Los Alamos

Radiation Monitoring

Notebook

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2011 Update

Author's notes

Over my career in health physics starting with a US Army CBR unit at Dugway Proving Grounds in 1965 I have needed to quickly find that elusive data point that I just couldn't remember, even though I knew the information was in one of my several hundred reference books.

So, here it is today, the product of my work to assemble useful field information from a wide range of sources.

I must give credit to those individuals who put their efforts into creating the original data. Without their work, this document could not have been assembled.

My family has given me their unlimited support in my development of this reference book and in my projects all through my career. Sandy my wife of 30 some years and our two daughters Susan and Sarah and their excellent husbands, Bill Gilson and Rolfe Bergstrom, our son-in-laws, continue to provide me with a steady foundation that allows me to try out new concepts.

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RADIOLOGICAL EMERGENCY RESPONSE

Write in Your Emergency Phone Numbers

Supervisor:

Team Office:

Group Office:

Division Office:

Emergency Response Team:

Fire Department:

Hospital:

Guidelines for Control of Emergency Exposures

Use a dose limit of:	(EPA-400)
5 rem (50 mSv)	for all emergency procedures
10 rem (100 mSv)	only for protecting major property
25 rem (250 mSv)	for lifesaving or protection of large populations
> 25 rem (250 mSv)	for lifesaving or protection of large populations only by volunteers and where the risks have been evaluated

EMERGENCY RESPONSE

SWIMS for Radiological and Other Emergencies
Only under extreme radiological conditions such as external radiation greater than 100 rem / hr or airborne radioactivity concentrations greater than 100,000 DAC would the radiological emergency take precedence over serious personnel injuries. Hazardous conditions such as atmospheres that are IDLH would require you to implement controls to protect the emergency responders. Therefore, you would not attempt to move a seriously injured person before medical personnel arrived unless the radiological or other hazardous condition presented a greater danger to that person and yourself.

Stop or **S**ecure operations in the area. If applicable, secure the operation causing the emergency.

Warn others in the area as you are evacuating. Do not search for potentially missing personnel at this stage of the emergency.

Isolate the source of the radiation or radioactivity or other contaminant or hazard only if you understand the operation and are qualified to isolate the source.

Minimize individual exposure and contamination. Control the entry points to the area if possible.

Secure unfiltered ventilation. Evaluate the radiological or other hazardous condition and advise facility personnel on ventilation control.

HAZARD CONTROL PRIORITIES DURING MEDICAL EMERGENCIES

Immediate treatment by trained medical personnel should be sought for any serious injuries such as those involving profuse bleeding or broken bones. The order of priority should be to protect lives, protect property, and then to control the spread of contamination.

Identifying a Major Injury

Consider the following points in determining if the injury should be handled as a major injury.

- Any head injury (from base of neck to top of head)
- Any loss of consciousness
- Any disorientation
- Any convulsion
- Any loss of sensation
- Any loss of motor function
- Limbs at abnormal angles
- Amputations
- Any burn of the face, hands, feet, or genitals (chemical, thermal, or radiation)
- Any burn larger than the palm of your hand
- Any inhalation of any abnormal substance
- Profuse bleeding
- Abnormal breathing patterns

Major Injuries Occurring in Hazardous Areas

Protect yourself - consider the magnitude of any radiation field, airborne contamination, or other hazard.

Stay with the victim unless doing so puts you at immediate risk to life or health.

Don't move the victim unless there is a danger from some environmental emergency such as fire, explosion, hazardous material spill, or radiation field.

If you must move the victim, drag them by either the hands or the feet to a safe area.

Apply First Aid Only if you are trained to do so.

Secure help - yell or phone, but don't leave the victim unless necessary.

Send someone to meet the ambulance to guide the medical personnel to the victim.

Prepare the area for access by the medical team.

Begin a gross hazard evaluation of the immediate area near the victim, beginning with the victim.

Be sure to survey any object that caused the injury.

Provide information to medical personnel about the victim (what happened, how, when, location of phone and exits, indicate which areas on the victim are contaminated and include contamination values).

ACUTE RADIATION EFFECTS

0 – 25 REM

minimal decrease in white blood cell count for ~ 2weeks
increase in risk of dying from cancer from US average risk of ~ 14 persons per 100 population to ~ 17 persons per 100 population (3 additional persons per 100 population will experience the onset of terminal cancer ~25 years after the acute exposure)

> 25 REM - ≤ 100 REM

small decrease in white blood cell count for > 2 weeks
increase in risk of dying from cancer to ~ 26 in 100

> 100 REM - ≤ 200 REM

moderate decrease in white blood cell count
25% of those exposed will experience nausea within a few hours
less than 5% of those exposed require hospitalization
increase in risk of dying from cancer to ~ 38 in 100

> 200 REM - ≤ 600 REM

major decrease in white blood cell count
~ 100% of those exposed will experience nausea within a few hours
appearance of bruises on skin (purpura)
pneumonia symptoms
hair loss
90% of those exposed require hospitalization
decrease in thinking ability for ~ 2 weeks
increase in risk of dying from cancer to ~ 74 in 100

600 REM - $\leq$ 800 REM

all of the above symptoms will be present
100% of those exposed require hospitalization
~ 100% of those exposed will die within a few weeks without medical treatment
increase in risk of dying from cancer to ~ 98 in 100

800 REM - $\leq$ 2000 REM

all of the above symptoms will be present
diarrhea, fever, electrolytes imbalance, GI tract and respiratory system failure
100% of those exposed will be incapacitated within hours
very few of those exposed will survive

> 2000 REM

100% mortality within a few days

Lymphocyte - white blood cells
Leukopenia - abnormally low white blood cell count
Purpura - purple discoloration of skin caused by blood bleeding into the skin tissue
Pneumonia - inflammation of lung tissue, accompanied by fever, chills, cough, and difficulty in breathing
Hematopoietic – decrease in the formation of blood cells
Ataxia - inability to coordinate voluntary muscular movements
BEIR V 1990 800 excess deaths per 100,000 persons at 10 rem
4,000 Hiroshima survivors in excess of 50 rem dose had an extra 300 incidences of cancer
(~ 7500 excess deaths per 100,000 at 50 rem)
(~ 1500 excess deaths per 100,000 at 10 rem)

TABLE OF THE ELEMENTS

Z			Density	Z			Density
89	Actinium	Ac	10.07	64	Gadolinium	Gd	7.90
13	Aluminum	Al	2.6989	31	Gallium	Ga	5.9
95	Americium	Am	13.67	32	Germanium	Ge	5.32
51	Antimony	Sb	6.618	79	Gold	Au	19.32
18	Argon	Ar	0.0018	72	Hafnium	Hf	13.31
33	Arsenic	As	5.727	105	Hahnium	Ha	~ 18
85	Astatine	At	~ 15	2	Helium	He	1.8E-3
56	Barium	Ba	3.51	67	Holmium	Ho	8.795
97	Berkelium	Bk	14	1	Hydrogen	H	9E-5
4	Beryllium	Be	1.848	49	Indium	In	7.31
83	Bismuth	Bi	9.747	53	Iodine	I	4.93
5	Boron	B	2.37	77	Iridium	Ir	22.42
35	Bromine	Br	3.12	26	Iron	Fe	7.87
48	Cadmium	Cd	8.65	36	Krypton	Kr	0.0037
20	Calcium	Ca	1.55	57	Lanthanum	La	6.15
98	Californium	Cf	~ 18	103	Lawrencium	Lr	~ 18
6	Carbon	C	2.05	82	Lead	Pb	11.35
58	Cerium	Ce	6.67	3	Lithium	Li	0.534
55	Cesium	Cs	1.873	71	Lutetium	Lu	9.84
17	Chlorine	Cl	0.0031	12	Magnesium	Mg	1.738
24	Chromium	Cr	7.19	25	Manganese	Mn	7.43
27	Cobalt	Co	8.9	101	Mendelevium	Mv	~ 18
29	Copper	Cu	8.96	80	Mercury	Hg	13.546
96	Curium	Cm	13.51	42	Molybdenum	Mo	10.22
66	Dysprosium	Dy	8.54	60	Neodymium	Nd	7.008
99	Einsteinium	Es	~ 18	10	Neon	Ne	0.0009
68	Erbium	Er	9.066	93	Neptunium	Np	20.25
63	Europium	Eu	5.244	28	Nickel	Ni	8.9
100	Fermium	Fm	~ 18	41	Niobium	Nb	8.57
9	Fluorine	F	0.0017	7	Nitrogen	N	0.00125
87	Francium	Fr	~ 15	102	Nobelium	No	~ 18

