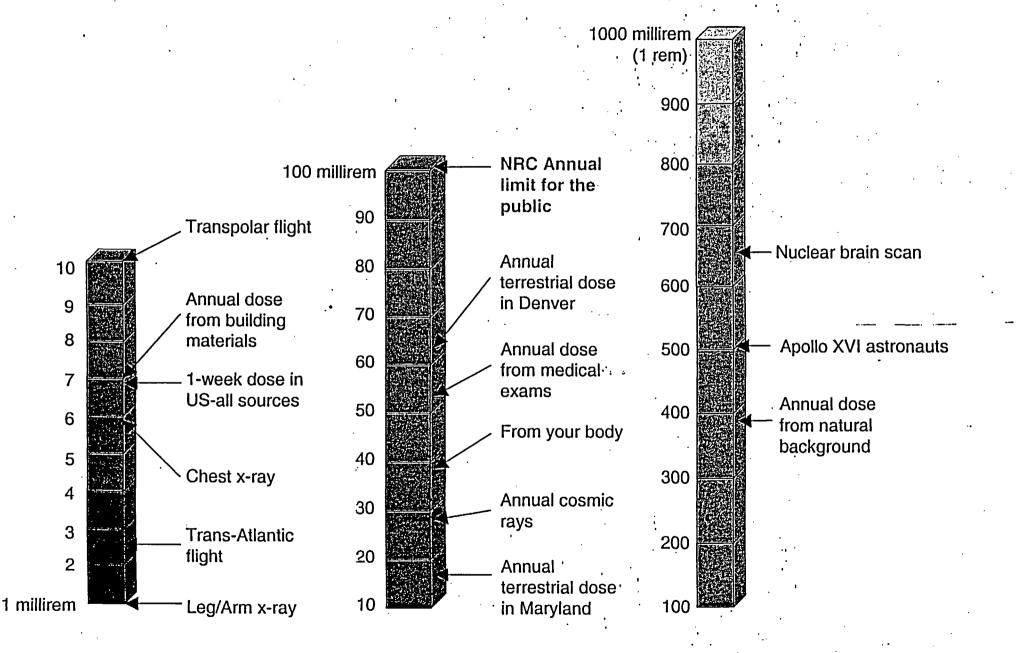
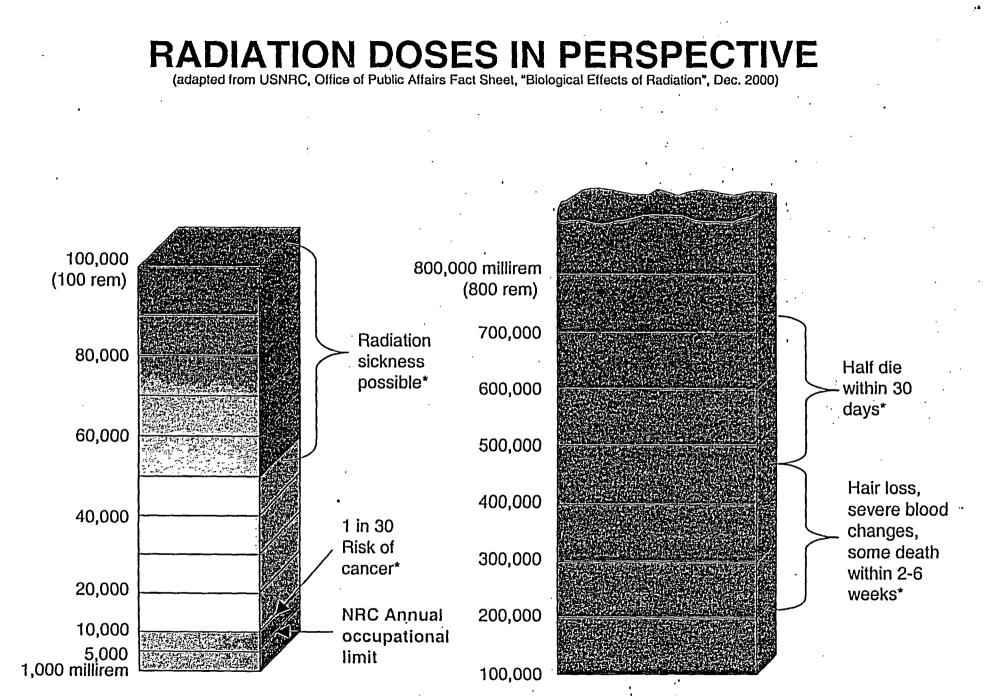
## **RADIATION DOSES IN PERSPECTIVE**

(adapted from USNRC, Office of Public Affairs Fact Sheet, "Biological Effects of Radiation", Dec. 2000)



-5-



\* Doses received over a short time period (hours to days) at high dose rates are "acute" doses

-6-

## **MEASURING RADIATION'S EFFECTS**

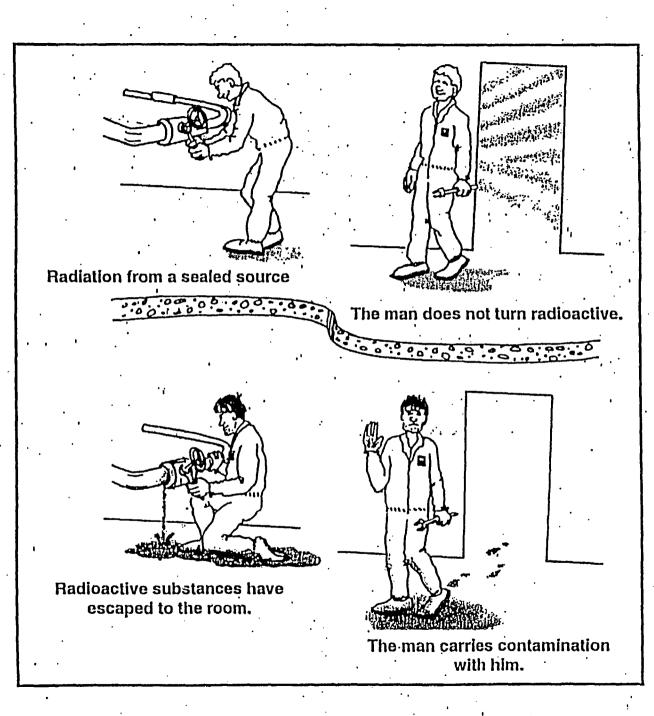
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| Activity                                   |     | Millirems |  |
|--|-----|-----------|--|
| Typical yearly dose, all sources           |     | 360,00    |  |
| Full set of dental X-rays                  | •   | 40.00     |  |
| Chest X-ray                                | ¢.  | 8.00      |  |
| Flying round-trip from D.C. to Los Angele  | S.  | 5.00      |  |
| Living outside nuclear power plant for a y | ear | 0.10      |  |



| Health risk Expe   | cted life lost |
|--|----------------|
| Smoking a pack of cigarettes a day                       | 6 years        |
| Being 15 percent overweight                              | 2 years        |
| Working in construction                                  | 227 days       |
| Working in nuclear plant (1,000 mrem/y                   | r) 51 days     |
| Typical annual background arradiation dose (360 mrem/yr) | 18 days        |

Despite the theoretical risk factors, radiation studies for almost a century and follow-up studies of hundreds of thousands of occupationally exposed workers have not revealed any adverse health effect caused by normal exposure to artificial radiation. Dose limits applied to the public are only a small fraction of those for radiation workers.



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