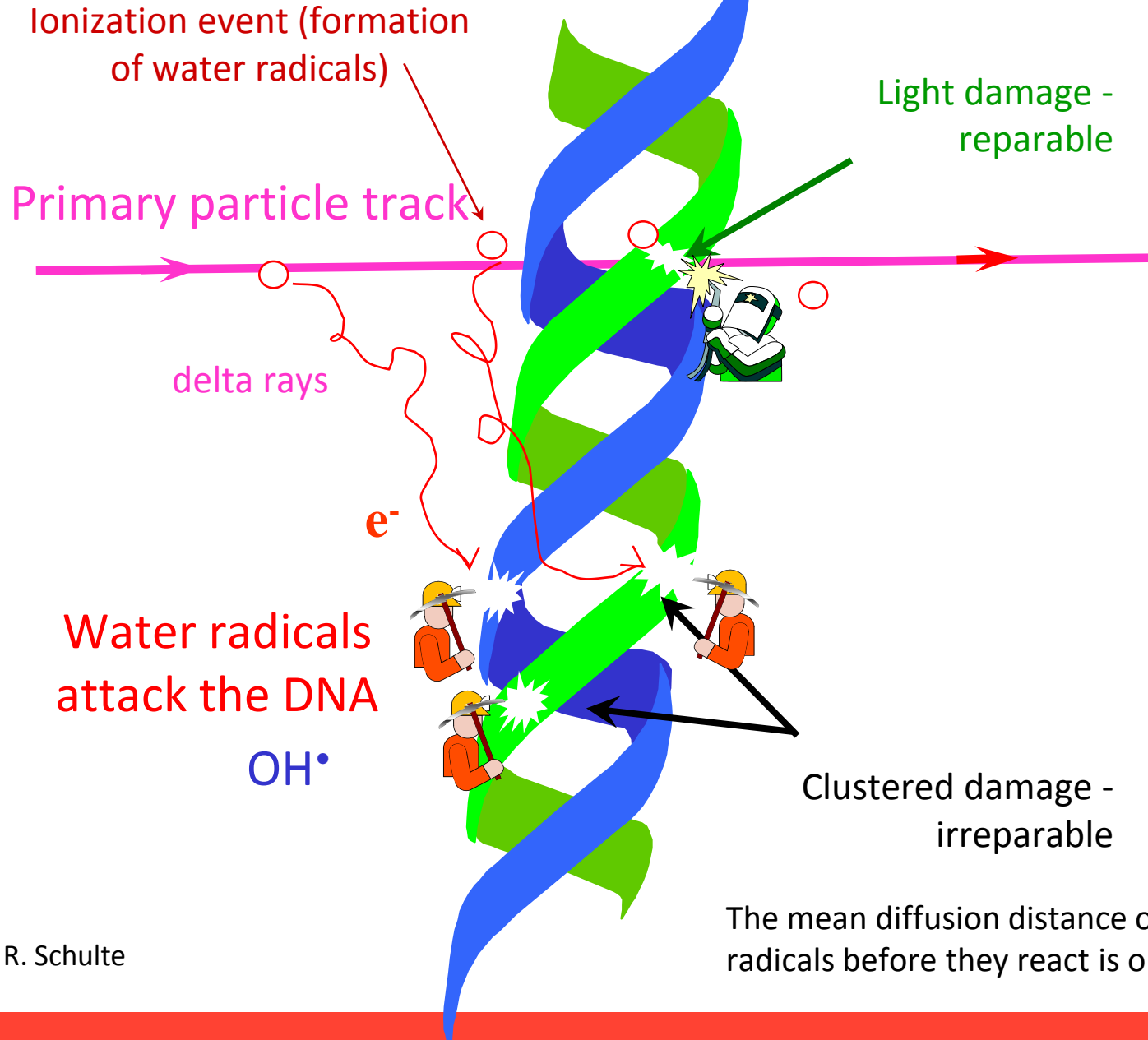


## Unique effects of interaction of ionizing radiation with matter

- Biological systems (humans in particular) are particularly susceptible to damage by ionizing radiation
- The expenditure of a trivial amount of energy ( $\sim 4 \text{ J/kg} = 4 \text{ Gy}$ ) to the whole body is likely to cause death...
- ...even if this amount of energy can only raise the gross temperature by about  $0.001 \text{ }^\circ\text{C}$
- This is because of the ability of ionizing radiation to impart their energy to individual atoms and molecules
- The resulting high local concentration of absorbed energy can kill a cell either **directly** or through the formation of highly reactive chemical species such as **free radicals** (atom or compound in which there is an unpaired electron, such as H or  $\text{CH}_3$ ) in the water medium that constitutes the bulk of the biological material

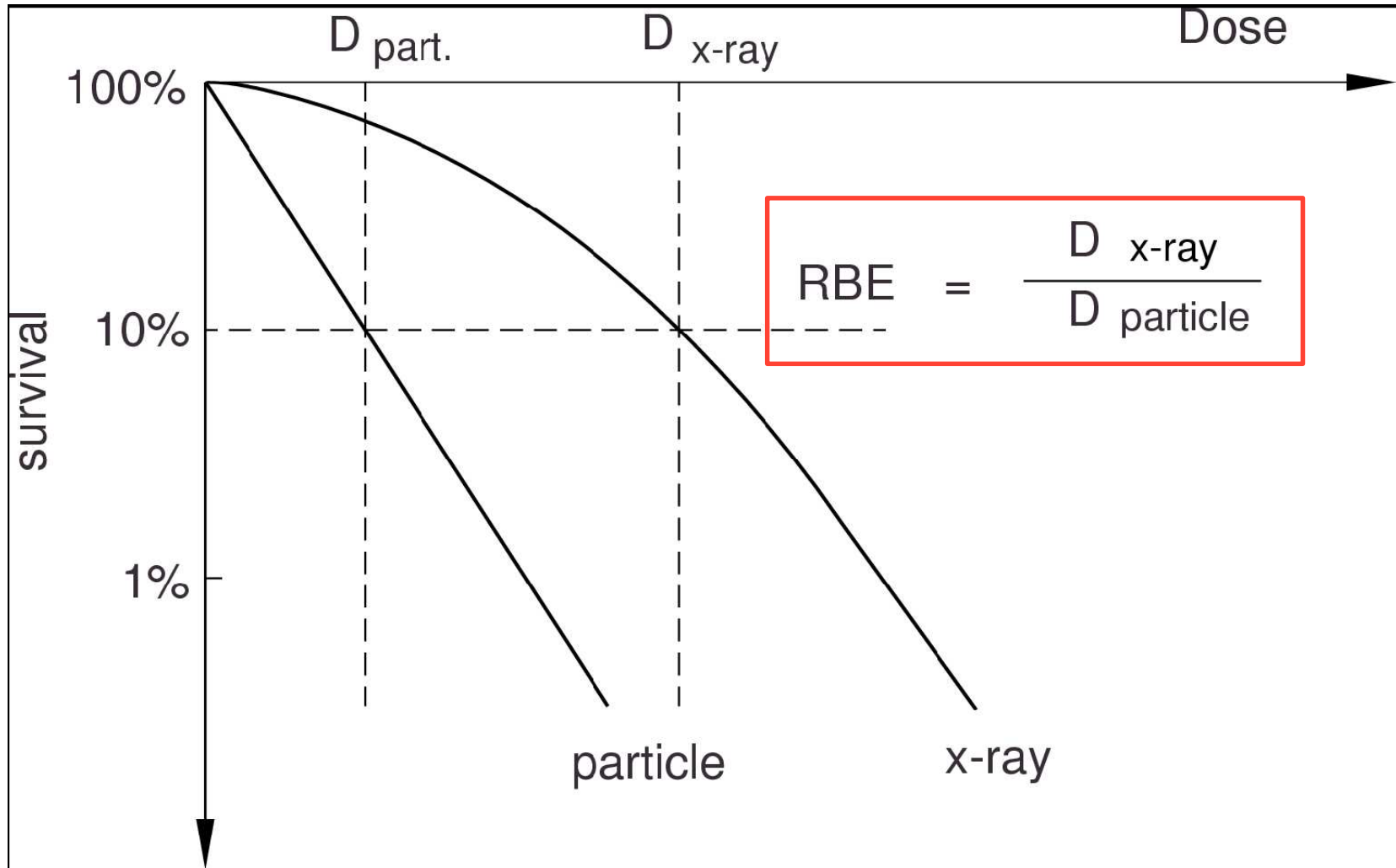
Main aim of **dosimetry** = measurement of the absorbed dose (energy/mass)

# DNA damage



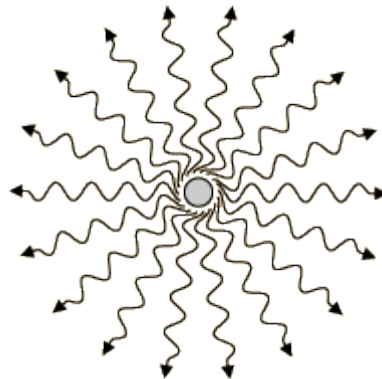
Courtesy R. Schulte

## DIFFERENT TYPES OF RADIATION MAKE DIFFERENT DAMAGE





# What are the biological effects of radiation?



## Stochastic effects

no dose threshold (linear function of dose)

increase of probability by 5% per Sv for:

