HANDBOOK OF RADIOLOGICAL PROTECTION

PART I: DATA

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Prepared by a Panel of the Radioactive Substances Advisory Committee

Department of Employment

Department of Health und Social Security

Ministry of Health and Social Services, Northern Ireland

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1. Introduction

The objective of Part I of this Handbook is to provide in readily accessible form a collection of information likely to be of immediate use to those concerned with the radiological protection of workers and members of the public. In particular, it is intended as a supplement to the Code of Practice issued by the Department of Employment for the protection of persons exposed to Ionising Radiations in Research and Teaching, and that issued by the Department of Health and Social Security for the protection of persons against Ionising Radiations arising from Medical and Dental Use. It is intended that Part II of the Handbook will deal with the methods and techniques of radiological protection.

The field of radiological protection is a wide one and the problem of selection and rejection of data for the Handbook is therefore difficult. The compilers of Part I have aimed at including information which is likely to be needed fairly frequently, excluding material which is already contained in other compilations necessarily familiar to the health physicist. Thus, material included in the publications of the International Commission on Radiological Protection has been reprinted in this Handbook only when it adds completeness to a series of information obtained from other sources. All the data have been presented in the form most likely to be suitable for protection work and not necessarily in the form in which they were originally published.

The Handbook has been prepared in the international A4 paper size, which is large enough to do justice to material presented graphically. It has been presented in loose-leaf form so that further sections can be added if they are found to be appropriate, and corrections can be made without difficulty. The loose-leaf format also allows individuals to add additional data of their choice should they so wish. To simplify such additions, each section of the Handbook has its own numbering system for pages, tables, figures and references.

Acknowledgments

The information in the Handbook has been obtained as far as practicable from published sources, re-presented in a standard form. Original references are quoted wherever practicable, except where a review author has made a positive contribution in selecting information from a range of original publications.

The responsibility for the selection and presentation of the material has been that of a Panel of the Radioactive Substances Advisory Committee, who acknowledge with thanks the work of W. Binks during the early stages of assembling the data.

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1.1 Other Compilations of Data of Use in Radiological Protection

ICRP Publications

The publications of the International Commission on Radiological Protection contain data on physical subjects (which are unlikely to change drastically), selected data representative of biological situations (which are more likely to change) and recommendations on the principles and practices of radiological protection (which are superseded as the subject develops). Much of the physical data published by ICRP is included in this Handbook but only a small part of the biological data has been used. This sub-section gives a general guide to the location of data in ICRP publications.

ICRP Publication 1: Recommendations of the International Commission on Radiological Protection (Adopted September 9, 1958). Pergamon Press, London (1959).

General recommendations (obsolete).

ICRP Publication 2: Recommendations of the International Commission on Radiological Protection. Report of Committee II on Permissible Dose for Internal Radiation (1959). Pergamon Press, London (1960).

Methods of calculation of internal doses

Physical and metabolic characteristics of the nuclides

Characteristics of Standard Man, including intakes of air and water, loss of water, chemical composition, mass of organs, behaviour of aerosols in the lung and models of the GI tract

Maximum permissible concentrations in air and water

Maximum permissible body burdens

(Many of these data are currently in process of revision. See also ICRP Publication 6)

ICRP Publication 3: Recommendations of the International Commission on Radiological Protection. Report of Committee III on Protection against X-rays up to Energies of 3 MeV and Beta- and Gamma-rays from Sealed Sources (1960). Pergamon Press, London (1960).

General recommendations

X- and y-ray outputs and diffusion

Shielding requirements

(This report is currently in process of revision)

ICRP Publication 4: Recommendations of the International Commission on Radiological Protection. Report of Committee IV (1953–1959) on Protection against Electromagnetic Radiation above 3 MeV and Electrons, Neutrons and Protons (Adopted 1962, with revisions adopted 1963). Pergamon Press, Oxford (1964).

General recommendations

Quality factors for neutrons and protons up to 1000 MeV

Flux densities related to dose rate for neutrons and protons up to 1000 MeV

Linear energy transfer

Absorption coefficients for γ radiation

Build-up factors for γ radiation

Broad beam diffusion for γ radiation and neutrons

(This report is currently in process of revision)

ICRP Publication 5: Recommendations of the International Commission on Radiological Protection. Report of Committee V on the Handling and Disposal of Radioactive Materials in Hospitals and Medical Research Establishments. Pergamon Press, Oxford (1965).