Z			Density	Z			Density
76	Osmium	Os	22.57	14	Silicon	Si	2.33
8	Oxygen	O	0.00143	47	Silver	Ag	10.5
46	Palladium	Pd	12.02	11	Sodium	Na	0.97
15	Phosphorus	P	2.2	38	Strontium	Sr	2.54
78	Platinum	Pt	21.45	16	Sulfur	S	2.0
94	Plutonium	Pu	19.84	73	Tantalum	Ta	16.6
84	Polonium	Po	9.32	43	Technetium	Tc	11.5
19	Potassium	K	0.862	52	Tellurium	Te	6.24
59	Praseodymium	Pr	6.773	65	Terbium	Tb	8.27
61	Promethium	Pm	7.264	81	Thallium	Tl	11.85
91	Protactinium	Pa	15.37	90	Thorium	Th	11.70
88	Radium	Ra	5.5	69	Thulium	Tm	9.321
86	Radon	Rn	0.0097	50	Tin	Sn	6.5
75	Rhenium	Re	21.02	22	Titanium	Ti	4.54
45	Rhodium	Rh	12.41	74	Tungsten	W	19.3
37	Rubidium	Rb	1.532	92	Uranium	U	16.95
44	Ruthenium	Ru	12.41	23	Vanadium	V	6.11
104	Rutherfordium	Rf	~18	54	Xenon	Xe	0.0059
62	Samarium	Sm	7.54	70	Ytterbium	Yb	6.98
21	Scandium	Sc	2.989	39	Yttrium	Y	4.47
106	Seaborgium	Sg	~18	30	Zinc	Zn	7.13
34	Selenium	Se	4.5	40	Zirconium	Zr	6.06

RADIOACTIVITY

${}_{Z}X^{A}$	Z	=	atomic # (number of protons)
	X	=	element
	A	=	mass # (number of protons and neutrons)

Decay Modes	Alpha	${}_{Z}X^{A} \rightarrow {}_{Z-2}X^{A-4} + \alpha$
	Beta Minus	${}_{Z}X^{A} \rightarrow {}_{Z+1}X^{A} + \beta^{-}$
	Beta Plus (Positron)	${}_{Z}X^{A} \rightarrow {}_{Z-1}X^{A} + \beta^{+}$
	Electron Capture	${}_{Z}X^{A} \rightarrow {}_{Z-1}X^{A}$

Relative Locations of Products of Nuclear Processes

			He^3 in	α in
	β^- out	p in	d in	t in
	η out	Original Nucleus	η in	
t out	d out	p out	β^+ out є	
α out	He^3 out			

η neutron   p proton   d deuteron
t triton (H^3)   α alpha β^- beta
β^+ positron   є electron capture

Use this chart along with the Table of the Elements to determine the progeny (and ancestor) of an isotope.

For example; we know ^{238}Pu is an alpha emitter. The alpha decay mode tells us the mass # decreases by 4 (238 goes to 234) and the Z # decreases by two (94 goes to 92). The element with a Z # of 92 is Uranium. ^{238}Pu decays to ^{234}U. As another example; we know ^{36}Cl is a beta emitter. The beta decay mode tells us the mass # stays the same and the Z # increases by one (17 goes to 18). The element with a Z # of 18 is Argon. ^{36} Cl decays to ^{36}Ar.

Radioactive Decay Calculation

$A_t = A_o e^{-\lambda t}$ $A_o = A_t / e^{-\lambda t}$

$t = \ln(A_t / A_0) / -\lambda$ half-life $= -t \times 0.693 / \ln(A_t / A_0)$

Where; A_t is the activity at the end of time 't'

A_o is the activity at the beginning

λ is 0.693 divided by the half-life

t is the decay time

example 1:
What is the activity of Co-60 remaining 12 years after the Co-60 was produced ?

$A_t = A_o e^{-\lambda t}$

λ is 0.693 divided by the half-life of Co-60 (5.271 y)

t is the decay time (12 years)

λ times t is 0.693/5.271 x 12 = 1.578

$e^{-\lambda t} = e^{-1.578} = 0.206$

$A_t = A_o \times 0.206$

20.6% of the Co-60 activity remains after 12 years

example 2:
What is the half-life of a radionuclide that decayed to 32% in 28 days?

half-life $= -t \times 0.693 / \ln(A_t / A_0)$

half-life = -28 days x 0.693 / ln(32/100)

half-life = -19.404 days / -1.139 = 17.04 days

RADIOACTIVE DECAY MODES OF COMMONLY ENCOUNTERED RADIONUCLIDES

These tables show the type of radiation, its energy in keV, and the % abundance of that energy for the parent. Only the most abundant energies are listed.

	1st Progeny	Radiation type	kev and % abundance
H^3	He^3	β^-	18.6 (100)
Be^7	Li^7	EC	
		γ	478 (10.42)
C^{14}	N^{14}	β^-	157 (100)
O^{15}	N^{15}	β^+	1732 (99.9)
		γ	511 (200)
N^{16}	O^{16}	β^-	3302 (4.9), 4288 (68), 10418 (26)
		γ	6129 (69), 7115 (5)
F^{18}	O^{18}	β^+	634 (96.73)
		γ	511 (194)
Na^{22}	Ne^{22}	β^+	546 (89.84)
		γ	1275 (99.94)
		Ne x-rays	1 (0.12)
Na^{24}	Mg^{24}	β^-	1390 (99.935)
		γ	1369 (99.9991), 2754 (99.862)
Al^{26}	Mg^{26}	β^+	1174 ((81.81)
		γ	130 (2.5), 1809 (99.96), 2938 (0.24)
		Mg x-rays	1 (0.44)
P^{32}	S^{32}	β^-	1710 (100)
Cl^{36}	Ar^{36}	β^-	710 (99.0)
K^{40}	Ca^{40}	β^-	1312 (89.33)
	Ar^{40}	EC	
		γ	1461 (10.67)
		Ar x-rays	3 (0.94)

Progeny			kev and % abundance
Ar^{41}	K^{41}	β^-	1198 (99.17), 2492 (0.78)
		γ	1294 (99.16)
K^{42}	Ca^{42}	β^-	1684 (0.32), 1996 (17.5), 3521 (82.1)
		γ	313 (0.319), 1525 (17.9)
K^{43}	Ca^{43}	β^-	422 (2.24), 827 (92.2), 1224 (3.6)
		γ	373 (87.3), 397 (11.43), 593 (11.0), 617 (80.5)
Sc^{46}	Ti^{46}	β^-	357 (99.996)
		γ	889 (99.983), 1121 (99.987)
		IT	
		γ	143 (62.7)
		Sc x-rays 0.4 (0.11), 4 (6.26)	
Sc^{47}	Ti^{47}	β^-	441 (68), 601 (32)
		γ	159 (68)
Sc^{48}	Ti^{48}	β^-	482 (10.01), 657 (89.99)
		γ	984 (100), 1037 (97.5), 1312 (100)
V^{48}	Ti^{48}	β^+	697 (50.1)
		γ	944 (7.76), 984 (100), 1312 (97.5)
		Ti x-rays 0.45 (0.15), 5 (9.74)	
Cr^{51}	V^{51}	EC	
		γ	320 (9.83)
		V x-rays 1 (0.33), 5 (22.31)	
Mn^{52}	Cr^{52}	β^+	575 (29.4)
		γ	511 (67), 744 (82), 935 (84), 1434 (100)
		Cr x-rays 1 (0.26), 5 (15.5), 6 (2.06)	
Mn^{54}	Cr^{54}	EC	
		γ	835 (99.975)
		Cr x-rays 1 (0.37), 5 (22.13), 6 (2.94)	

	Progeny	kev and % abundance	
Fe^{55}	Mn^{55}	EC	
		Mn x-rays	1 (0.42), 6 (24.5), 6 (3.29)
Mn^{56}	Fe^{56}	β^-	736 (14.6), 1038 (27.8), 2849 (56.2)
		γ	847 (98.9), 1811 (27.2), 2113 (14.3)
Co^{56}	Fe^{56}	β^+	423 (1.05), 1461 (18.7)
		γ	847 (99.958), 1038 (14.03),
			1238 (67.0), 1771 (15.5), 2598 (16.9)
		Fe x-rays	1 (0.34), 6 (21.83), 7 (2.92)
Co^{57}	Fe^{57}	EC	
		γ	14 (9.54), 122 (85.51), 136 (10.6)
		Fe x-rays	1 (0.8), 6 (49.4), 7 (6.62)
Ni^{57}	Co^{57}	β^+	463 (0.87), 716 (5.7), 843 (33.1)
		γ	127 (12.9), 1378 (77.9), 1919(14.7)
		Co x-rays	1 (0.29), 7 (18.1), 8 (2.46)
Co^{58}	Fe^{58}	β^+	475 (14.93)
		γ	811 (99.4), 864 (0.74), 1675 (0.54)
		Fe x-rays	0.7 (0.36), 6 (23.18), 7 (3.1)
Ni^{59}	Co^{59}	EC	
		Co x-rays	1 (0.47), 7 (29.8)
Fe^{59}	Co^{59}	β^-	131 (1.37), 273 (45.2), 466 (53.1)
		γ	192 (3.11), 1099 (56.5), 1292 (43.2)
Co^{60}	Ni^{60}	β^-	318 (100)
		γ	1173 (100), 1332 (100)
Cu^{62}	Ni^{62}	β^+	1754 (0.132), 2927 (97.59)
		γ	876 (0.148), 1173 (0.336)
		Ni x-rays	7 (0.7)
Zn^{65}	Cu^{65}	EC	
		β^+	330 (1.415)
		γ	1116 (50.75)
		Cu x-rays	1 (0.57), 8 (34.1), 9 (4.61)