- genetic defects
- cancer

result does not dependent on the amount of absorbed dose

delayed health detriments

## Deterministic effects

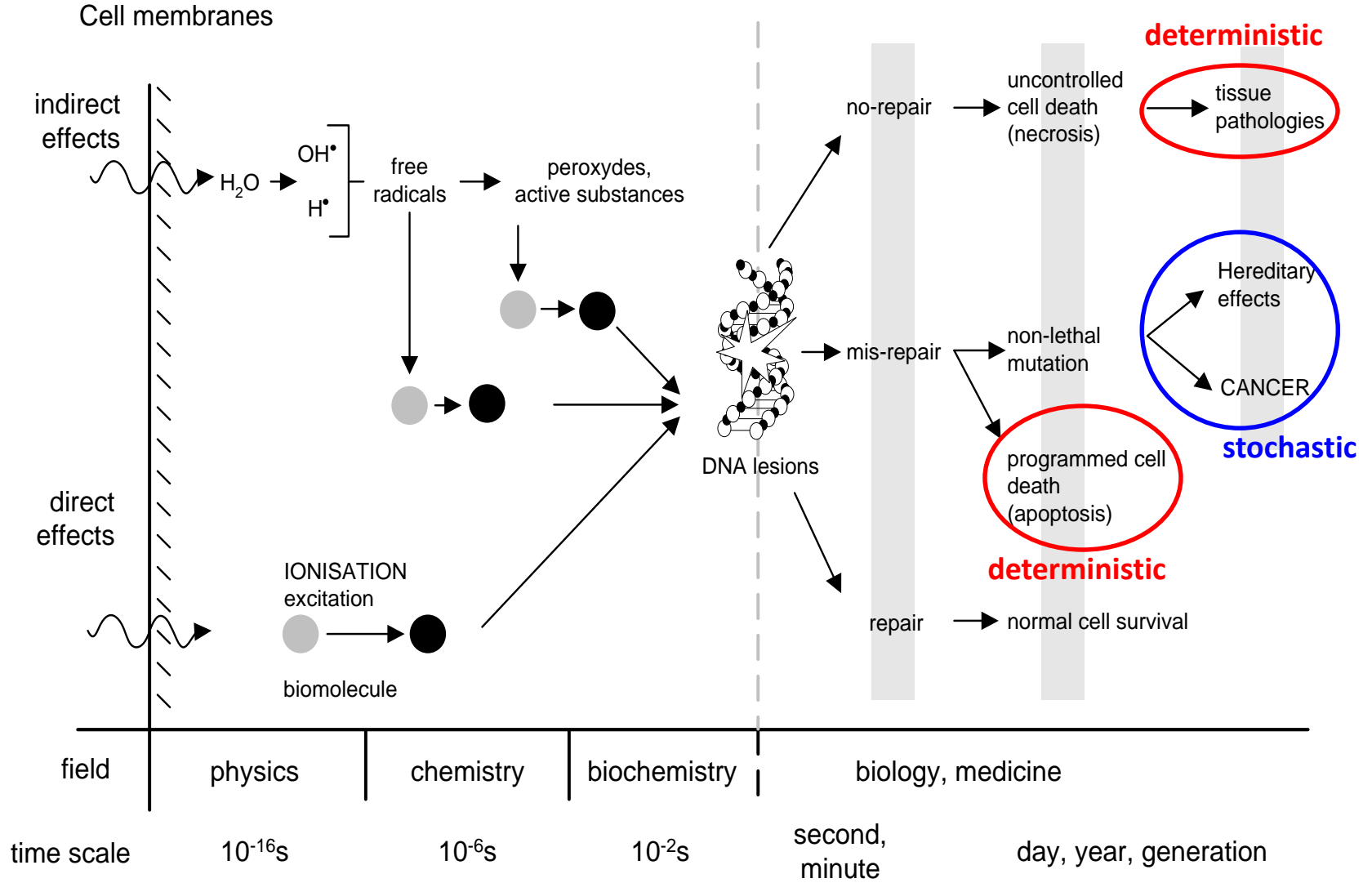
dose received in short time interval  
dose threshold:  $> 500$  mSv

immediate consequences:

- vomiting
- immun deficiency
- erythema and necrose

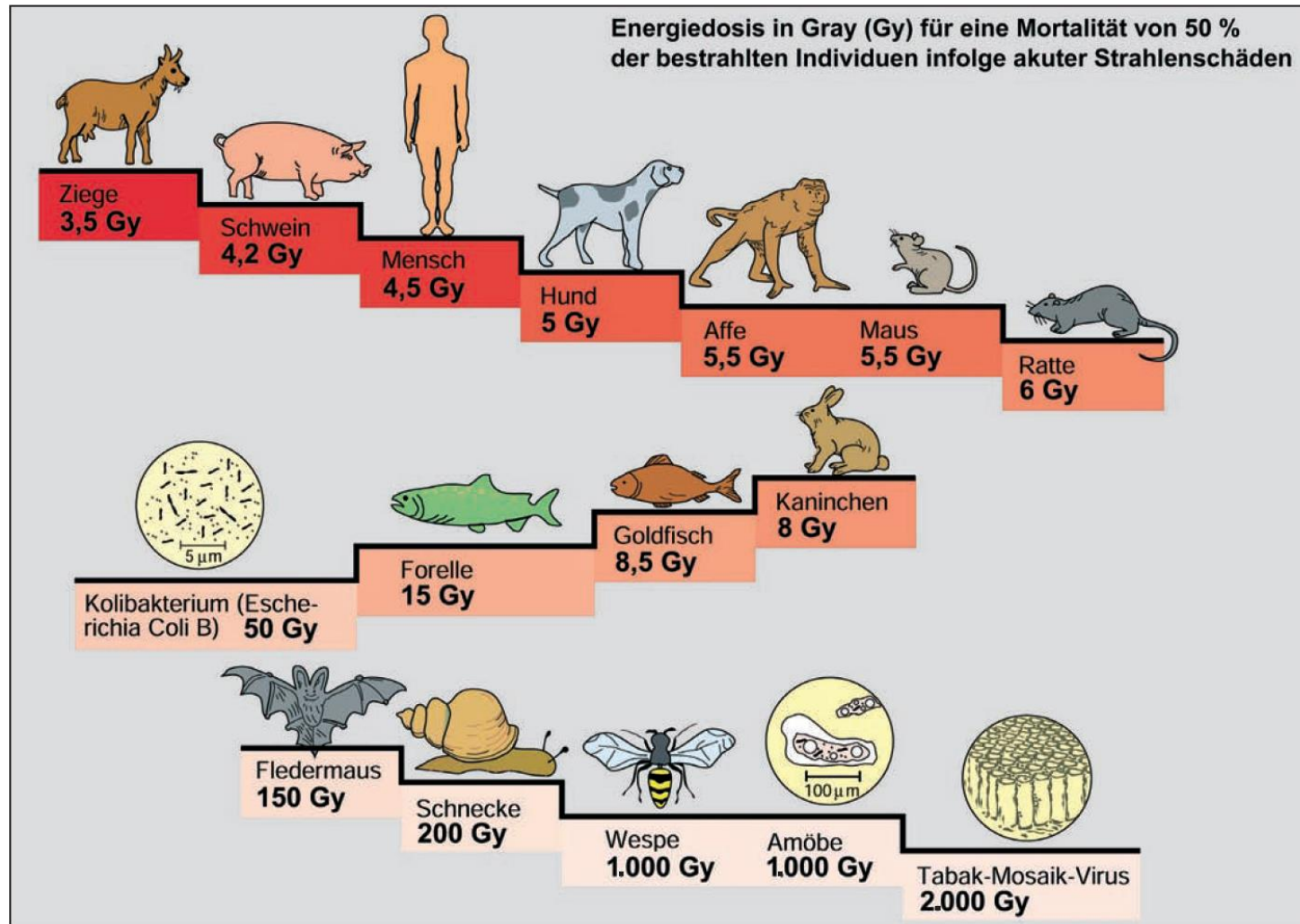
health detriments are function of the dose

lethal dose: 5 – 7 Sv



Step	Time of appearance	Mechanisms
Physical	$\sim 10^{-16}$ s	Energy deposition by ionisation and excitation of the atoms
Physico-chemical	$\sim 10^{-10}$ s	Production of chemical compounds (ions radicals) which diffuse in the cell
Chemical	$\sim 10^{-6}$ s	Production of molecular lesions in the DNA
Cellular	$\sim$ hours	Lesions at cellular level and cell repair involvement
Deterministic effects	$\sim$ weeks	Expression of dysfunctions at the tissues and organs level
Stochastic effects	$\sim$ tens of years	Cancer induction and induction of heritable disorders

# Lethal dose ( $LD_{50/30}$ ) for various organisms



Source: Martin Volkmer, Radioaktivität und Strahlenschutz, Informationskreis Kernenergie

Whole body dose (Gy)	Organ or tissue failure responsible for death	Time at which death occurs after exposure (days)
3-5	Bone marrow	30-60
5-15	Intestine and lungs	10-20
>15	Nervous system	1-5

**Lethal effects:** LD50 for humans 3-5 Gy due to damage to bone marrow, in absence of bone marrow transplantation

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Units of Radiation

Activity: 1 Curie (Ci) =  $3.7 \times 10^{10}$  disintegrations/s  
(1 gram of Ra)

Absorbed dose: 1 rad  $\cong 1 \times 10^{-5}$  J/g

Biological damage: rem = # rads  $\times$  RBE

X-rays,  $\beta$ ,  $\gamma$ -rays RBE = 1       $\frac{1}{2}$   $\times$  RBE = 20

High energy  $p$  &  $n$  RBE = 10

## 1) Justification

any exposure of persons to ionizing radiation has to be justified

## 2) Limitation

the personal doses have to be kept below the legal limits

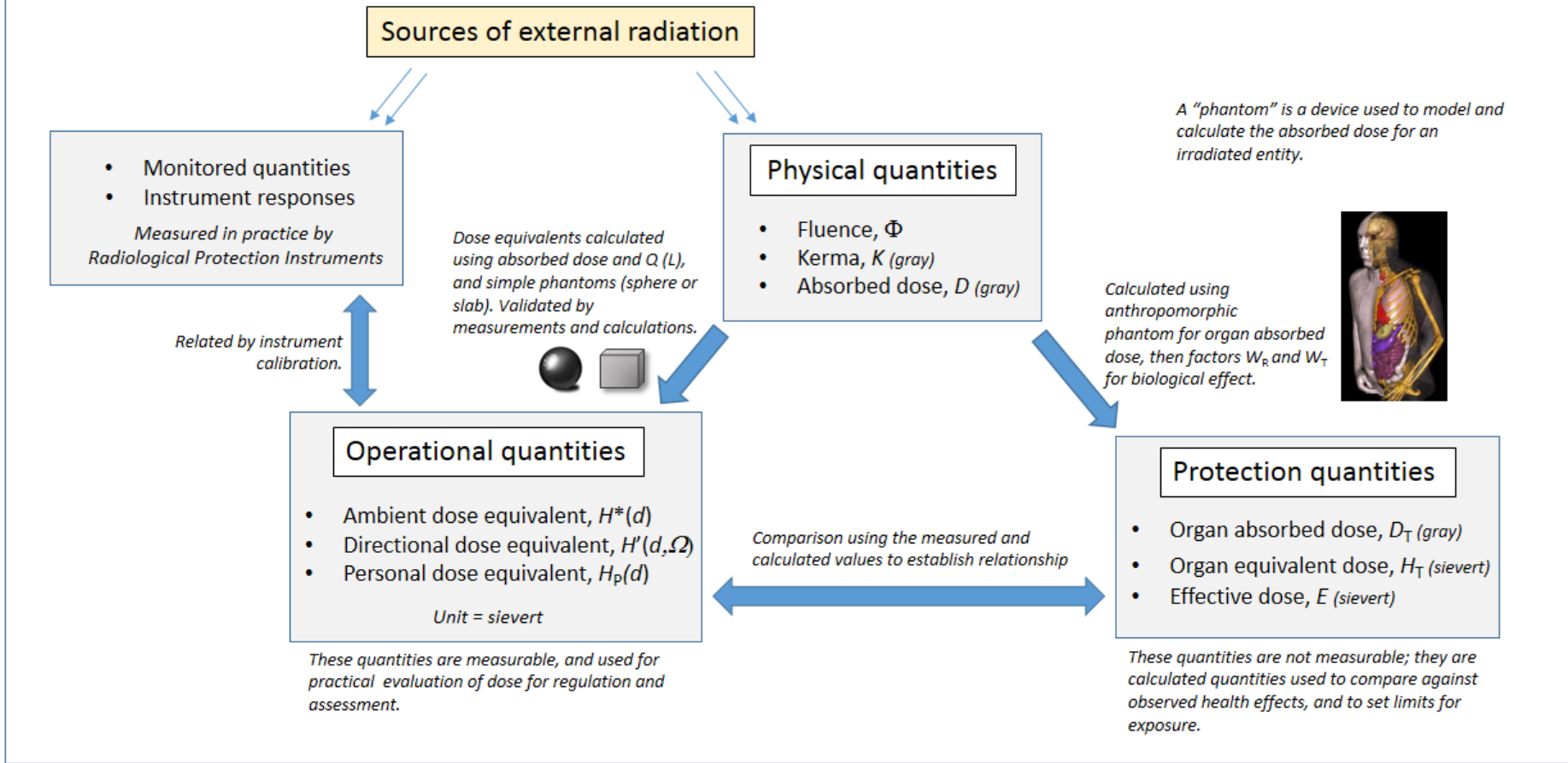
## 3) Optimization

the personal doses and collective doses have to be kept As Low As Reasonable Achievable (**ALARA**) – including social and economical factors into account