General recommendations and procedures

ICRP Publication 6: Recommendations of the International Commission on Radiological Protection (as Amended 1959 and Revised 1962). Pergamon Press, Oxford (1964).

General recommendations (now obsolete)

Revised and extended data supplementing ICRP Publication 2

ICRP Publication 7: Principles of Environmental Monitoring Related to the Handling of Radioactive Materials: A Report Prepared by a Task Group of ICRP Committee 4. Pergamon Press, Oxford (1966).

General recommendations

ICRP Publication 8: The Evaluation of Risks from Radiation: A Report Prepared for Committee 1 of ICRP. Pergamon Press, Oxford (1966).

Quantitative estimates of somatic and genetic risks from radiation

ICRP Publication 9: Recommendations of the International Commission on Radiological Protection (Adopted September 17, 1965). Pergamon Press, Oxford (1966).

General recommendations and maximum permissible doses (Current values, 1969)

ICRP Publication 10: Evaluation of Radiation Doses to Body Tissues from Internal Contamination Due to Occupational Exposure: A Report Prepared by a Task Group of Committee 4. Pergamon Press, Oxford (1968).

Detailed methods of interpretation, including separate appendices for twenty-four nuclides

ICRP Publication 11: A Review of the Radiosensitivity of the Tissues in Bone: A Report Prepared by a Joint Task Group of Committees 1 and 2. Pergamon Press, Oxford (1968). General review and recommendations

ICRP Publication 12: General Principles of Monitoring for Radiation Protection of Workers: A Report Prepared by a Task Group of Committee 4. Pergamon Press, Oxford (1969).

General recommendations

ICRP Publication 13: Radiation Protection in Educational Establishments: A Report Prepared by a Task Group of Committee 3. Pergamon Press, Oxford (1970).

General recommendations

ICRP Publication 14: Radiosensitivity and Spatial Distribution of Dose: A Report Prepared by Two Task Groups of Committee 1. Pergamon Press, Oxford (1969).

General review and recommendations

Task Group Reports published in Health Physics, 12, 2 (1966):

Deposition and Retention Models for Internal Dosimetry of the Human Respiratory Tract: A Report of the Committee II Task Group on Lung Dynamics (p.173) (The details of these models are still under review) Radiobiological Aspects of the Supersonic Transport: A Report Prepared by the Committee 1 Task Group on the Biological Effects of High-Energy Radiations (p.209)

Calculation of Radiation Dose from Protons and Neutrons to 400 MeV: A Report Prepared for Committee III of ICRP (p.227)

The Evaluation of Risks from Radiation: A Report Prepared for Committee 1 of ICRP (p.239) (Also issued as ICRP Publication 8)

ICRU Publications

The International Commission on Radiation Units and Measurements publishes reports which contain physical data and methodology of importance to radiological protection. Some of these data have been used in this Handbook. The current ICRU reports are listed below. They are available from ICRU Publications, PO Box 4869, Washington DC 20008, USA.

ICRU Report No. 10b. Physical Aspects of Irradiation, NBS Handbook 85. Washington (1964)

ICRU Report No. 10c. Radioactivity, NBS Handbook 86. Washington (1963)

ICRU Report No. 10d. Clinical Dosimetry, NBS Handbook 87. Washington (1963)

ICRU Report No. 10e. Radiobiological Dosimetry, NBS Handbook 88. Washington (1963)

ICRU Report No. 10f. Methods of Evaluating Radiological Equipment and Materials, NBS Handbook 89. Washington (1963)

ICRU Report No. 11. Radiation Quantities and Units (supersedes ICRU Report No.10a, NBS Handbook 84). Washington (1968)

ICRU Report No. 12. Certification of Standardized Radioactive Sources. Washington (1968)

IAEA Publications

The International Atomic Energy Agency issue reports giving practical guidance concerning radiological protection in the Safety Series of reports. Some of the Technical Reports Series are also concerned with radiological protection. Most of these reports are concerned with procedures and techniques of protection and will be listed in Part II of the Handbook. Several of the reports are, however, relevant to Part I and are listed below. They are available from Her Majesty's Stationery Office, 49 High Holborn, London WC2 and branches.

Safety Series No. 9. Basic Safety Standards for Radiation Protection (1967 Edition). STI/PUB/147, IAEA, Vienna (1967)

Safety Series No. 21. Risk Evaluation for Protection of the Public in Radiation Accidents. STI/PUB/124, IAEA, Vienna (1967)

Technical Reports Series No. 15. A Basic Toxicity Classification of Radionuclides. STI/DOC/10/15, IAEA, Vienna (1963)

2. Constants and Conversion Factors

2.1 Constants

Most of the constants in this section have been taken from or calculated from values given in Kaye and Laby. (1) Exceptions are noted. Preference has been given to SI units where appropriate.

