

## REGULATION INFORMATION



US NRC 10CFR20  
&  
US NRC Regulatory Guide 8.13  
"Introduction Concerning Prenatal  
Radiation Exposure"

## DOSE LIMIT



The embryo/fetus may receive no more than 0.5 rem (500 mrem) during the nine month gestation period. This does include external exposure and exposure to the embryo/fetus from radionuclides deposited internally in the mother.

## FORM NEEDED



RSO-29

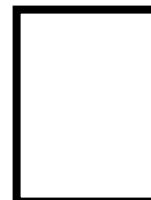
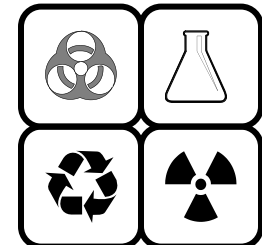
*"Declaration of Pregnancy for  
Inclusion in the ODU Embryo/Fetus  
Radiation Protection Program"*

Environmental Health and Safety Office  
Spong Hall, Suite 203  
Norfolk, VA 23529

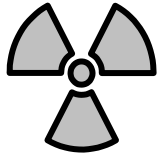
# ***PREGNANT WORKER POLICY***



**Old Dominion University  
Environmental  
Health and Safety Office**



## ALARA "As Low As Reasonably Achievable"



**T**he administration at Old Dominion University is committed to a policy of keeping occupational doses of ionizing radiation as low as reasonably achievable (ALARA). This issue of limiting occupational doses is especially sensitive if a radiation worker is pregnant.

**T**he US NRC, 10CFR20, has established a separate dose limit for an embryo/fetus. The embryo/ fetus may receive no more than 0.5 rem (500 mrem) during the entire nine-month gestation period. This does include external exposure and exposure to the embryo/ fetus from radionuclides deposited internally in the mother.

**T**o ensure compliance with the NRC dose limits and to monitor doses in an effort to keep those doses ALARA, Old Dominion University has established an embryo/fetus "Radiation Protection Program."

## PREGNANT WORKER POLICY

**I**n Order for a worker to be included in the program, the worker must first declare her pregnancy. The declaration is made on form RSO-29, which is available at the Environmental Health and Safety web site or by contacting the Radiation Safety Officer at the Environmental Health and Safety Office at 683-4495.

**U**pon declaration, Old Dominion University will ensure that the worker receives less than 0.5 rem during the entire gestation period, and that the dose received (if any) is uniform over the entire nine month gestation period. An additional film badge will be issued to the participant to monitor dose to the embryo/fetus. This badge, worn on the abdomen (as opposed to the trunk), will be processed separately from the normal film badge and will provide a separate record of embryo/fetal dose.

The participant, with the cooperation of her superior and fellow workers, has a responsibility to keep her dose ALARA, and certainly below the NRC limits.

**F**emales of reproductive age are urged to contact the Radiation Safety Officer for additional information, including US NRC Reg. Guide 8.13 "Introduction Concerning Prenatal Radiation Exposure."

*Please understand that a female is not included into this program unless she declares her pregnancy in writing.*

## CONTACT INFORMATION



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Environmental Health and Safety Office  
Hughes Hall, Suite 2061  
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Telephone: (757) 683-4495  
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## WHAT INFORMATION IS NEEDED?

**Y**ou must complete form RSO-29, "Declaration of Pregnancy for Inclusion in the ODU Embryo/Fetus Radiation Protection Program." Form RSO-29 is available at the Environmental Health and Safety web site or by contacting the Radiation Safety Officer at the Environmental Health and Safety Office at 683-4495.