## International Commission on Radiological Protection

### Dose quantities in SI units for external radiological protection



Source: Wikipedia

**Absorbed Dose D:**

Unit: Gy

energy absorbed per mass  
1 Gy = 1 J/kg  
(1 Gy = 100 rad)

$$D = \frac{1}{m} \int E dV$$

**Equivalent Dose H:**

Unit: Sv

absorbed dose of organs weighted by  
the radiation weighting factor  $w_R$  of radiation R:  
(1 Sv = 100 rem)

$$H_T = \sum_R w_R D_{T,R}$$

**Effective dose E:**

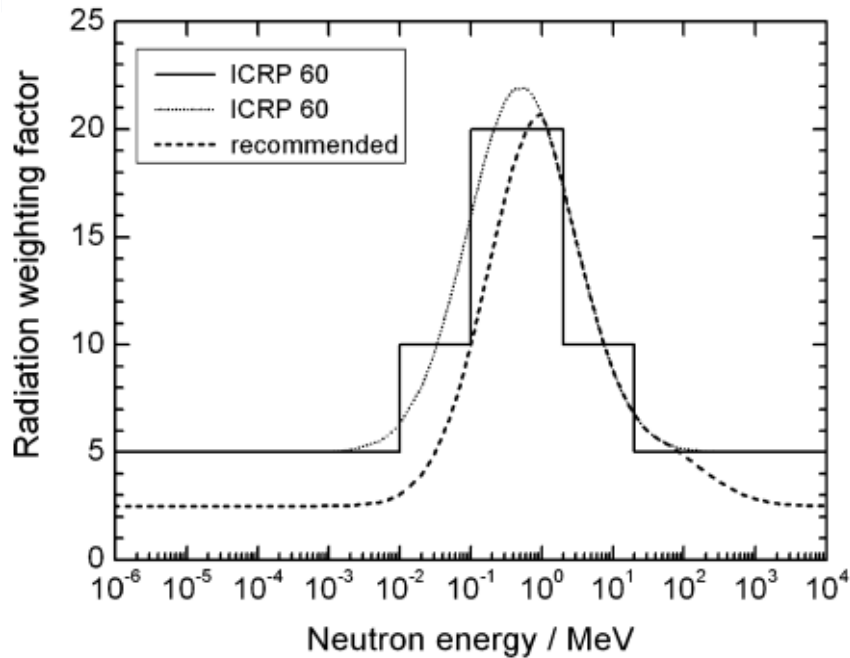
Unit: Sv

Sum of all equivalent doses weighted  
with the weighting factor  $w_T$  for tissue T  
(1 Sv = 100 rem)

$$E = \sum_T w_T H_T = \sum_T w_T \sum_R w_R D_{T,R}$$

Type and energy of radiation R	$W_R$
Photons, all energies	1
Electrons and muons, all energies	1
Protons and charged pions	2
Alpha particles, fission fragments, heavy ions	20
Neutrons	

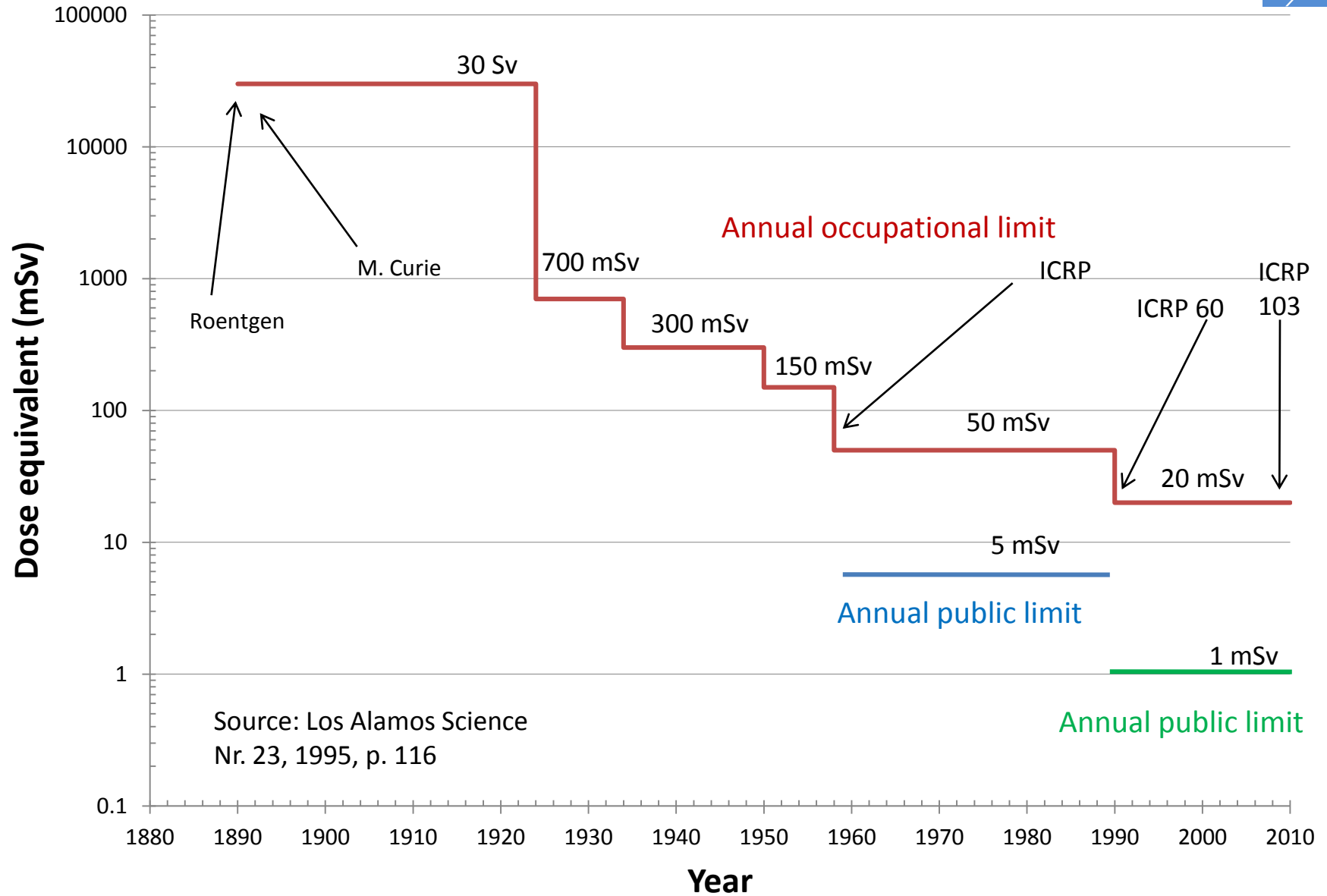
$$w_R = \begin{cases} 2.5 + 18.2 e^{-[\ln(E_n)]^2/6}, & E_n < 1 \text{ MeV} \\ 5.0 + 17.0 e^{-[\ln(2E_n)]^2/6}, & 1 \text{ MeV} \leq E_n \leq 50 \text{ MeV} \\ 2.5 + 3.25 e^{-[\ln(0.04E_n)]^2/6}, & E_n > 50 \text{ MeV} \end{cases}$$



Organ / tissue	No of tissues	$W_T$	Total contribution
Bone-marrow, colon, lung, breast, stomach, remainder tissues	6	0.12	0.72
Gonads	1	0.08	0.08
Bladder, esophagus, liver, thyroid	4	0.04	0.16
Bone surface, brain, salivary glands, skin	4	0.01	0.04

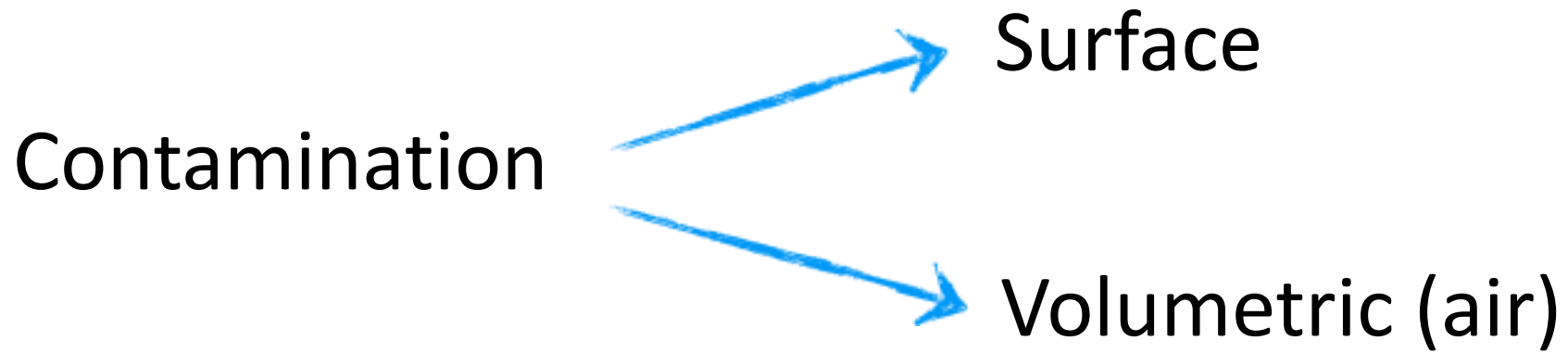
The tissue weighting factors are sex- and age-averaged values for all organs and tissues