Avogadro's number, NA	6.02252×10 ²³ (¹² C scale)
Inverse of N _A (1 atomic mass unit in grammes)	$1 \cdot 66043 \times 10^{-24}$
Electron charge	$\begin{array}{l} 1 \cdot 60210 \times 10^{-19} \text{ coulombs} \\ 4 \cdot 805 \times 10^{-10} \text{ esu} \end{array}$
Electron rest mass	$9 \cdot 1091 \times 10^{-31} \text{ kg}$
Electron rest energy	0·51101 MeV
Proton rest mass	$1.67252 \times 10^{-27} \text{ kg}$
Neutron rest mass	$1.67482 \times 10^{-27} \text{ kg}$
Alpha particle rest mass	$6.6424 \times 10^{-27} \text{ kg}$
Planck's constant	$6.6256 \times 10^{-34} \text{ Js}$
Velocity of light	$2 \cdot 997925 \times 10^8 \text{ m/s}$
Average energy per ion pair (W)(2)	
Alpha particles in air	$34.98\pm0.05~eV$
Electrons in air	33·73±0·15 eV
Alpha particles or electrons in argon	26·2 ±0·2 eV

References for Section 2.1

- 2.1 (1) KAYE, G. W. C. and LABY, T. H. Tables of Physical and Chemical Constants (Thirteenth Edition). Longmans, Green & Co Ltd, London (1966).
- 2.1 (2) International Commission on Radiological Units and Measurements: Physical Aspects of Irradiation. ICRU Report 10b (1962). NBS Handbook 85, US Government Printing Office, Washington DC (1964).

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2.2 Decade Prefixes(1)

TABLE 2.2 (1): Decade Prefixes

Name ⁽¹⁾	Symbol	Equivalent	
(multiples)			
tera	${f T}$	1012	
giga	G	109	
mega	M	106	
kilo	k	103	
hecto	h ⁽²⁾	102	
deca	da ⁽²⁾	10	
(sub-multiples)			
deci	d	10-1	
centi	c	10-2	
milli	m	10-3	
micro	$\mu^{(3)}$	10-6	
nano	'n	10-9	
pico	p	10~12	
femto	P f	10-15	
atto	a	10-18	

NOTES

- (1) Compound prefixes should not be used.
- (2) To be restricted as much as possible.
- (3) μ is widely employed as an abbreviation of μ m (10⁻⁶ or micrometre) and is then called *micron*, but μ m is the correct symbol to use for 10⁻⁶ m.

References for Section 2.2

2.2 (1) KAYE, G. W. C. and LABY, T. H. Tables of Physical and Chemical Constants (Thirteenth Edition). Longmans, Green & Co Ltd, London (1966).

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2.3 Conversion Factors

The principal conversion factors in this section have been taken from Kaye and Laby. (1) Other values have been obtained by calculation. The accuracy is that which is readily available and is always considerably more than that normally required for protection purposes.

TABLE 2.3 (1): Conversion Factors

Multiply quantity		to obtain same quantity	
in units given	by	in units required	
Гime			
Days (d)	86400	seconds	
Days	2.7379×10^{-3}	years	
Hours (h)	$1 \cdot 141 \times 10^{-4}$	years	
Seconds (s)	1.1574×10^{-5}	days	
Seconds	3.1689×10^{-8}	years	
Years (y)	365 · 22	days	
Years	8765 · 8	hours	
Years	$3\cdot15569\times10^{7}$	seconds	
Length			
Angstroms (Å)	10-8	centimetres	
Angstroms	10-10	metres	
Centimetres (cm)	108	Angstroms	
Centimetres	0.032808	feet	
Centimetres	0.393701	inches	
Centimetres	104	micrometres	
Fathoms	1.8288	metres	
Feet (ft)	30.480	centimetres	
Feet	0.30480	metres	
Inches (in)	2.540	centimetres	
Inches	2.54×10^{-2}	metres	
Inches Kilometres (km)	25400	micrometres	
Metres (m)	0·621371 10 ¹⁰	miles	
Metres	0.546807	Angstroms	
Metres	3 · 28084	fathoms feet	
Metres	39.3701	· -	
Metres	1.09361	inches	
Micrometres (μm)	10-4	yards centimetres	
Micrometres (AIII)	3.937×10^{-5}	inches	
Yards (yd)	0.91440	metres	<i>₫</i> ₹
Area			
Acres	0.404686	hectares	
Acres Barns	4046 · 86	square metres .	
Barns	10-24	cm ²	
Hectares	10-28	m²	
Square centimetres	2 · 47105	acres	
Square centimetres	1024	barns	
Square centimetres	0·00107639	ft ²	
Equare feet	. 0·15500 929·03	in²	
Square feet	0·092903	cm ² m ²	
Square inches	6.4516		
Square inches	6·4516×10 ⁻⁴	cm² m²	
Square kilometres	0.386102	m² mile²	
Square metres	2·47105×10-4	acres	
Square metres	1028	barns	
Square metres	10.7639	ft ²	
quare metres	1.5500×10^{3}	in?	
Square metres	1.19599	yd²	
		yw."	
Square miles	2.58999	km²	