Progeny			kev and % abundance
Ni^{65}	Cu^{65}	β^-	2130 (100)
		γ	368 (4.5), 1115 (16), 1481 (25)
Ge^{68}	Ga^{68}	EC	
		Ga x-rays 1 (0.67), 9 (38.7), 10 (5.46)	
Ga^{68}	Zn^{68}	β^+	1899 (89)
		γ	1077 (3.22)
As^{74}	Se^{74}	β^-	718 (15.5), 1353 (18.8)
		γ	634 (15.4)
	Ge^{74}	EC	
		β^+	945 (26.6), 1540 (3.0)
		γ	596 (59.9), 608 (0.55), 1204 (0.287)
		Ge x-rays 1 (0.26), 10 (15), 11 (2.22)	
Se^{75}	As^{75}	EC	
		γ	136 (59.2), 265 (59.8), 280 (25.2)
		As x-rays 1 (0.9), 11 (47.5), 12 (7.3)	
Kr^{85}	Rb^{85}	β^-	73 (0.437), 687 (99.563)
		γ	514 (0.434)
Rb^{88}	Sr^{88}	β^-	2581 (13.3), 3479 (4.1), 5315 (78)
			898 (14), 1836 (21.4), 2678 (1.96)
Rb^{89}	Sr^{89}	β^-	1275 (33), 2223 (34), 4503 (25)
		γ	1031 (58), 1248 (42), 2196 (13.3)
Sr^{89}	Y^{89}	β^-	1491 (99.985)
		γ	av. 909 (0.02)
Sr^{90}	Y^{90}	β^-	546 (100)
Y^{90}	Zr^{90}	β^-	2284 (99.988)9090-
Nb^{94}	Mo^{94}	β^-	471 (100)
		γ	703 (100), 871 (100)
Nb^{95}	Mo^{95}	β^-	160 (100)
		γ	765 (100)
Zr^{95}	Nb^{95}	β^-	366 (55.4), 399 (43.7), 887 (0.78)
		γ	724 (43.7), 757 (55.3)
Tc^{99}	Ru^{99}	β^-	294 (99.998)

Progeny			kev and % abundance
Mo^{99}	Tc^{99}	β^-	436 (17.3), 848 (1.36), 1214 (82.7)
		γ	181 (6.2), 740 (12.8), 778 (4.5)
		Tc x-rays	2 (0.2), 18 (2.63), 21 (0.52)
Tc^{99m}	Tc^{99}	IT	
		γ	141 (89.07)
		Tc x-rays	2 (0.48), 18 (6.1), 21 (1.2)
Ru^{106}	Rh^{106}	β^-	39 (100)
I^{125}	Te^{125}	EC	
		γ	35 (6.49)
		Te x-rays	4 (15), 27 (112.2), 31 (25.4)
I^{126}	Xe^{126}	β^-	371 (3.1), 862 (27.2), 1251 (9)
		γ	389 (29.1), 491 (2.43), 880 (0.64)
		Xe x-rays	29 (0.115), 30 (0.213)
	Te^{126}	EC	
		β^+	468 (0.244), 1134 (0.83)
		γ	666 (40.2), 754 (5.1), 1420 (0.358)
		Te x-rays	4 (4.8), 27 (36.4), 31 (8.2)
I^{129}	Xe^{129}	β^-	152 (100)
		γ	40 (7.52)
		Xe x-rays	4 (12), 29 (29.7), 30 (55), 34 (19.6)
I^{131}	Xe^{131}	β^-	247 (2.12), 334 (7.36), 606 (89.3)
		γ	284 (6.05), 364 (81.2), 637 (7.26)
		Xe x-rays	4 (0.6), 29 (1.3), 30 (2.5), 34 (0.9)
I^{133}	Xe^{133}	β^-	460 (3.75), 520 (3.13), 880 (4.16), 1230 (83.5)
		γ	530 (86.3), 875 (4.47), 1298 (2.33)
		Xe x-rays	29 (0.151), 30 (0.281)
Ba^{133}	Cs^{133}	γ	276 (7), 302 (14), 356 (69), 382 (8)
		Cs x-rays	80 (36)

	Progeny		kev and % abundance
I^{134}	Xe^{134}	β^-	1280 (32.5), 1560 (16.3), 1800 (11.2), 2420 (11.5)
		γ	847 (95.41), 884 (65.3),1073 (15.3)
		Xe x-rays	4 (0.17), 29 (0.43), 30 (0.8), 34 (0.3)
I^{135}	Xe^{135}	β^-	920 (8.7), 1030 (21.8), 1450 (23.6)
		γ	1132 (22.5), 1260 (28.6), 1678 (9.5)
		Xe x-rays	30 (0.127)
Cs^{137}	Ba^{137m}	β^-	512 (94.6), 1173 (5.4)
Ba^{137m}	Ba^{137}	IT	
		γ	662 (89.98)
		Ba x-rays	5 (1), 32 (5.89), 36 (1.39)
Ba^{140}	La^{140}	β^-	454 (26), 991 (37.4), 1005 (22)
		γ	30 (14), 163 (6.7), 537 (25)
		La x-rays	5 (15), 33 (1.51), 38 (0.36)
La^{140}	Ce^{140}	β^-	1239 (11.11), 1348 (44.5), 1677 (20.7)
		γ	329 (20.5), 487 (45.5), 816 (23.5)
		Ce x-rays	5 (0.25), 34 (0.47), 35 (0.9), 39 (0.9)
Gd^{148}	Sm^{144}	α	3180 (100)
Ir^{192}	Pt^{192}	β^-	256 (5.65), 536 (41.4), 672 (48.3)
		γ	296 (29.02), 308 (29.68), 317 (82.85), 468 (48.1)
		Pt x-rays	9 (4.1), 65 (2.6), 67 (4.5), 76 (1.97)
	Os^{192}	EC (4.69%)	
		γ	206 (3.29), 374 (0.73), 485 (3.16)
		Os x-rays	9 (1.46), 61 (1.1), 63 (1.96), 71 (0.8)
Tl^{204}	Pb^{204}	β^-	763 (97.42)
	Hg^{204}	EC (2.58)	
		Hg x-rays	10 (0.8), 69 (0.4), 71 (0.7), 80 (0.3)
Tl^{206}	Pb^{206}	β^-	1520 (100)

Progeny			kev and % abundance
Tl^{208}	Pb^{208}	β^-	1283 (23.2), 1517 (22.7), 1794 (49.3)
		γ	511 (21.6), 583 (84.2), 860 (12.46), 2614 (99.8)
		Pb x-rays	11 (2.9), 73 (2.0), 75 (3.4), 85 (1.5)
Pb^{210}	Bi^{210}	β^-	17 (80.2), 63 (19.8)
		γ	47 (4.05)
		Bi x-rays	11 (24.3)
Po^{210}	Pb^{206}	α	5305 (99.9989)
Bi^{210}	Po^{210}	β^-	1161 (99.9998)
Tl^{210}	Pb^{210}	β^-	1320 (25), 1870 (56), 2340 (19)
		γ	298 (79), 800 (99), 1310 (21)
		Pb x-rays	11 (13), 73 (2.5), 75 (4.3), 85 (1.9)
Po^{212}	Pb^{208}	α	8785 (100)
Bi^{212}	Tl^{208}	α	5767 (0.6), 6050 (25.2), 6090 (9.6)
		β^-	625 (3.4), 1519 (8), 2246 (48.4)
		γ	727 (11.8), 785 (1.97), 1621 (2.75)
		Tl x-rays	10 (7.7)
Pb^{212}	Bi^{212}	β^-	158 (5.22), 334 (85.1), 573 (9.9)
		γ	115 (0.6), 239 (44.6), 300 (3.4)
		Bi x-rays	11 (15.5), 75 (10.7), 77 (18), 87 (8)
Po^{214}	Pb^{210}	α	7687 (99.989), 6892 (0.01)
		γ	av. 797 (0.013)
Bi^{214}	Po^{214}	β^-	1505 (17.7), 1540 (17.9), 3270 (17.2)
		γ	609 (46.3), 1120 (15.1), 1764 (15.8)
		Po x-rays	11 (0.5), 77 (0.36), 79 (0.6), 90 (0.3)
Pb^{214}	Bi^{214}	β^-	672 (48), 729 (42.5), 1024 (6.3)
		γ	242 (7.49), 295 (19.2), 352 (37.2)
		Bi x-rays	11 (13.5), 75 (6.2), 77 (10.5), 87 (4.7)
Po^{216}	Pb^{212}	α	6779 (99.998)
At^{218}	Bi^{214}	α	6650 (6), 6700 (94)
Po^{218}	Pb^{214}	α	6003 (99.978)