- **Quantities on which limits are based** (effective dose, organ equivalent dose) are not measurable
- So **operational quantities** are defined
  - measurable quantities
  - quantities which are representative of the quantities on which limits are based (where possible overestimating these)
- **For external exposure:**
  - ambient dose:  $H^*(10)$
  - personal dose:  $H_p(10)$  and  $H_p(0,07)$
- **For internal exposure** (after an intake):
  - committed effective dose (over 50 years):  $E(50)$



Source: Los Alamos Science  
Nr. 23, 1995, p. 116

External radiation source → external exposure



Internal radiation source → internal exposure

- Person **occupationally exposed** to radiation ( $> 1$  mSv/y)
  - Category **A** workers:  $> 6$  mSv/y
  - Category **B** workers:  $< 6$  mSv/y
- **Supervised area**: area with dose  $> 1$  mSv/y  
(accessible to categories A and B workers)
- **Controlled area**: area with dose  $> 6$  mSv/y  
(accessible to categories A workers, and with limited stay to category B workers)
- Exposure situations:
  - **risk of external exposure only** (sealed radioactive sources, radiation generators, for example X-ray tube)
  - **risk of internal and external exposure** (use of unsealed radioactive sources)



	Area	Dose limit [year]	Ambient dose equivalent rate		Sign
			Work place	Low occupancy	
Radiation Area	Non-designated	1 mSv	0.5 $\mu$ Sv/h	2.5 $\mu$ Sv/h	
	Supervised	6 mSv	3 $\mu$ Sv/h	15 $\mu$ Sv/h	
	Simple	20 mSv	10 $\mu$ Sv/h	50 $\mu$ Sv/h	
	Limited Stay	20 mSv		2 mSv/h	
	High Radiation	20 mSv		100 mSv/h	
	Prohibited	20 mSv		> 100 mSv/h	
					Controlled Area

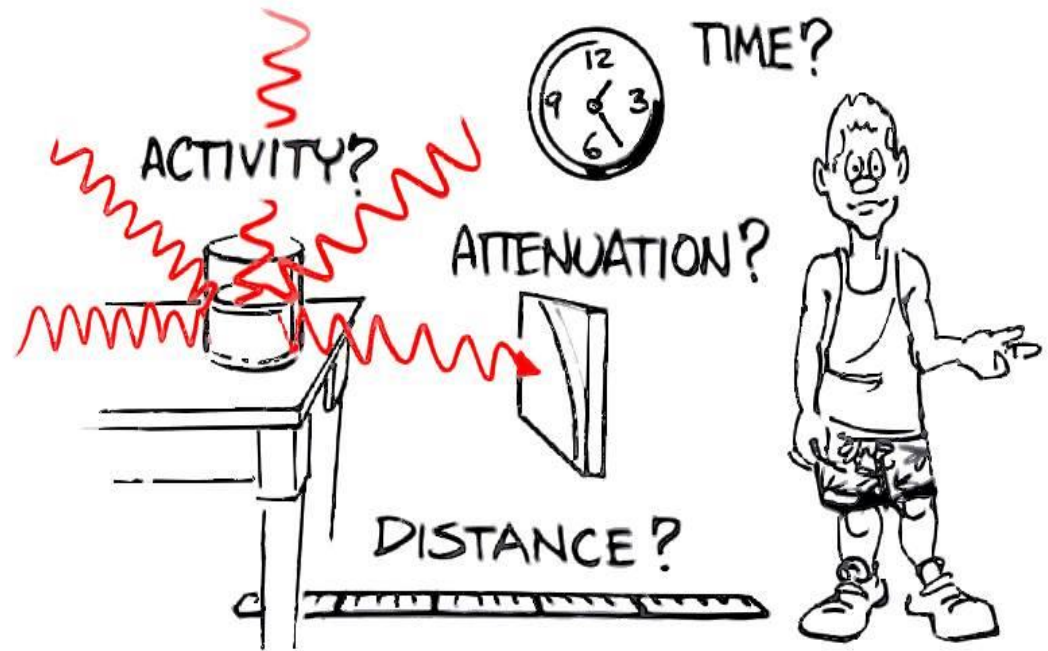
## How you can protect yourself from radiation?



[www.shutterstock.com](http://www.shutterstock.com) · 384981319

## Three means: distance, time, shielding

- ◆ **Distance:** the dose rate decreases with the inverse squared of the distance (from a point-like source)
- ◆ **Time:** the dose is proportional to the time spent close to the source  $D = dD/dt \times t$
- ◆ **Shielding:** the dose rate approximately reduces as  $\exp(-d/\lambda)$   
 $\lambda$  = shielding properties of the material



For  $\beta$  radiation: plexiglass  
For  $\gamma$  radiation: iron or lead  
For n: concrete

- **Time:** limit the duration of the stay in the radiation field
  - Job preparation
  - Dry run
  - Monitoring of the duration of exposure
- **Distance:** stay as far as possible from the source
  - Dispersion law:  $1/r^2$  for a point source, more like  $1/r$  for an extended source
  - Very important at short distances
  - Factor of 100 between 1 cm and 10 cm (use of tongs/tweezers)
- **Shielding:** use of protective shields
  - Material and thickness of the shield depend of the type and energy of the radiation and of the reduction factor required

- Use of work processes and special tooling to reduce time in work area
- Staging and preparation of necessary materials and special tools
- Maximization of prefabrication in workshop
- Use of mock-ups for complex tasks
- “Dry-run” of the activities using applicable procedures
- Engineering, design and use of temporary shielding
- Use of remote handling procedures



- **Isolating the radioactive substance**

- use of containment
- use of glove boxes
- use of fume cupboards



- **Isolating the person**

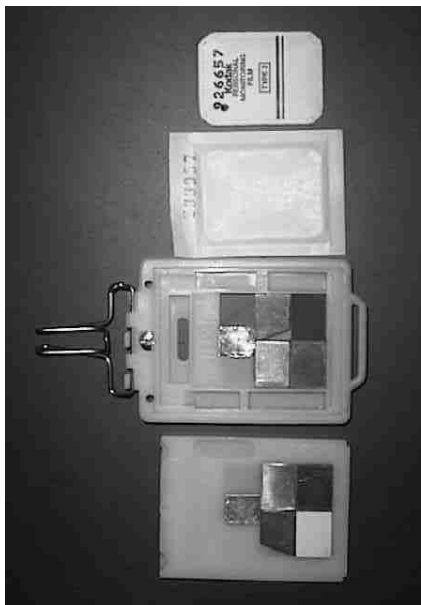
- do not eat, drink, or smoke in a supervised or controlled area
- wear protection gloves and laboratory coats
- use respiratory protective equipment



- **Wearing of a personal dosimeter** on the chest or at the waist
  - monthly measurement (at least)
  - delayed information (depends on dosimeter)
  - measurement threshold  $\sim 0.1$  mSv/month
- **Wearing of an electronic dosimeter**
  - instantaneous information
  - possibility to setting a dose or dose rate alarm
- **Wearing an extremity dosimeter**
  - In the case of specific hand exposure risk (handling of radioactive substances)

- **The dosimeter is calibrated to measure:**
  - **$H_p(10)$** : personal equivalent dose at a depth of 10 mm in the chest
  - **$H_p(0.07)$** : personal equivalent dose at a depth of 0.07 mm in the chest
- **At low measured doses** (less than the limits) it is assumed that:
  - the effective dose and the equivalent dose to each organ is equal to  $H_p(10)$ ;
  - the equivalent dose to the skin is equal to  $H_p(0.07)$ ;
- **At high measured doses** (exceeding the limits),
  - an investigation is undertaken (**dosimetric reconstruction**) in order to determine the effective dose and the equivalent doses to the organs which were actually received.





Kodak film badge

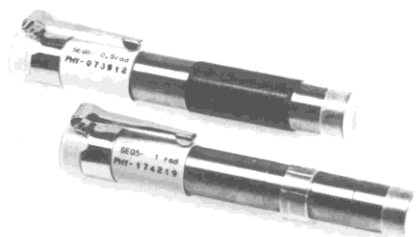
Personal dosimeter: "Legal dose"



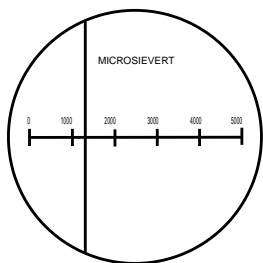
RADOS DIS



Finger dosimeter



Quartz-fiber dosimeter (ionisation chamber and electroscope)



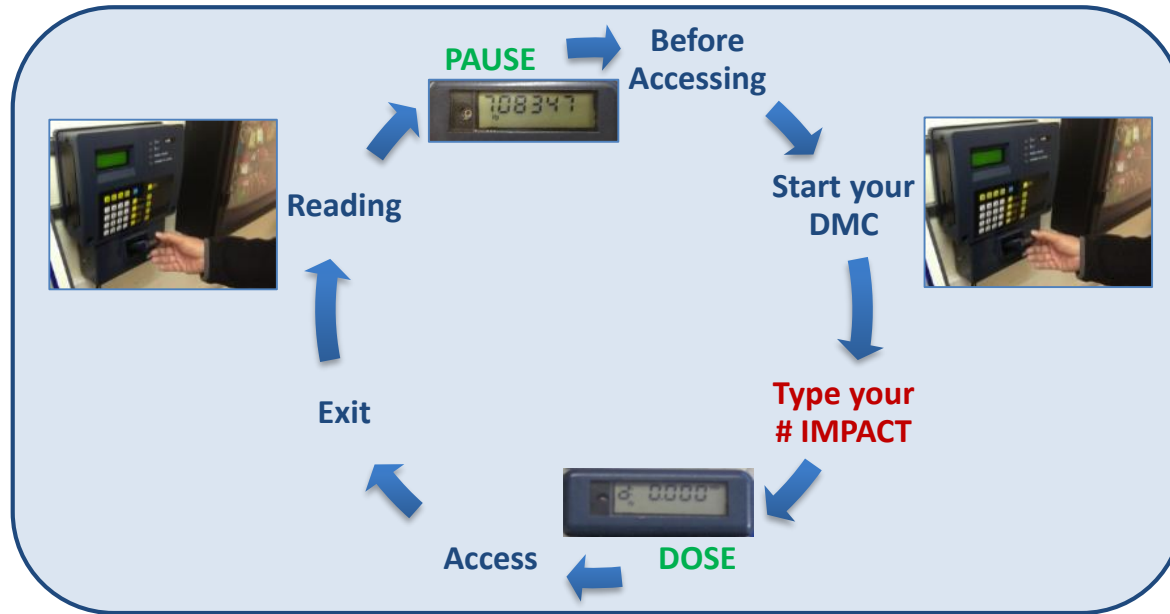
Operational dosimeter DMC: "Operational dose"