Table 2.3 (1) (cont.)

	·	
Multiply quantity		to obtain same quantity
in units given	by	in units required
Volume	· · · · · · · · · · · · · · · · · · ·	
Cubic centimetres	2 52445 40 6	
Cubic centimetres	3.53147×10^{-5} 0.0610237	ft ³
Cubic centimetres	2·19969×10-4	in ³
Cubic centimetres	2·64172×10 ⁻⁴	gallons (Imperial) gallons (US)
Cubic feet	28316 · 8	cm ³
Cubic feet	0.0283168	m ³
Cubic feet	6 · 229	gallons (Imp.)
Cubic feet	7 · 4805	gallons (US)
Cubic inches	16 · 3871	cm ³
Cubic inches	1.63871×10^{-5}	m ³
Cubic metres Cubic metres	35.3147	ft ³
Cubic metres	6.10237×104	in ³
Cubic metres	1 · 30795 219 · 969	yd ³
Cubic metres	264 · 17	gallons (Imp.)
Cubic yards	0.764555	gallons (US) m ³
Cubic yards	168 · 18	gallons (Imp.)
Cubic yards	201 · 97	gallons (US)
Litres	1.0	cubic decimetre (exactly)
Gallons (Imp.)	4546 · 092	cm ³
Gallons (Imp.)	0 · 16054	ft ³
Gallons (Imp.)	1 · 20095	gallons (US)
Gallons (Imp.)	0.004546092	m ³
Gallons (Imp.) Gallons (US)	0.005946061	yd ³
Gallons (US)	3785·43	cm ³
Gallons (US)	0·13368 0·83267	ft ³
Gallons (US)	0.0037854	gallons (Imp.) m³
Gallons (US)	0.0049511	yd ³
Mass		
Grammes (g)	0.035274	
Grammes "	0.00220462	ounces (avoirdupois)
Ounces (avoirdupois) (oz)	28 · 3495	pounds (avoirdupois) grammes
Ounces (avoirdupois)	0.0283495	kg
Pounds (avoirdupois) (lb)	453 · 59237	grammes
Pounds (avoirdupois)	0.45359237	kg
Pounds (avoirdupois)	4.5359×10^{-4}	tonnes (metric)
Pounds (avoirdupois) Pounds (avoirdupois)	4·4643×10 ⁻⁴	tons (long, British)
Fonnes (metric)	5×10 ⁻⁴	tons (short, US)
Fonnes (metric)	2204 · 6 0 · 984207	pounds (avoirdupois)
Fonnes (metric)	1.1023	tons (long, British)
Fons (long, British)	2240	tons (short, US)
Tons (long, British)	1.01605	pounds (avoirdupois)
Fons (long, British)	1.1200	tonnes (metric) tons (short, US)
Γons (short, US)	2000	pounds (avoirdupois)
Γons (short, US)	0.90718	tonnes (metric)
Γons (short, US)	0 · 89286	tons (long, British)
The second secon		
Velocity Feet/minute		
Reet/minute Reet/second	0.0050800	m/s
Kilometres/hour	1.09728	km/h
Cilometres/hour	0·91134 0·53959	ft/s
Cilometres/hour	0.33939	knots
Cilometres/hour	0.621371	m/s mile/b
Cnots (UK)	1.15151	mile/h mile/h
Knots	1.8533	km/h
Metres/second	196 · 85	ft/min
Aetres/second	3.6000	km/h
Metres/second	2 · 2365	mile/h
Ailes/hour Ailes/hour	1 · 609344	km/h
LUCS/BOUT	0 · 868423	knots
Ailes/hour	0 · 44704	KIIOUS