	Progeny		kev and % abundance
Rn^{220}	Po^{216}	α	6288 (99.9), 5747 (0.1)
		γ	av. 550 (0.1)
Rn^{222}	Po^{218}	α	5490 (99.92), 4986 (0.08)
		γ	av. 512 (0.08)
Ra^{223}	Rn^{219}	α	5606 (24.2), 5715 (52.5), 5745 (9.5)
		γ	154 (5.58), 269 (13.6), 324 (3.88)
		Rn x-rays	12 (25), 81 (14.9), 84 (24.7), 95 (11.2)
Ra^{224}	Rn^{220}	α	5449 (4.9), 5686 (95.1)
		γ	241 (3.95)
		Rn x-rays	12 (0.4), 81 (0.126), 84 (0.209)
Ra^{225}	Ac^{225}	β^-	322 (72), 362 (28)
		γ	40 (31)
		Ac x-rays	13 (15.8)
Ra^{226}	Rn^{222}	α	4602 (5.6), 4785 (94.4)
		γ	186 (3.28)
		Rn x-rays	12 (0.8), 81 (0.18), 84 (0.3), 95 (0.14)
Ac^{227}	Th^{227}	β^-	19 (10), 34 (35), 44 (54)
		α	4938 (0.5), 4951 (0.68)
		γ	av. 17 (0.04), av. 115 (0.1)
		Th x-rays	13 (1.15)
Th^{227}	Ra^{223}	α	5757 (20.3), 5978 (23.4), 6038 (24.5)
		γ	50 (8.4), 236 (11.5), 256 (6.3)
		Ra x-rays	12 (42), 85 (1.4), 88 (2.3), 100 (1.1)
Ac^{228}	Th^{228}	β^-	606 (8), 1168 (32), 1741 (12)
		γ	338 (11.4), 911 (27.7), 969 (16.6)
		Th x-rays	13 (39), 90 (2.1), 93 (3.5), 105 (1.6)
Ra^{228}	Ac^{228}	β^-	39 (100)
Th^{228}	Ra^{224}	α	5212 (0.4), 5341 (26.7), 5423 (72.7)
		γ	84 (1.2), 132 (0.12), 216 (0.24)
		Ra x-rays	12 (9.6)

Progeny			kev and % abundance
Th^{229}	Ra^{225}	α	4815 (9.3), 4845 (56.2), 4901 (10.2)
		γ	31 (4), 194 (4.6), 211 (3.3)
		Ra x-rays	12 (81), 85 (16.5), 88 (27), 100 (12.4)
Th^{230}	Ra^{226}	α	4476 (0.12), 4621 (23.4), 4688 (76.3)
		γ	68 (0.4), 168 (0.07)
		Ra x-rays	12 (8.4)
U^{230}	Th^{226}	α	5667 (0.4), 5818 (32), 5889 (67.4)
		γ	72 (0.6), 154 (0.13), 230 (0.12)
		Th x-rays	13 (12.2)
Pa^{231}	Ac^{227}	α	4950 (22.8), 5011 (25.4), 5028 (20)
		γ	27 (9.3), 300 (2.3), 303 (2.3)
		Ac x-rays	13 (43), 88 (0.62), 91 (1.02), 102 (0.47)
Th^{232}	Ra^{228}	α	3830 (0.2), 3953 (23), 4010 (77)
		γ	59 (0.19), 125 (0.04)
		Ra x-rays	12 (8.4)
U^{232}	Th^{228}	α	5139 (0.3), 5264 (31.2), 5320 (68.6)
		γ	58 (0.2), 129 (0.082), 270 (0.0038), 328 (0.0034)
		Th x-rays	13 (12)
U^{233}	Th^{229}	α	4729 (1.6), 4784 (13.2), 4824 (84.4)
		γ	115 (0.18)
		Th x-rays	13 (3.9)
U^{234}	Th^{230}	α	4605 (0.2), 4724 (27.4), 4776 (72.4)
		γ	53 (0.118), 121 (0.04)
		Th x-rays	13 (10.5)
Pa^{234}	U^{234}	β^-	484 (35), 654 (16), 1183 (10)
		γ	131 (20.4), 882 (24), 946 (12)
		U x-rays	14 (114), 95 (15.7), 98 (25.4), 111(11.8)
Pa^{234m}	U^{234}	β^-	1236 (0.7), 1471 (0.6), 2281 (98.6)
		γ	766 (0.2), 926 (0.4), 1001 (0.6)
		U x-rays	14 (0.44), 95 (0.115), 98 (0.187)

	Progeny		kev and % abundance
Th^{234}	Pa^{234}	β^-	76 (2), 96 (25.3), 189 (72.5)
		γ	63 (3.8), 92 (2.7), 93 (2.7)
		Pa x-rays 13 (9.6)	
U^{235}	Th^{231}	α	4364 (11), 4370 (6), 4396 (55)
		γ	144 (10.5), 163 (4.7), 186 (54)
		Th x-rays 13 (31), 90 (2.7), 93 (4.5), 105 (2.1)	
Pu^{236}	U^{232}	α	5614 (0.2),5722 (31.8), 5770 (68.1)
		γ	av. 61 (0.08)
		U x-rays 14 (13)	
Np^{237}	Pa^{233}	α	4766 (8), 4771 (25), 4788 (47)
		γ	29 (14), 87 (12.6), 95 (0.8)
		Pa x-rays 13 (59), 92 (1.6), 96 (2.6), 108 (1.6)	
U^{238}	Th^{234}	α	4039 (0.2), 4147 (23.4), 4196 (77.4)
		γ	av. 66 (0.1)
		Th x-rays 13 (8.8)	
Pu^{238}	U^{234}	α	5358 (0.1), 5456 (28.3), 5499 (71.6)
		γ	44 (0.039), 100 (0.008), 153 (0.001)
		U x-rays 14 (11.6)	
Pu^{239}	U^{235}	α	5105 (11.5), 5143 (15.1), 5155 (73.3)
		γ	52 (0.02), 129 (0.0062), 375 (0.0015), 414 (0.0015)
		U x-rays 14 (4.4)	
Np^{239}	Pu^{239}	β^-	330 (35.7), 391 (7.1), 436 (52)
		γ	106 (22.7), 228 (10.7), 278 (14.1)
		Pu x-rays 14 (62), 100 (14.7), 104 (23.7), 117 (11.1)	
Pu^{240}	U^{236}	α	5123 (26.4), 5168 (73.5)
		γ	av. 54 (0.05)
		U x-rays 14 (11)	
Pu^{241}	Am^{241}	β^-	21 (99.99755)
		α	4900 (0.00245)

	Progeny		kev and % abundance
Am^{241}	Np^{237}	α	5388 (1.4), 5443 (12.8), 5486 (85.2)
		γ	26 (2.4), 33 (0.1), 60 (35.9)
		Np x-rays 14 (43)	
Pu^{242}	U^{238}	α	4856 (22.4), 4901 (78)
		γ	av. 4753 (0.1)
		U x-rays 14 (9.1)	
Cm^{242}	Pu^{238}	α	6070 (25.9), 6113 (74.1)
		γ	av. 59 (0.04)
		Pu x-rays 14 (11.5)	
Am^{243}	Np^{239}	α	5181 (1), 5234 (10.6), 5275 (87.9)
		γ	43 (5.5), 75 (66), 118 (0.55)
		Np x-rays 14 (39)	
Cm^{244}	Pu^{240}	α	5763 (23.6), 5805 (76.4)
		γ	av. 57 (0.03)
		Pu x-rays 14 (10.3)	
Cf^{249}	Cm^{245}	α	5760 (3.66), 5814 (84.4), 5946 (4)
		γ	253 (2.7), 333 (15.5), 388 (66)
		Cm x-rays 15(30), 105 (2.19), 109 (3.5), 123 (1.66)	
Bk^{249}	Cf^{249}	$β^-$	26 (100)
Cf^{252}	Cm^{248}	α	5977 (0.2), 6076 (15.2), 6118 (81.6)
		γ	av. 68 (0.03)
		Cm x-rays 15 (7.3)	
		spontaneous fission (3)	
Es^{253}	Bk^{249}	α	6540 (0.9), 6592 (6.6), 6633 (89.8)
		γ	av. 203 (0.14)
		Bk x-rays 15 (4.6)	

Thorium-232 Decay Chain including thoron
1st Progeny kev and % abundance

Th^{232} Ra^{228} α 3830 (0.2), 3953 (23), 4010 (77)
1.41E10y γ 59 (0.19), 125 (0.04)
Ra x-rays 12 (8.4)

Ra^{228} Ac^{228} β^- 39 (100)
5.75y

Ac^{228} Th^{228} β^- 606 (8), 1168 (32), 1741 (12)
6.13h γ 338 (11.4), 911 (27.7), 969 (16.6)
Th x-rays 13 (39), 90 (2.1), 93 (3.5), 105 (1.6)

Th^{228} Ra^{224} α 5212 (0.4), 5341 (26.7), 5423 (72.7)
1.91y γ 84 (1.2), 132 (0.12), 216 (0.24)
Ra x-rays 12 (9.6)

Ra^{224} Rn^{220} α 5449 (4.9), 5686 (95.1)
3.62d γ 241 (3.95)
Rn x-rays 12 (0.4), 81 (0.126), 84 (0.209)