- Continuous measurement of  $\beta\gamma$ -dose (DIS-system) and integration of the neutron dose (track dosimeter)
- Obligation to wear the dosimeter in supervised and controlled areas
- Wearing of the dosimeter on the chest
- Reading at least once a month at a reader (about 50 readers available on the site)
- Possibility of checking the dose associated with a given operation (read the dosimeter before and after)
- Dosimeter to be returned to the dosimetry service at the end of stay or at the end of a 12 month period



- Obligation to wear an operational dosimeter in a controlled area
- Continuous  $\beta\gamma$ -dose measurement
- Instrument: DMC
- Display of  $H_p(10)$  (resolution of 1 mSv)
- Dose alarm at 2 mSv
- Dose rate alarm at 2 mSv/h
- Audible detection signal (« bip »)
- Record the dose before and after the operation





**Radioactive contamination** at particle accelerators can arise from:

- the use of **unsealed radioactive sources**
- **activation of air and dust** around the accelerators
- activation of oils or **cooling fluids**
- the **machining** or treatment of radioactive **components**
- normal or accidental **emissions from targets** whilst they are irradiated or after irradiation

**Two factors** should be considered in defining **precautions** for the control of unsealed radioactivity:

- the **prevention of the contamination of**
  - **personnel**
  - **equipment**

- Material that has been brought into and removed from an accelerator tunnel or bunker **during shutdown (maintenance)** will not be activated BUT ...
- ... it might be contaminated
- If there is a suspicion of contamination, it has to be checked before leaving the area



- **Internal** (+ **external**) exposure: the incorporated radionuclides irradiate the organs and tissues to which they attach
- Exposure lasts until the complete elimination of the radionuclides by radioactive decay and biological metabolism



Internal exposure can occur by:

- **ingestion**
- **inhalation**
- **skin**

- Determination of the activity taken into the body and calculation of the **committed effective dose** with a standard model
- **Measurements to determine the activity taken into the body:**
  - direct measurement of the radiation emitted by the person using a thyroid monitor, a lung monitor or a whole body monitor (WBC, whole body counter)
  - measurement of the activity in the excreta (urine, faeces)
- **Two stages strategy:**
  - screening measurement (with a simple laboratory instrument)
  - If a threshold is exceeded, actual measurement of the intake



- **Operational quantity**: committed effective dose  $E_{50}$
- For radionuclides with **short half-life**, the dose is received in the days following the intake;
- For radionuclides with a **long half-life** (strontium-90, actinides), the dose is received over many years following the intake;
- **The committed dose** is attributed to the period of intake;
- Dose is calculated using standard metabolic models;
- If dose limits are exceeded an **investigation is undertaken** (dosimetric reconstruction) to determine the committed dose; an adaptation of the model may be necessary.

For low level contamination / low risk



« Tyvek » overall  
(synthetic paper)



Rubber gloves

... generally completed  
by overshoes

For higher levels of contamination = higher risk



- Tyvek overall
- Tape-sealed gloves
- Overshoes
- Respiratory Protective Equipment



Whole body protection from contamination



Ventilated, filter and over-pressurized

Tyvek



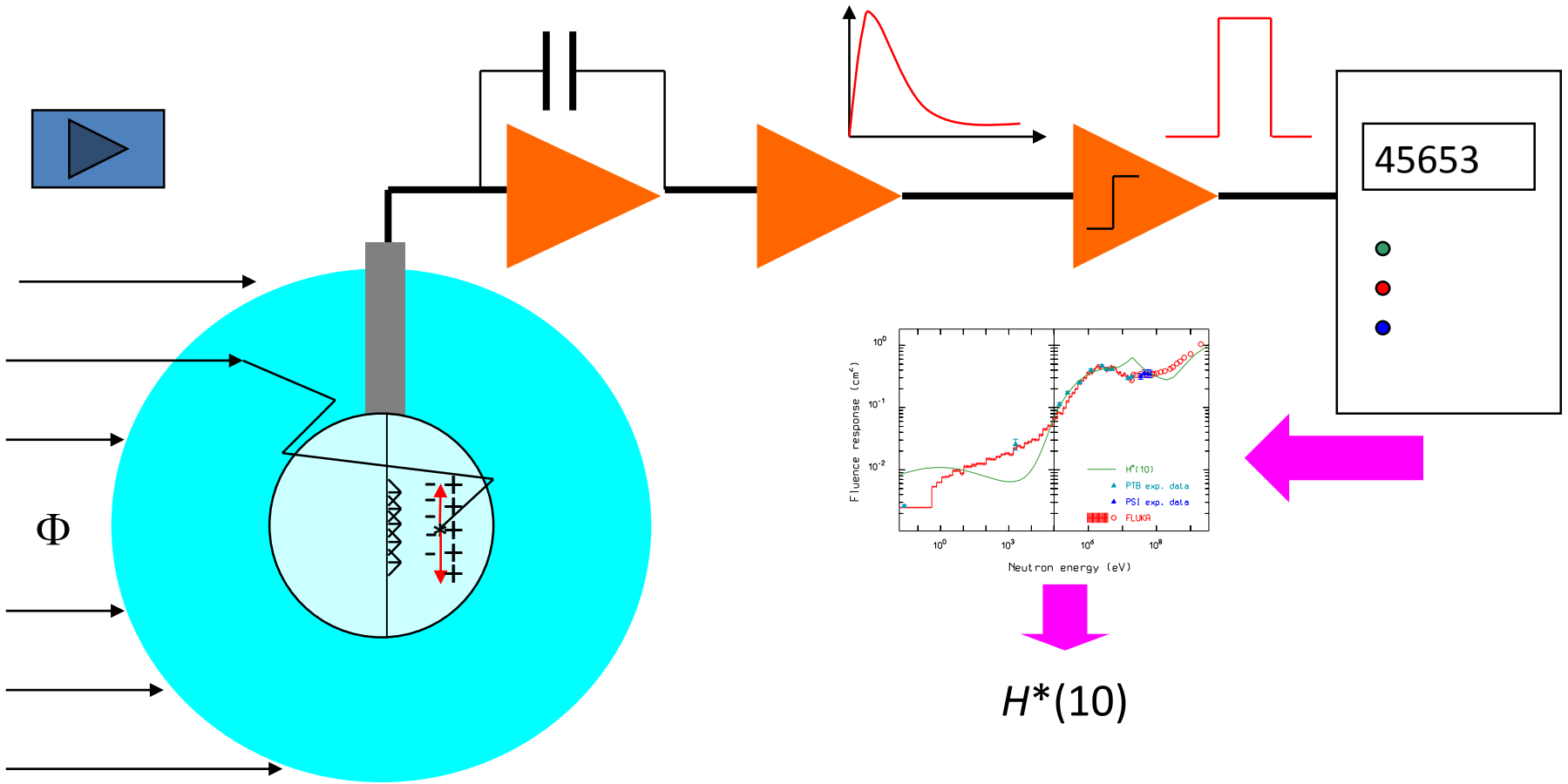


Individual protection equipment is mandatory for work in areas with contamination risk (cleaning operations, machining of radioactive material or equipment, ...)