Multiply quantity n units given	by	to obtain same quantity in units required
Energy and Power		
Atomic mass units (u, 12C scale)	931 · 478	million electron volts (MeV)
Calories (15°C)	2.6125×10^{13}	MeV
Calories	4 · 1855	joules
Calories	1·306×10 ¹¹	fissions (at 200 MeV/fission)
Curie MeV	0.005928	watts
Electron volts	See MeV	tt
Ergs	$10^{-7} \\ 6 \cdot 2419 \times 10^{5}$	joules MeV
Ergs Fissions (at 200 MeV/fission)	7.657×10^{-12}	calories
Fissions (at 200 MeV/fission)	3.2041×10^{-11}	ioules
Fissions (at 200 MeV/fission)	8.9058×10^{-18}	kilowatt hours
Fissions (at 200 MeV/fission)	3·7108×10 ⁻²²	megawatt days
oules (J)	0.23892	calories
oules	107	ergs
oules	$3 \cdot 1211 \times 10^{10}$	fissions (at 200 MeV/fission)
loules	2·7778×10 ⁻⁷	kilowatt hours
oules	$6 \cdot 2419 \times 10^{12}$	MeV
Kilowatt hours	$1 \cdot 1236 \times 10^{17}$	fissions (at 200 MeV/fission)
Kilowatt hours	$3\cdot6000\times10^{6}$	joules
Kilowatt hours	$2 \cdot 24705 \times 10^{19}$	MeV
Megawatt days	2.696×10^{21}	fissions (at 200 MeV/fission)
Megawatt days	$5 \cdot 3916 \times 10^{23}$	MeV
MeV	0.001073562	atomic mass units
MeV	3.8278×10^{-14}	calories
MeV	1.6021×10^{-6}	ergs
MeV	1.6021×10^{-13}	joules
MeV	4.45×10^{-20}	kilowatt hours
MeV	1.8547×10^{-24}	megawatt days
Watts	168 · 7	curie MeV
Volume flow rate		
	0.000140	6.27
Cubic centimetres/second	0·002119	ft³/min
Cubic feet/minute Cubic feet/minute	471 · 95 1 · 6990	cm ³ /s
Cubic metres/hour	0.58858	m³/h ft³/min
Cubic metres/second	19.0053	million gallons (Imp.)/day
Million gallons (Imp.)/day	0.052617	m³/s
Pressure and mass per unit area	74.0	
Atmospheres Atmospheres	76·0	cm of mercury at 0°C
Atmospheres Atmospheres	1.013250	bars
Atmospheres Atmospheres	14·696 101325	lb/in² (colloquial)
Atmospheres Bars	0·98692	newton /m ² (N/m ²) atmospheres
Bars	100000	N/m ²
Centimetres of mercury at 0°C	0.01316	atmospheres
Grammes/square centimetre	2.04816	lb/ft²
Grammes/square centimetre	0.0142233	lb/in²
Kilogrammes/square metre	0.00142233	lb/in²
Kilogrammes/square metre	9.80665	N/m²
	9·8692×10-6	atmospheres
		bars
Newtons/square metre	10-5	
Newtons/square metre Newtons/square metre Newtons/square metre	10 ⁻⁵ 0·10197	kg/m² (colloquial)
Newtons/square metre Newtons/square metre		kg/m² (colloquial) lb/in² (colloquial)
Newtons/square metre Newtons/square metre Newtons/square metre Newtons/square metre Pounds/square foot	0 · 10197	kg/m² (colloquial) lb/in² (colloquial) g/cm²
Newtons/square metre Newtons/square metre Newtons/square metre Newtons/square metre Pounds/square foot Pounds/square inch (colloquial)	0.10197 1.4504×10^{-4}	lb/in ² (colloquial)
Newtons/square metre Newtons/square metre Newtons/square metre Newtons/square metre Pounds/square foot Pounds/square inch (colloquial) Pounds/square inch (colloquial)	0·10197 1·4504×10 ⁻⁴ 0·488243	lb/in² (colloquial) g/cm²
Newtons/square metre Newtons/square metre Newtons/square metre Newtons/square metre Pounds/square foot Pounds/square inch (colloquial)	0·10197 1·4504×10 ⁻⁴ 0·488243 0·068046	lb/in² (colloquial) g/cm² atmospheres