Rn^{220} is "thoron" gas, usually included with "radon" gas

Rn^{220} Po^{216} α 6288 (99.9), 5747 (0.1)
56s γ av. 550 (0.1)

Progeny			kev and % abundance
Po^{216} 0.15s	Pb^{212}	α	6779 (99.998)
Pb^{212} 10.64h	Bi^{212}	$β^-$	158 (5.22), 334 (85.1), 573 (9.9)
		γ	115 (0.6), 239 (44.6), 300 (3.4)
		Bi x-rays	11 (15.5), 75 (10.7), 77 (18), 87 (8)

Bi^{212} decays 64.07 % of the time by $β^-$ to Po^{212} and 35.93 % of the time by α to Tl^{208}

Bi^{212} 60.6m	Tl^{208}	α	5767 (0.6), 6050 (25.2), 6090 (9.6)
	Po^{212}	$β^-$	625 (3.4), 1519 (8), 2246 (48.4)
		γ	727 (11.8), 785 (1.97), 1621 (2.75)
		Tl x-rays	10 (7.7)
Po^{212} 304ns	Pb^{208}	α	8785 (100)
Tl^{208} 3.05m	Pb^{208}	$β^-$	1283 (23.2), 1517 (22.7), 1794 (49.3)
		γ	511 (21.6), 583 (84.2), 860 (12.46), 2614 (99.8)
		Pb x-rays	11 (2.9), 73 (2.0), 75 (3.4), 85 (1.5)

Pb^{208} is stable

Uranium-238 Decay (including Radon progeny)

	1st Progeny		**kev and % abundance**
U^{238}	Th^{234}	α	4039 (0.2), 4147 (23.4), 4196 (77.4)
4.47E9y		γ	av. 66 (0.1)
		Th x-rays 13 (8.8)	

Th^{234}	Pa^{234m}	β^-	76 (2), 96 (25.3), 189 (72.5)
24.1d		γ	63 (3.8), 92 (2.7), 93 (2.7)
		Pa x-rays 13 (9.6)	

Pa^{234m} decays 99.87 % of the time by β^- to U^{234} & 0.13 % of the time by IT to Pa^{234}

Pa^{234m}	U^{234}	β^-	1236 (0.7), 1471 (0.6), 2281 (98.6)
1.17m		γ	766 (0.2), 926 (0.4), 1001 (0.6)
	U x-rays 14 (0.44), 95 (0.115), 98 (0.187)		
	Pa^{234}	IT	

Pa^{234}	U^{234}	β^-	484 (35), 654 (16), 1183 (10)
6.70h		γ	131 (20.4), 882 (24), 946 (12)
	U x-rays 14 (114), 95 (15.7), 98 (25.4), 111(11.8)		

U^{234}	Th^{230}	α	4605 (0.2), 4724 (27.4), 4776 (72.4)
2.45E5y		γ	53 (0.118), 121 (0.04)
		Th x-rays 13 (10.5)	

Th^{230}	Ra^{226}	α	4476 (0.12), 4621 (23.4), 4688 (76.3)
7.7E4y		γ	68 (0.4), 168 (0.07)
		Ra x-rays 12 (8.4)	

Ra^{226}	Rn^{222}	α	4602 (5.6), 4785 (94.4)
1600y		γ	186 (3.28)
	Rn x-rays 12 (0.8), 81 (0.18), 84 (0.3), 95 (0.14)		

Progeny			kev and % abundance

Rn^{222} is “radon” gas

Rn^{222}	Po^{218}	α	5490 (99.92), 4986 (0.08)
3.82d		γ	av. 512 (0.08)

Po^{218} decays 99.98 % of the time by α to Pb^{214} & 0.02 % of the time by β^- to At^{218}

Po^{218}	Pb^{214}	α	6003 (99.98)
3.05m	At^{218}	β^-	330 (0.02)

At^{218}	Bi^{214}	α^-	6650 (6), 6700 (94)
2s			

Pb^{214}	Bi^{214}	β^-	672 (48), 729 (42.5), 1024 (6.3)
26.8m		γ	242 (7.49), 295 (19.2), 352 (37.2)
		Bi x-rays	11 (13.5), 75 (6.2), 77 (10.5), 87 (4.7)

Bi^{214} decays 99.979 % of the time by β^- to Po^{214} & 0.021 % of the time by α to Tl^{210}

Bi^{214}	Po^{214}	β^-	1505 (17.7), 1540 (17.9), 3270 (17.2)
19.9m		γ	609 (46.3), 1120 (15.1), 1764 (15.8)
		Po x-rays	11 (0.5), 77 (0.36), 79 (0.6), 90 (0.3)
	Tl^{210}	α	5450 (0.012), 5510 (0.008)

Progeny			kev and % abundance
Po^{214}	Pb^{210}	α	7687 (99.989), 6892 (0.01)
164 μs		γ	797 (0.013
Tl^{210}	Pb^{210}	β^-	1320 (25), 1870 (56), 2340 (19)
1.30m		γ	298 (79), 800 (99), 1310 (21)
		Pb x-rays 11 (13), 73 (2.5), 75 (4.3), 85 (1.9)	
Pb^{210}	Bi^{210}	β^-	17 (80.2), 63 (19.8)
22.3 y		γ	47 (4.05)
		Bi x-rays 11 (24.3)	

Bi^{210} decays ~100 % of the time by β^- to Po^{210} & 0.00013 % of the time by α to Tl^{206}

Bi^{210}	Po^{210}	β^-	1161 (99.9998)
5.01d	Tl^{206}	α	4650 (0.00007), 4690 (0.00005)
Po^{210}	Pb^{206}	α	5305 (99.9989)
138.4d			
Tl^{206}	Pb^{206}	β^-	1520 (100)
4.19m			

Pb^{206} is stable

Neptunium Decay Chain (4n + 1)

1^{st} Progeny **kev and % abundance**

Pu^{241} decays ~100 % of the time by β^- to Am^{241} & 0.0023 % of the time by α to U^{237}

Pu^{241}	Am^{241}	β^-	21 (~100.0)
14.4y	U^{237}	α	4850 (0.0003), 4900 (0.0019)
Am^{241}	Np^{237}	α	5440 (13), 5490 (85)
432.2y		γ	26 (2.4), 33 (0.1), 59.5 (36)
		Np x-rays	14 (43)
U^{237}	Np^{237}	β^-	248 (96)
6.75d		γ	26 (2.3), 59.5 (34), 208 (22)
		Np x-rays	4 (71), 97 (16), 101 (26), 114 (12)
Np^{237}	Pa^{233}	α	4650 (12), 4780 (75)
2.14E6y		γ	30 (14), 86 (14), 145 (1)
		Pa x-rays	13.3 (59), 92 (1.58), 96 (2.6), 108 (1.2)
Pa^{233}	U^{233}	β^-	145 (37), 257 (58), 568 (5)
27.0d		γ	75 (1.2), 87 (1.9), 311 (49)
		U x-rays	14 (49), 96 (28), 111 (8)
U^{233}	Th^{229}	α	4780 (15), 4820 (83)
1.592E5y		Th x-rays	13 (3.9)
Th^{229}	Ra^{225}	α	4840 (58), 4900 (11), 5050 (7)
7.34E3y		γ	31 (4), 137 (2), 211 (3.3)
		Ra x-rays	12 (81), 85 (16), 100 (12)

	Progeny		kev and % abundance
Ra^{225}	Ac^{225}	β^-	320 (100.0)
14.8d		γ	40 (31)
		Ac x-rays	13 (16)
Ac^{225}	Fr^{221}	β^-	21 (~100.0)
10.0d		γ	63 (0.6), 100 (3), 150 (1)
		Fr x-rays	12 (21), 85 (3), 98 (0.8)
Fr^{221}	At^{217}	α	6126 (15), 6242 (1.4), 6340 (83.4)
4.8m		γ	100 (0.2), 218 (12.5), 412 (0.1)
		At x-rays	11 (2.3), 80 (2), 92 (0.6)
At^{217}	Bi^{213}	α	7066 (99.9)
0.0323s		γ	595 (0.04)

Bi^{213} decays 97.84 % of the time by β^- to Po^{213} & 2.16 % of the time by α to Tl^{209}

Bi^{213}	Po^{213}	β^-	320 (1.06), 980 (32), 1420 (64)
45.65m		γ	293 (0.7), 440 (28), 1100 (0.5)
		Po x-rays	11 (1.8), 78 (3.4), 90 (1)
	Tl^{209}	α	5549 (0.16), 5870 (2)
Po^{213}	Pb^{209}	α	8377 (~ 100.0)
4.2E-6s			
Tl^{209}	Pb^{209}	β^-	1825 (100.0)
2.20m		γ	117 (77), 465 (96.6), 1567 (99.7)
		Pb x-rays	10.6 (8.7), 74 (16), 85 (4.4)
Pb^{209}	Bi^{209}	β^-	645 (100)
3.253h	Bi^{209} is stable		

Actinium Decay Chain (4n + 3)