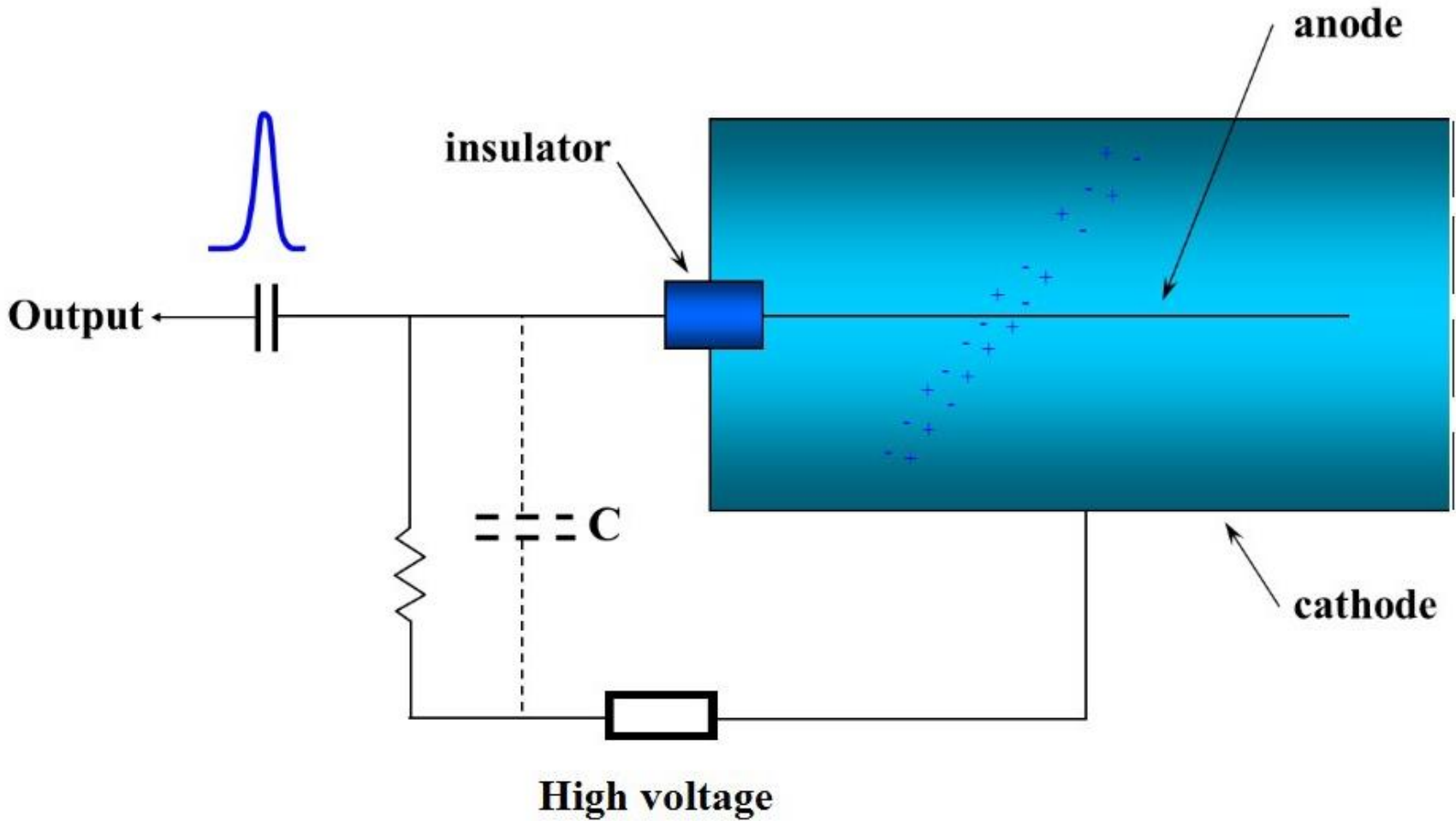
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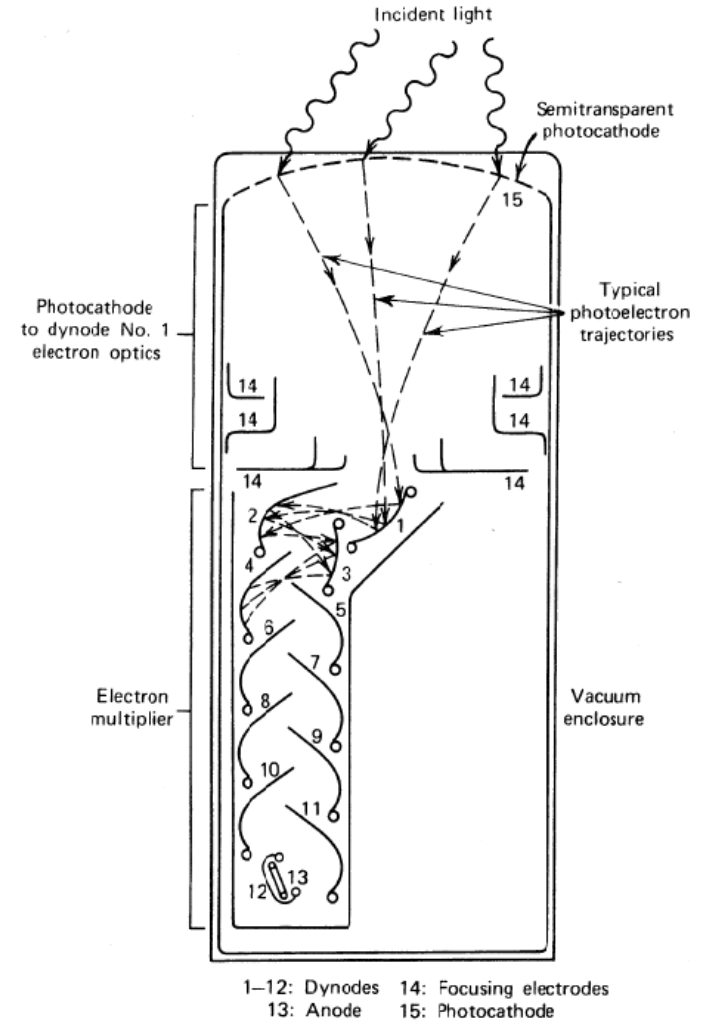
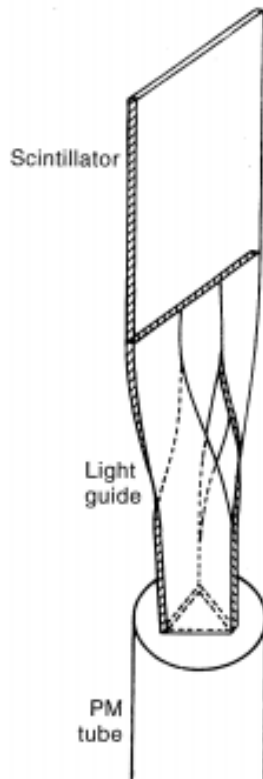
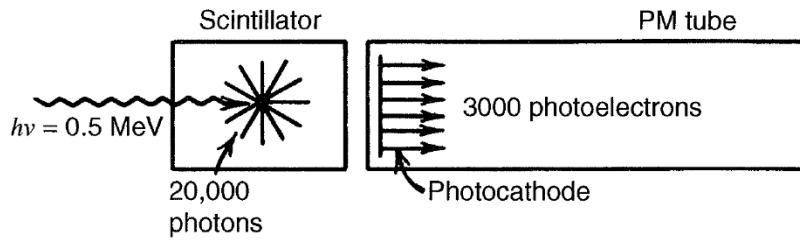
Since the Radiation Protection quantities are not directly measurable, their estimate involves the measurement of a physical quantity.



Courtesy S. Agosteo, Politecnico di Milano

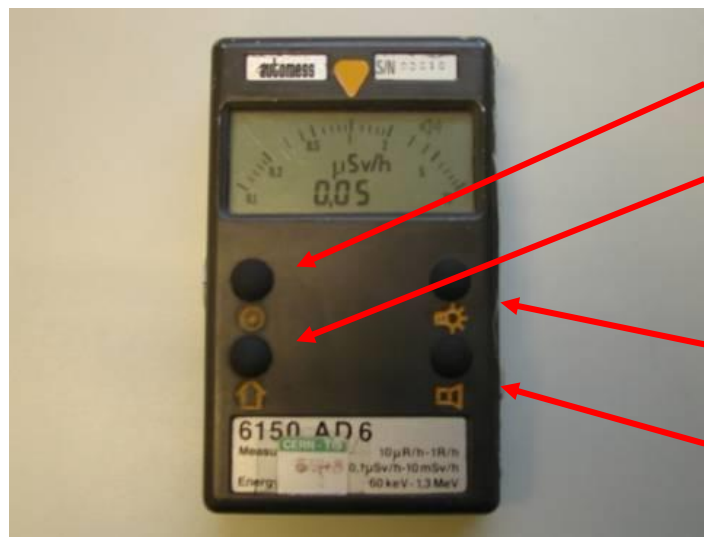






From Glenn F. Knoll, Radiation Detection and Measurement

AD17 external probe

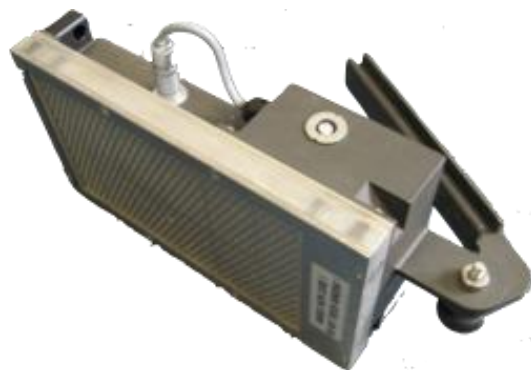


Push button 1

Push button 2

Push button 3

Push button 4



Detector: Geiger Müller counter

Range: 0.5  $\mu\text{Sv/h}$  – 10 mSv/h

Energy range: 60 keV – 1.3 MeV

Dimensions: 130 mm x 80 mm x 29 mm

Alimentation: 9 V standard battery

ADK surface contamination meter for  $\alpha$ ,  $\beta$  and  $\gamma$  radiation

Detector: sealed proportional counter

Active surface 100 cm<sup>2</sup>



APA



CMS2000

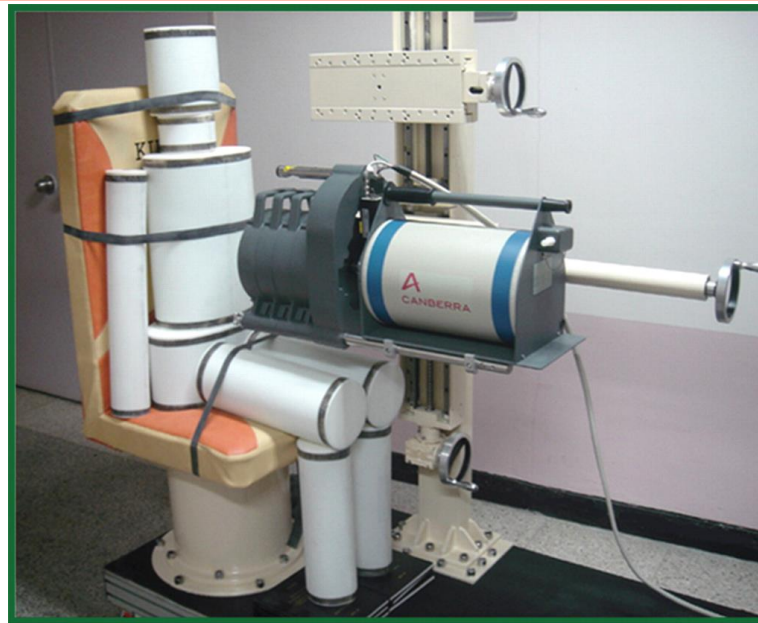
Air contamination monitors



Hand and foot monitor

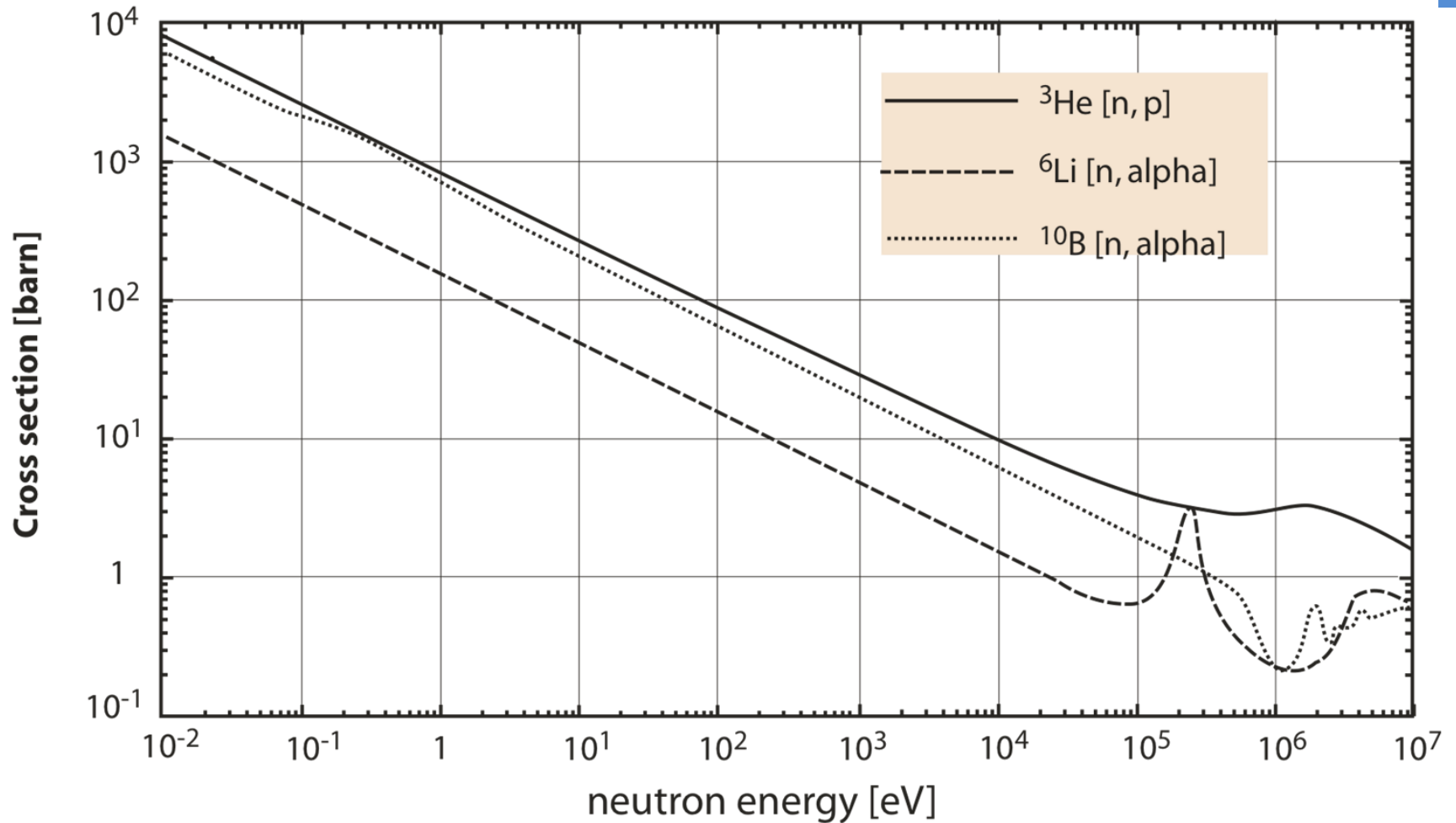


ABPM203M



Some elements have a very large cross section for slow neutrons and can be exploited for neutron detection

