

General Instructions for radiation work

Before the radiation work is started:

- Define your work inside the radiation controlled area (quality, places and working hours) with your supervisor.
- Reserve time with the radiation safety officer for the **evaluation of radiation work in advance**. The **radiation work category** (A or B) is decided in this evaluation. The evaluation form serves also as an admission note for health examination.
- The health control of the workers coming outside the Physics Department should primarily be arranged by worker's employer. For practical reasons Physics Department will arrange health control only if the continuous working period is over three months, or the arrangement is otherwise agreed. Under the work category A documents for valid health control and earlier radiation exposures must be provided.

Personal dose control:

- Deep and surface doses of persons working regularly inside the controlled area (even for short periods) are measured with personal dosimeters. TL-dosimeters or DIS-dosimeters are used. The measuring services are provided by the company Doseco Oy.
- The dosimeters are stored in boxes labelled with your name, or with your name and 4 last digits of the dosimeter number (unnamed dosimeters). When taking your dosimeter in use make sure taking your own dosimeter. Place the dosimeter in chest level or in belt loop, and align facing the radiation.
- When you leave the controlled area, put your dosimeter in the box marked with your name. The dosimeters are changed directly to these boxes.
- Make sure that your dosimeter is found in the box on the morning of the last day of the control period (control period is marked on backside of the dosimeter).

IMPORTANT:

- All periods of radiation work must be made known to the safety officer. **Remember to announce also the ending of your radiation work.**
- **All actions of local health control for radiation work must be arranged by the radiation safety officer.**