1st Progeny			**kev and % abundance**
U^{235}	Th^{231}	α	4370 (18), 4400 (57), 4580 (8)
7.08E8y		γ	143 (11), 185 (54), 204 (5)
Th^{231}	Pa^{231}	β^-	140 (45), 220 (15), 305 (40)
25.55h		γ	26 (2), 84 (10)
Pa^{231}	Ac^{227}	α	4950 (22), 5010 (24), 5020 (23)
3.48E4y		γ	27 (6), 29 (6)

Ac^{227} decays 98.62 % of the time by β^- to Th^{227} & 1.38 % of the time by α to Fr^{223}

Ac^{227}	Th^{227}	β^-	43 (98.6)
21.77y		γ	70 (0.08)
	Fr^{223}	α	4860 (0.18), 4950 (1.2)
Th^{227}	Ra^{223}	α	5760 (21), 5980 (24), 6040 (23)
18.72d		γ	50 (8), 237 (15), 31 (8)
Fr^{223}	Ra^{223}	β^-	1150 (~100)
21.8m		γ	50 (8), 80 (13), 234 (4)
Ra^{223}	Rn^{219}	α	5610 (26), 5710 (54), 5750 (9)
11.435d		γ	33 (6), 149 (10), 270 (10)

	Progeny		kev and % abundance
Rn^{219}	Po^{215}	α	6420 (8), 6550 (11), 6820 (81)
3.96s		γ	272 (9), 401 (5)

Po^{215} decays ~100 % of the time by α to Pb^{211} & 0.00023 % of the time by β^- to At^{215}

Po^{215}	Pb^{211}	α	7380 (~100)
1.778ms			
	At^{215}	β^-	740 (0.00023)
At^{215}	Bi^{211}	α	8010 (100)
0.1ms			
Pb^{211}	Bi^{211}	β^-	290 (1.4), 560 (9.4), 1390 (87.5)
36.1m		γ	405 (3.4), 427 (1.8), 832 (3.4)

Bi^{211} decays 99.73 % of the time by α to Tl^{207} & 0.273 % of the time by β^- to Po^{211}

Bi^{211}	Tl^{207}	α	6280 (16), 6620 (84)
2.13m		γ	351 (14)
	Po^{211}	β^-	600 (0.28)
Po^{211}	Pb^{207}	α	7450 (99)
0.516s		γ	570 (0.5), 900 (0.5)
Tl^{207}	Pb^{207}	β^-	1440 (99.8)
4.77m		γ	897 (0.16)

Pb^{207} is stable

Ci / g = 3.578E5 / ($T_{1/2}$ in years x atomic mass)
GBq / g = 1.324E7 / ($T_{1/2}$ in years x atomic mass)

	Half-Life	Ci/g	Rem/hr / Ci @ 30 cm	GBq/g	Sv/hr / GBq @ 30cm
Ac^{227}	21.77y	72.40	N/A	2.68E3	N/A
Ac^{228}	6.15h	2.24E6	2.82	8.29E7	7.62E-4
Ag^{110}	24.6s	4.17E9	0.18	1.54E11	4.79E-5
Ag^{110m}	249.79d	13.03	14.66	482	3.97E-3
Ag^{111}	7.45d	65.79	0.16	2.43E3	4.20E-5
Al^{26}	7.3E5y	0.019	16.6	0.699	4.49E-3
Am^{241}	432.7y	3.43	0.19	127	5.04E-5
Am^{242}	16.02h	8.08E5	0.23	2.99E7	6.25E-5
Am^{243}	7370y	0.20	0.23	7.40	6.22E-5
Ar^{37}	35.04d	1.01E5	N/A	3.73E6	N/A
Ar^{39}	269.0y	34.14	N/A	1.26E3	N/A
Ar^{41}	1.82h	4.20E7	7.73	1.55E9	2.09E-3
Ar^{42}	32.90y	259.20	N/A	9.59E3	N/A
As^{74}	17.8d	9.91E4	0.586	3.67E6	1.58E-4
At^{215}	0.100us	5.25E14	N/A	1.94E16	N/A
At^{216}	300us	1.74E14	N/A	6.44E15	N/A
At^{218}	1.6s	3.23E10	N/A	1.20E12	N/A
Au^{198}	2.695d	2.12E10	0.279	7.84E11	7.55E-5
Ba^{131}	11.5d	8.68E4	2.15	3.21E6	5.82E-4
Ba^{133}	10.52y	255.90	2.22	9.47E3	6.01E-4
Ba^{137m}	2.552m	5.37E8	4.44	1.99E10	1.20E-3
Ba^{139}	83.06m	1.63E7	0.173	6.03E8	4.68E-5
Ba^{140}	12.75d	7.32E4	0.871	2.71E6	2.36E-4
Ba^{141}	18.27m	7.31E7	2.4	2.70E9	6.50E-4

	Half-Life	Ci/g	Rem/hr / Ci @ 30 cm	GBq/g	Sv/hr / GBq @ 30cm
Ba^{142}	10.6m	1.25E8	1.01	4.63E9	2.73E-4
Be^{7}	53.28d	3.50E5	0.38	1.30E7	1.03E-4
Be^{10}	1.51E6y	0.024	N/A	0.875	N/A
Bi^{210}	5.01d	1.24E5	N/A	4.59E6	N/A
Bi^{210m}	3.04E6y	5.61E-4	2.124	0.0207	5.75E-4
Bi^{211}	2.14m	4.17E8	0.273	1.54E10	7.39E-5
Bi^{212}	60.6m	1.47E7	N/A	5.44E8	N/A
Bi^{213}	45.59m	1.94E7	0.739	7.17E8	2.00E-4
Bi^{214}	19.9m	4.41E7	9.31	1.63E9	2.52E-3
Bk^{249}	320d	1.64E3	N/A	6.07E4	N/A
Br^{82}	17.68m	1.33E8	2.15	4.92E9	5.82E-4
Br^{84}	31.8m	7.05E7	0.172	2.61E9	4.66E-5
C^{11}	1223s	8.38E8	6.815	3.10E10	1.84E-3
C^{14}	5730y	4.46	N/A	165	N/A
Ca^{41}	1.03E5y	0.085	N/A	3.14	N/A
Ca^{47}	4.536d	6.13E5	0.198	2.27E7	5.36E-5
Cd^{113}	7.70E15y	4.12E-13	N/A	1.52E-11	N/A
Cd^{118}	50.3m	3.17E7	N/A	1.17E9	N/A
Ce^{141}	32.5d	2.85E4	0.422	1.06E6	1.14E-4
Ce^{143}	33.1h	6.63E5	1.19	2.45E7	3.22E-4
Cf^{249}	351y	4.09	1.98	151	5.35E-4
Cf^{252}	2.638y	538	N/A	1.99E4	N/A
Cf^{255}	85.0m	8.67E6	N/A	3.21E8	N/A
Cf^{256}	12.3m	5.97E7	N/A	2.21E9	N/A
Cl^{36}	3.01E5y	0.033	N/A	1.22	N/A
Cl^{38}	37.24m	1.33E8	8.92	4.92E9	2.41E-3

	Half-Life	Ci/g	Rem/hr / Ci @ 30 cm	GBq/g	Sv/hr / GBq @ 30cm
Cm^{242}	162.8d	3.31E3	N/A	1.22E5	N/A
Cm^{243}	29.1y	50.59	0.675	1.87E3	1.83E-4
Cm^{244}	18.1y	81.0	N/A	3.00E3	N/A
Cm^{245}	8500y	0.17	0.325	6.36	8.80E-5
Cm^{247}	1.56E7y	9.28E-5	1.87	3.43E-3	5.06E-4
Co^{56}	77.3d	3.02E4	21.36	1.12E6	5.77E-3
Co^{57}	271.8d	8.43E3	0.713	3.12E5	4.54E-4
Co^{58}	70.88d	3.18E4	6.81	1.18E6	1.84E-3
Co^{60}	5.271y	1.13E3	15.19	4.18E4	4.11E-3
Cr^{51}	27.70d	9.24E4	0.207	3.42E6	5.61E-5
Cs^{134}	2.0648y	1.29E3	10.25	4.79E4	2.77E-3
Cs^{134m}	2.903h	8.06E6	0.0986	2.98E8	2.67E-5
Cs^{135}	2.30E6y	1.15E-3	N/A	0.0427	N/A
Cs^{136}	13.16d	7.30E4	6.85	2.70E6	1.85E-3
Cs^{137}	30.17y	86.6	See Ba^{137m}	3.20E3	N/A
Cs^{138}	33.41m	4.08E7	2.31	1.51E9	6.25E-4
Cu^{61}	3.333h	1.54E7	1.05	5.71E8	2.84E-4
Cu^{62}	9.74m	3.11E8	7.85	3.39E7	2.12E-3
Cu^{64}	12.7h	3.86E6	1.228	1.43E8	3.33E-4
Dy^{154}	3.00E6y	7.75E-4	N/A	0.0287	N/A
Dy^{165}	2.334h	8.14E6	0.0918	3.01E8	2.49E-5
Es^{253}	20.47d	2.52E4	N/A	9.32E5	N/A
Es^{256}	25.4m	2.89E7	N/A	1.07E9	N/A
Eu^{152}	13.537y	174.0	5.82	6.44E3	1.58E-3
Eu^{154}	8.589y	270.6	7.06	1.00E4	1.91E-3
Eu^{155}	4.7611y	485.1	0.319	1.79E4	8.64E-5