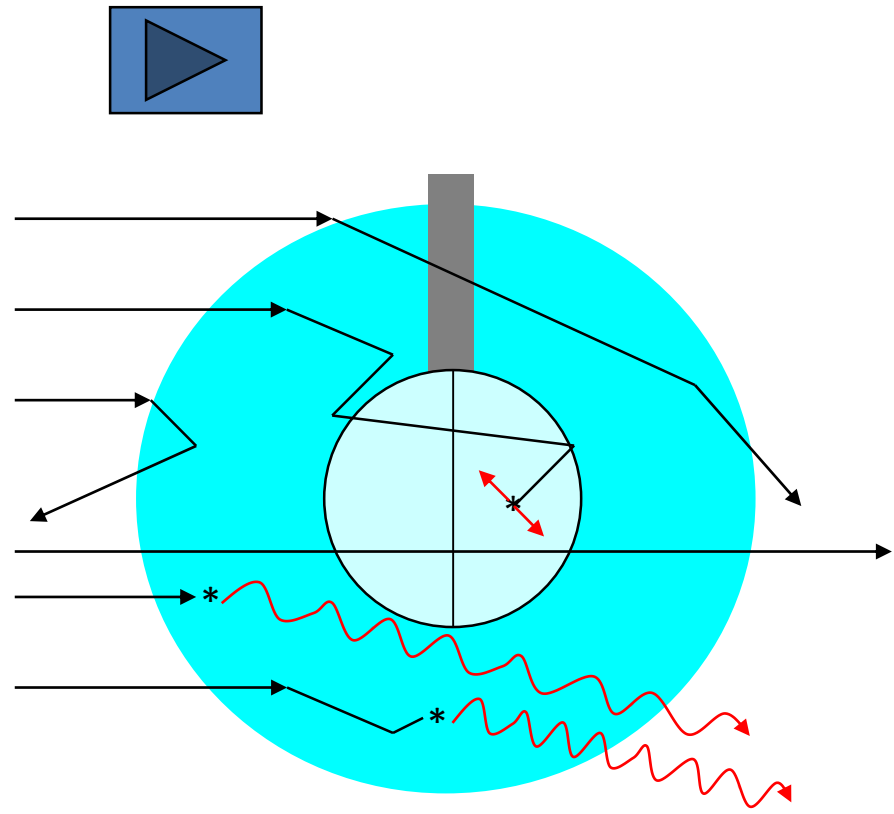
- 1) Boron  
 $^{10}\text{B} + \text{n} \rightarrow ^7\text{Li} + \alpha$   $Q = 2.793 \text{ MeV}$   
 $^{10}\text{B} + \text{n} \rightarrow ^7\text{Li}^* + \alpha$   $Q = 2.310 \text{ MeV}$
- 2) Lithium  $^6\text{Li} + \text{n} \rightarrow ^3\text{H} + \alpha$   $Q = 4.78 \text{ MeV}$
- 3)  $^3\text{He}$   $^3\text{He} + \text{n} \rightarrow ^3\text{H} + \text{p}$   $Q = 764 \text{ keV}$



Mean free path of thermal neutrons

- in  $^3\text{He}$  gas  $\approx 7$  cm

- in solid  $^{10}\text{B}$   $\approx 70$   $\mu\text{m}$

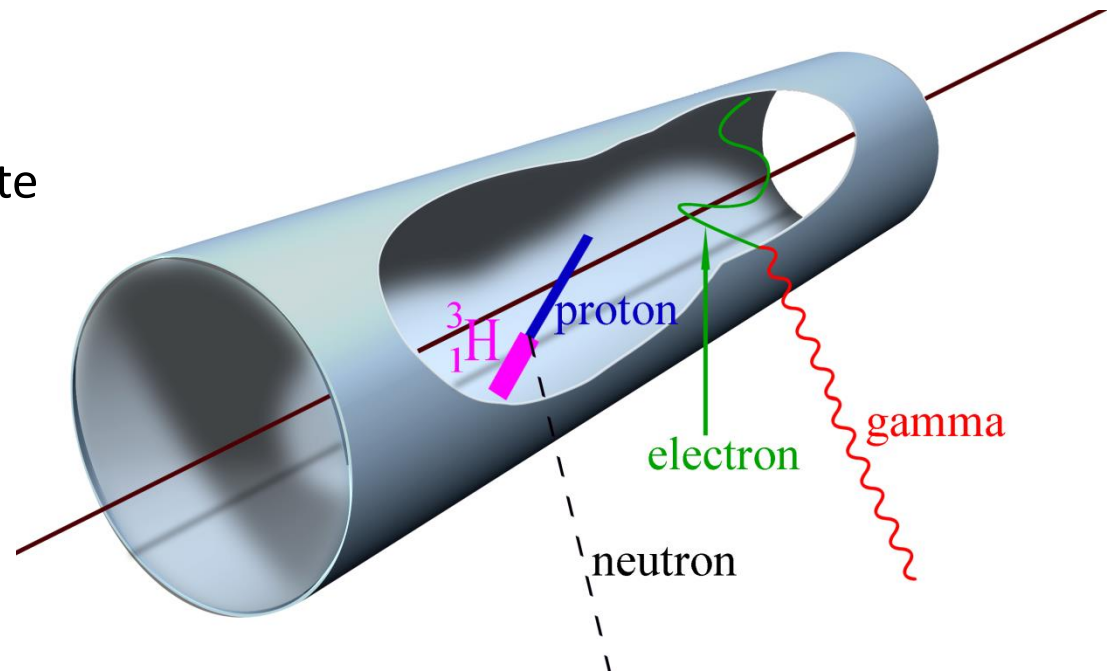


Courtesy S. Agosteo, Politecnico di Milano

$\text{BF}_3$  gas and  $^3\text{He}$  gas make detectors for slow neutrons with excellent gamma discrimination

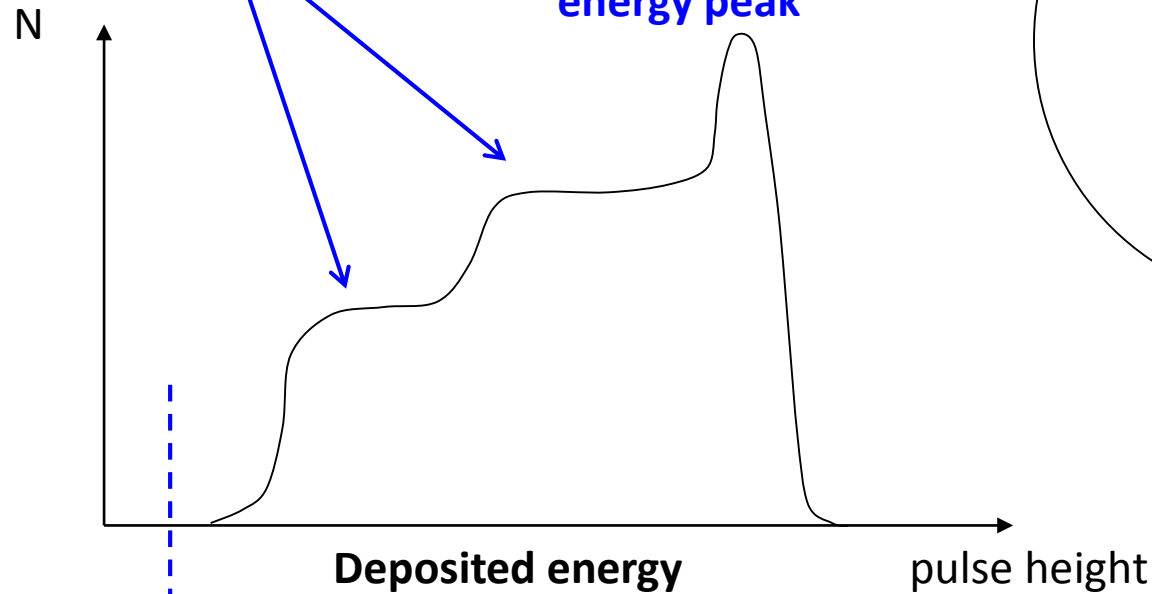
**Gamma rays** can interact in the walls and produce **electrons** in the gas, but the energy loss of electrons is small ( $\approx 2 \text{ keV/cm}$ ), so that these pulses are much smaller than those due to **neutrons**

A suitable pulse amplitude threshold can thus eliminate most gamma interactions.