	Half-Life	Ci/g	Rem/hr / Ci @ 30 cm	GBq/g	Sv/hr / GBq @ 30cm
Eu^{156}	15.19d	5.51E4	1.3	2.04E6	3.52E-4
F^{18}	1.830h	9.52E7	7.72	3.52E9	2.09E-3
Fe^{55}	2.73y	2.38E3	N/A	8.81E4	N/A
Fe^{59}	44.51d	4.97E4	7.34	1.84E6	1.98E-3
Fe^{60}	1.50E6y	3.98E-3	N/A	0.147	N/A
Fm^{256}	157.6m	4.66E6	N/A	1.72E8	N/A
Fr^{219}	20.0ms	2.58E12	N/A	9.53E13	N/A
Fr^{221}	4.9m	1.74E8	0.163	6.43E9	4.41E-5
Fr^{223}	21.8m	3.87E7	0.0952	1.43E9	2.58E-5
Ga^{67}	3.2612d	5.98E5	0.9381	2.21E7	2.54E-4
Gd^{148}	75y	32.2	N/A	1.19E3	N/A
Gd^{150}	1.79E6y	1.33E-3	N/A	0.0493	N/A
Gd^{152}	1.08E14y	2.18E-11	N/A	8.07E-10	N/A
Ge^{68}	270.8d	7.09E3	N/A	2.62E5	N/A
H^{3}	12.3y	9.70E3	N/A	3.59E5	N/A
Hf^{174}	2.00E15y	1.03E-12	N/A	3.81E-11	N/A
Hg^{203}	46.612d	1.38E4	1.29	5.11E5	3.49E-4
Ho^{163}	4.57E3y	0.48	N/A	17.8	N/A
Ho^{166}	26.8h	7.05E5	0.1164	2.61E7	3.15E-5
Ho^{166m}	1200y	1.80	5.39	66.5	1.46E-3
I^{123}	13.27h	1.92E6	0.796	7.11E7	2.15E-4
I^{124}	4.176d	2.52E5	5.53	9.34E6	1.50E-3
I^{125}	60.1d	1.74E4	1.664	6.44E5	4.50E-4
I^{126}	12.93d	7.97E4	4.34	2.95E6	1.17E-3
I^{129}	1.57E7y	1.77E-4	0.736	6.55E-3	1.99E-4
I^{130}	12.36h	1.55E6	4.76	5.74E7	1.29E-3

	Half-Life	Ci/g	Rem/hr / Ci @ 30 cm	GBq/g	Sv/hr / GBq @ 30cm
I^{131}	8.040d	1.24E5	3.14	4.59E6	8.49E-4
I^{132}	2.295h	1.04E7	5.17	3.83E8	1.40E-3
I^{133}	20.8h	1.13E6	4.54	4.18E7	1.23E-3
I^{134}	52.6m	2.67E7	17.47	9.88E8	4.72E-3
I^{135}	6.57h	3.53E6	9.57	1.31E8	2.59E-3
In^{111}	2.8047d	4.20E5	3.717	1.55E7	1.01E-3
In^{113m}	1.6582h	1.69E7	1.53	6.25E8	4.14E-4
In^{115}	4.41E14y	7.06E-12	N/A	2.61E-10	N/A
Ir^{192}	73.83d	9.21E3	6.56	3.41E5	1.77E-3
K^{40}	1.28E9y	6.99E-6	0.91	2.59E-4	2.46E-4
K^{42}	12.36h	6.04E6	1.4	2.23E8	3.78E-4
K^{43}	22.3h	3.27E6	5.6	1.21E8	1.51E-3
Kr^{85}	10.73y	392.0	0.02	1.45E4	5.40E-6
Kr^{85m}	4.48h	8.24E6	0.96	3.05E8	2.60E-4
Kr^{87}	76.3m	2.84E7	3.18	1.05E9	8.61E-4
Kr^{88}	2.84h	1.26E7	8.9	4.64E8	2.41E-3
Kr^{89}	3.15m	6.71E8	3.96	2.48E10	1.07E-3
La^{140}	1.678d	5.56E5	13.61	2.06E7	3.68E-3
La^{142}	91.1m	1.46E7	0.675	5.38E8	1.83E-4
Lu^{177}	6.73d	1.10E5	0.170	4.06E6	4.61E-5
Mn^{52}	5.591d	4.49E5	18.6	1.66E7	5.03E-3
Mn^{52m}	21.2m	1.72E8	1.48	6.35E9	4.01E-4
Mn^{53}	3.74E6y	1.81E-3	N/A	0.0669	N/A
Mn^{54}	312.2d	7.75E3	5.67	2.87E5	1.53E-3
Mn^{56}	2.578h	2.17E7	10.24	8.03E8	2.77E-3
Mo^{99}	67h	4.80E5	1.25	1.78E7	3.38E-4

	Half-Life	Ci/g	Rem/hr / Ci @ 30 cm	GBq/g	Sv/hr / GBq @ 30cm
N^{13}	9.965m	1.45E9	6.814	5.37E10	1.84E-3
N^{16}	7.13s	9.89E10	16.57	3.66E12	4.48E-3
Na^{22}	2.605y	6.24E3	14.85	2.31E5	4.01E-3
Na^{24}	14.96h	8.73E6	20.55	3.23E8	5.55E-3
Nb^{94}	2.03E5y	0.19	10.20	6.94	2.76E-3
Nb^{95}	34.975d	3.93E4	4.74	1.46E6	1.28E-3
Nd^{144}	2.29E15y	1.09E-12	N/A	4.02E-11	N/A
Ni^{57}	35.6h	1.54E6	12	5.70E7	3.24E-3
Ni^{59}	7.60E4y	0.080	12.5	2.95	3.38E-3
Ni^{63}	101y	56.23	N/A	2.08E3	N/A
Ni^{65}	2.52h	1.91E7	3.4	7.07E8	9.19E-4
Ni^{66}	54.6h	8.71E5	N/A	3.22E7	N/A
Np^{237}	2.14E6y	7.05E-4	0.0868	0.0261	2.35E-5
Np^{238}	2.117d	2.59E5	0.018	9.59E6	4.87E-6
Np^{239}	2.355d	2.32E5	0.594	8.58E6	1.61E-4
Np^{240}	61.9m	1.27E7	0.863	4.68E8	2.34E-4
O^{15}	122.2s	6.15E9	7.98	2.29E11	2.16E-3
Os^{186}	2E15y	9.62E-13	0.613	3.56E-11	1.66E-4
P^{32}	14.28d	2.86E5	N/A	1.06E7	N/A
P^{33}	25.34d	1.56E5	N/A	5.78E6	N/A
Pa^{231}	3.28E4y	0.047	0.104	1.75	2.81E-5
Pa^{233}	26.967d	2.08E4	1.27	7.69E5	3.44E-4
Pa^{234}	6.69h	2.00E6	7.03	7.40E7	1.90E-3
Pa^{234m}	1.17m	6.86E8	0.05	2.54E10	1.35E-5
Pb^{209}	3.253h	4.61E6	N/A	1.71E8	N/A
Pb^{210}	22.3y	76.4	0.0203	2.83E3	5.50E-6

	Half-Life	Ci/g	Rem/hr / Ci @ 30 cm	GBq/g	Sv/hr / GBq @ 30cm
Pb^{211}	36.1m	2.47E7	0.248	9.14E8	6.71E-5
Pb^{212}	10.64h	1.39E6	0.732	5.14E7	1.98E-4
Pb^{214}	27m	3.25E7	1.155	1.20E9	3.12E-4
Pd^{107}	6.50E6y	5.15E-4	N/A	0.0191	N/A
Pm^{147}	2.6234y	928.3	3.15E-5	3.43E4	8.53E-9
Pm^{149}	53.08h	3.97E5	0.0532	1.47E7	1.44E-5
Pm^{151}	4.12m	7.31E5	1.2	2.71E7	3.25E-4
Po^{210}	138.38d	4.49E3	N/A	1.66E5	N/A
Po^{212}	304ns	1.78E17	N/A	6.59E18	N/A
Po^{214}	164us	3.22E14	6.71E-4	1.19E16	1.81E-7
Po^{216}	145ms	3.60E11	9.95E-5	1.33E13	2.69E-9
Po^{218}	3.10m	2.78E8	N/A	1.03E10	N/A
Pr^{142m}	14.6m	9.08E7	N/A	3.36E9	N/A
Pt^{190}	6.50E11y	2.90E-9	N/A	1.07E-7	N/A
Pt^{202}	44.0h	3.53E5	N/A	1.30E7	N/A
Pu^{236}	2.87y	528	N/A	1.95E4	N/A
Pu^{238}	87.7y	17.1	N/A	633	N/A
Pu^{239}	2.41E4y	0.062	2.11E-4	2.30	5.71E-8
Pu^{240}	6560y	0.227	N/A	8.40	N/A
Pu^{241}	14.4y	103	N/A	3.81E3	N/A
Pu^{242}	3.75E5y	3.94E-3	N/A	0.146	N/A
Ra^{223}	11.435d	5.12E4	0.37	1.89E6	1.00E-4
Ra^{224}	3.66d	1.59E5	0.054	5.88E6	1.46E-5
Ra^{225}	14.9d	3.90E4	0.07	1.44E6	1.89E-5
Ra^{226}	1600y	0.99	0.045	36.6	1.22E-5
Ra^{228}	5.76y	272	N/A	1.01E4	N/A