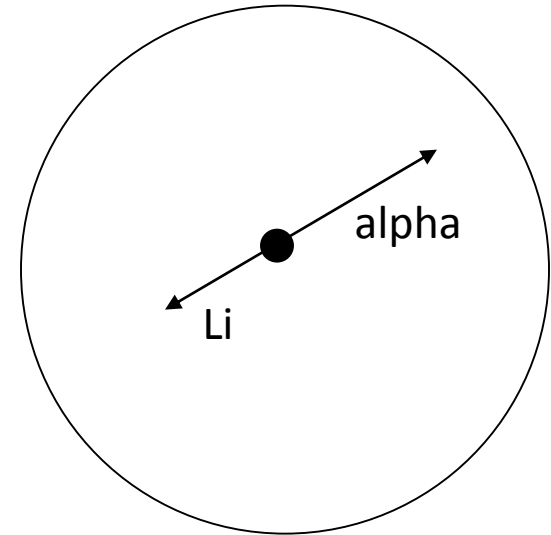




“Wall effect” continuum



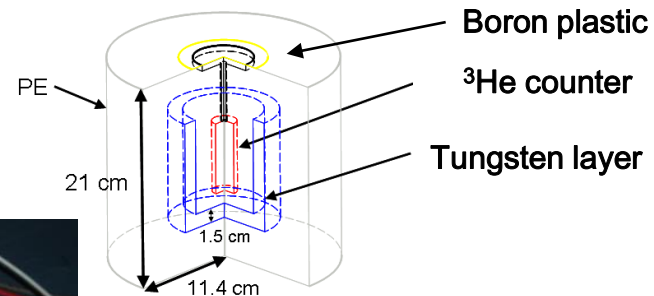
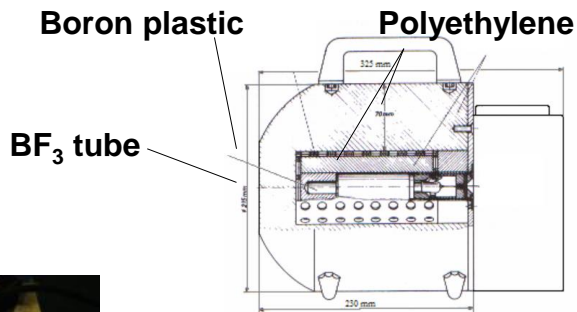
Reaction product full-energy peak



Low-energy event cut

The shape of the pulse height spectrum is due to the energy loss of the recoils in the gas

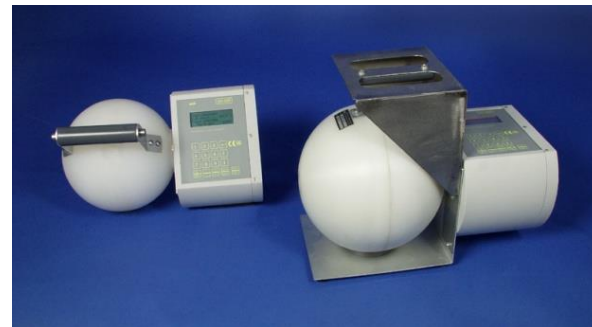
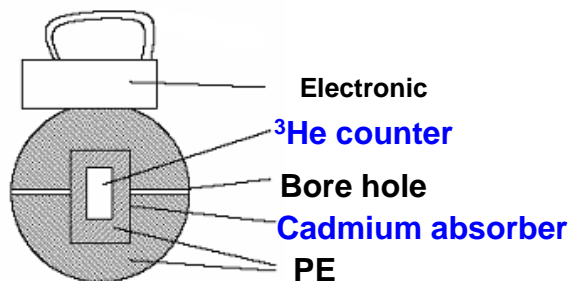
## Studsvik 2202D



## Eberline WENDI-2



## Berthold LB6411 (also LB6411Pb)



## MAB SNM500(X)

- **Active monitoring**

- Ambient dose rate
- Water contamination
- Airborne contamination
- Weather parameters
- Gate monitors

- **Passive monitoring**

- Thermoluminescent dosimeters placed in the environment

## Stray radiation



## Air



## Water



## Other environmental samples





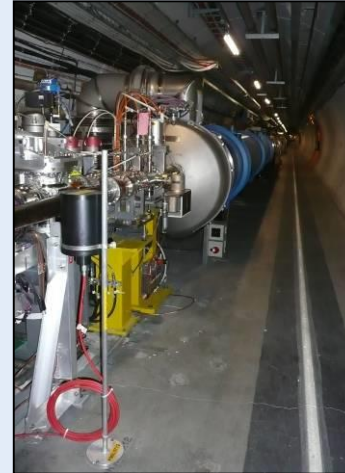
REM counter



Gas filled, high pressure ionization chamber

**Beam-on:** to protect workers in areas adjacent to accelerator tunnels and experiments against prompt radiation (mainly neutrons,  $E < \text{some GeV}$ )

**Alarm function**



Air filled ionization chamber

**Beam-off:** to protect workers during maintenance and repair against radiation fields caused by decay of radionuclides (mainly gammas,  $E < 2.7 \text{ MeV}$ )

**No alarm function**



Site Gate Monitor



Reading of radiation levels directly available



Radiation Alarm Unit (RAMSES)

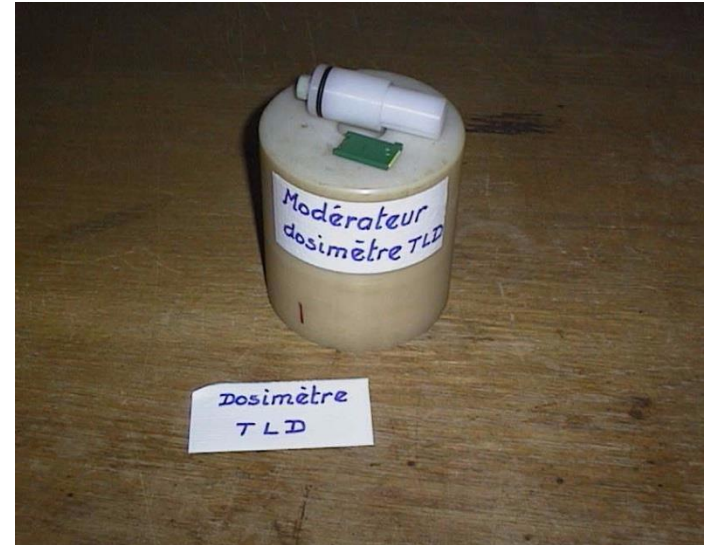


**RED flashing light + SOUND**  
**ALARM** → Evacuation of the area

**ORANGE flashing light + SOUND**  
**WARNING** → Limited stay

**Green fixed light = NORMAL situation**  
**(radiation levels low, monitoring system ON)**

Thermoluminescence dosimeters (TLD) inside a polyethylene moderators are used to monitor neutron and gamma doses in the experimental areas and in the environment.



TLDs are passive devices used CERN-wide to integrate radiation doses over a period of several months.

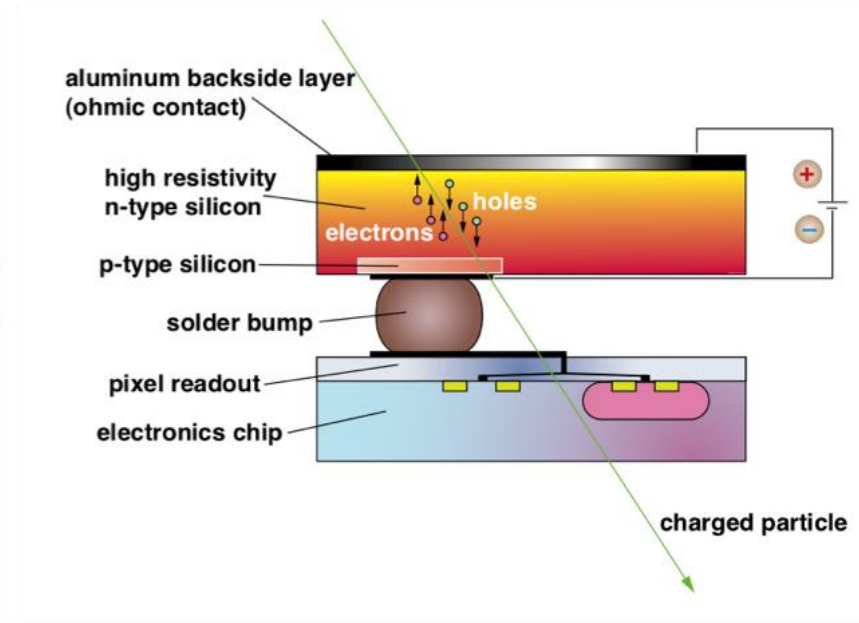
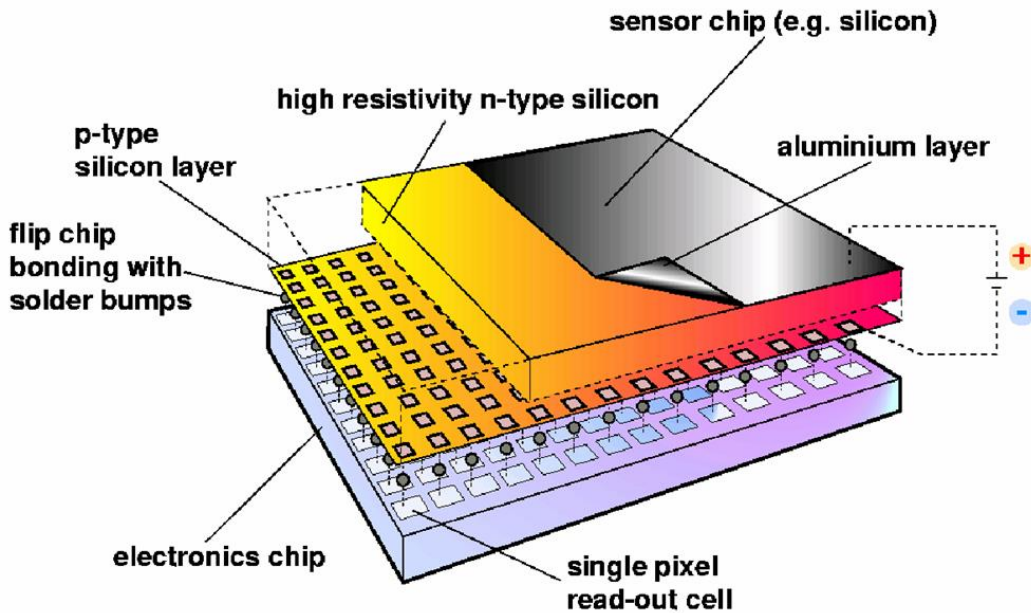


Glenn F. Knoll, Radiation Detection and Measurement, 4<sup>th</sup> edition

Frank H. Attix, Introduction to Radiological Physics and Radiation Dosimetry

Annals of the ICRP (International Commission on Radiological Protection)  
<http://www.icrp.org/publications.asp>

ICRU publications, International Commission on Radiation Units and Measurements  
<http://www.icru.org/>



- Usually about 2% weight of  $^{238}\text{U}$  in form of oxide diuranate
- Negligibly radioactive
- Decays according to the Radium (Uranium) series decay chain
  - $\alpha$  – 4.270 MeV (4.47E9 years)
  - $\beta$  – 0.273 MeV (24.1 hour)
  - $\beta$  – 2.197 MeV (6.7 hour)
  - $\alpha$  – 4.859 MeV (245500 years)
  - $\alpha$  – 4.770 MeV (75380 years)
  - $\alpha$  – 4.871 MeV (1602 years)
  - $\alpha$  – 5.590 MeV (3.82 days)
  - ...