	Half-Life	Ci/g	Rem/hr / Ci @ 30 cm	GBq/g	Sv/hr / GBq @ 30cm
Rb^{81}	4.576h	8.47E6	3.628	3.13E8	9.82E-4
Rb^{82}	1.273m	1.80E9	7.452	6.67E10	2.02E-3
Rb^{83}	86.2d	1.83E4	3.135	6.76E5	8.49E-4
Rb^{87}	4.75E10y	8.67E-8	N/A	3.21E-6	N/A
Rb^{88}	17.7m	1.21E8	3.58	4.48E9	9.68E-4
Rb^{89}	15.4m	1.37E8	12.17	5.07E9	3.29E-3
Re^{187}	4.35E10y	4.40E-8	N/A	1.63E-6	N/A
Re^{188}	16.98h	9.82E5	0.2096	3.63E7	5.67E-5
Rh^{105}	35.36h	8.45E5	0.462	3.13E7	1.25E-4
Rh^{106}	29.8s	3.58E9	0.644	1.32E11	1.74E-4
Rn^{212}	23.9m	3.71E7	N/A	1.37E9	N/A
Rn^{216}	45.0us	1.16E15	N/A	4.30E16	N/A
Rn^{219}	3.96s	1.30E10	0.329	4.81E11	8.91E-5
Rn^{220}	55.6s	9.21E8	3.99E-3	3.41E10	1.08E-6
Rn^{222}	3.8235d	1.54E5	3.03E-3	5.70E6	8.19E-7
Ru^{97}	2.9d	4.65E5	1.32	1.72E7	3.57E-4
Ru^{103}	39.26d	3.23E4	2.65	1.20E6	7.17E-4
Ru^{105}	4.44h	6.73E6	1.93	2.49E8	5.22E-4
Ru^{106}	1.02y	3.31E3	N/A	1.22E5	N/A
S^{35}	87.51d	4.27E4	N/A	1.58E6	N/A
Sb^{122}	2.7238d	3.93E5	2.991	1.46E7	8.10E-4
Sb^{124}	60.2d	1.75E4	9.62	6.48E5	2.60E-3
Sb^{125}	1007.4d	1.04E3	2.57	3.84E4	6.96E-4
Sb^{126}	12.46d	8.33E4	11.5	3.08E6	3.11E-3
Sc^{44}	3.927h	1.82E7	0.579	6.72E8	1.57E-4
Sc^{46}	83.81d	3.39E4	10.9	1.25E6	2.95E-3

	Half-Life	Ci/g	Rem/hr / Ci @ 30 cm	GBq/g	Sv/hr / GBq @ 30cm
Sc^{47}	3.349d	8.30E5	0.56	3.07E7	1.51E-4
Sc^{48}	43.7h	1.49E6	21	5.51E7	5.68E-3
Se^{75}	119.78d	1.45E4	9.53	5.37E5	2.58E-3
Se^{79}	6.50E5y	6.98E-3	N/A	0.258	N/A
Si^{32}	132y	84.77	N/A	3.14E3	N/A
Sm^{146}	1.031E8y	2.38E-5	N/A	8.80E-4	N/A
Sm^{147}	1.06E11y	2.30E-8	N/A	8.50E-7	N/A
Sm^{148}	7.00E15y	3.46E-13	N/A	1.28E-11	N/A
Sm^{153}	46.27h	4.43E5	0.175	1.64E7	4.74E-5
Sn^{121}	27.06h	9.58E5	N/A	3.54E7	N/A
Sn^{125}	9.64d	1.09E5	0.33	4.01E6	8.93E-5
Sr^{85}	64.84d	2.37E4	3.06	8.78E5	8.28E-4
Sr^{87m}	2.803h	1.32E7	1.92	4.87E8	5.20E-4
Sr^{89}	50.52d	2.90E4	5.29E-3	1.07E6	1.43E-6
Sr^{90}	29.1y	137.0	N/A	5.07E3	N/A
Sr^{91}	9.63h	3.58E6	0.635	1.32E8	1.72E-4
Sr^{92}	2.71h	1.26E7	7.8942	4.65E8	2.14E-3
Tb^{160}	72.3d	1.13E4	0.635	4.18E5	1.72E-4
Tc^{99}	2.13E5y	0.017	N/A	0.629	N/A
Tc^{99m}	6.01h	5.27E6	0.896	1.95E8	2.42E-4
Tc^{101}	14.2m	1.31E8	1.71	4.85E9	4.63E-4
Te^{123m}	119.7d	8.88E3	1.365	3.28E5	3.69E-4
Te^{127}	9.35h	2.64E6	0.0335	9.78E7	9.06E-6
Te^{129}	69.6m	2.10E7	0.5717	7.76E8	1.55E-4
Te^{129m}	33.6d	3.02E4	0.137	1.12E6	3.71E-5
Te^{131}	25m	5.75E7	1.57	2.13E9	4.25E-4

	Half-Life	Ci/g	Rem/hr / Ci @ 30 cm	GBq/g	Sv/hr / GBq @ 30cm
Te^{131m}	30h	7.98E5	2.18	2.95E7	5.90E-4
Te^{132}	3.204d	3.09E5	2.124	1.14E7	5.75E-4
Te^{133}	12.5m	1.13E8	2.32	4.19E9	6.28E-4
Te^{133m}	55.4m	2.55E7	3.11	9.45E8	8.42E-4
Te^{134}	41.8m	3.36E7	1.77	1.24E9	4.79E-4
Te^{135}	19s	4.40E9	0.195	1.63E11	5.28E-5
Th^{227}	18.72d	3.07E4	0.39	1.14E6	1.05E-4
Th^{228}	1.913y	820.0	0.014	3.03E4	3.78E-6
Th^{229}	7300y	0.214	0.145	7.92	3.92E-5
Th^{230}	7.54E4y	0.021	2.07E-3	0.762	5.60E-7
Th^{231}	25.55h	5.32E5	0.0480	1.97E7	1.30E-5
Th^{232}	1.40E10y	1.10E-7	7.62E-4	4.07E-6	2.06E-7
Th^{234}	24.10d	2.32E4	0.0356	8.58E5	9.62E-6
Tl^{201}	72.912h	2.14E5	0.122	7.91E6	3.30E-5
Tl^{204}	3.78y	464.0	0.0124	1.72E4	3.35E-6
Tl^{206}	4.20m	2.17E8	N/A	8.03E9	N/A
Tl^{208}	3.053m	2.96E8	18.89	1.10E10	5.11E-3
Tl^{209}	2.161m	4.16E8	4.17	1.54E10	1.13E-3
Tl^{210}	1.30m	6.88E8	7.82	2.55E10	2.11E-3
U^{230}	20.8d	2.73E4	2.00E-3	1.01E6	5.41E-7
U^{232}	70y	22.0	0.0731	814	1.98E-5
U^{233}	1.592E5y	9.65E-3	N/A	0.357	N/A
U^{234}	2.46E5y	6.22E-3	N/A	0.230	N/A
U^{235}	7.04E8y	2.16E-6	0.755	7.99E-5	2.04E-4
U^{235m}	25.0m	3.20E7	N/A	1.18E9	N/A
U^{236}	2.342E7y	6.47E-5	1.10E-4	2.40E-3	2.98E-8

	Half-Life	Ci/g	Rem/hr / Ci @ 30 cm	GBq/g	Sv/hr / GBq @ 30cm
U^{237}	6.75d	8.16E4	0.561	3.02E6	1.52E-4
U^{238}	4.47E9y	3.36E-7	N/A	1.24E-5	N/A
V^{48}	15.98d	1.70E5	15.6	6.29E6	4.22E-3
V^{49}	330d	8.09E3	N/A	2.99E5	N/A
W^{187}	23.72d	7.07E5	2.82	2.62E7	7.63E-4
Xe^{131m}	11.84d	8.69E4	0.5664	3.22E6	1.53E-4
Xe^{133}	5.243d	1.87E5	0.6248	6.93E6	1.69E-4
Xe^{133m}	2.19d	4.49E5	0.7027	1.66E7	1.90E-4
Xe^{135}	9.14h	2.54E6	1.6178	9.41E7	4.38E-4
Xe^{135m}	15.29m	9.12E7	2.9736	3.37E9	8.05E-4
Xe^{138}	14.08m	9.69E7	1.36	3.58E9	3.68E-4
Y^{88}	106.65d	1.39E4	14.83	5.15E5	4.01E-3
Y^{90}	64.1h	5.43E5	N/A	2.01E7	N/A
Y^{92}	3.54h	9.63E6	0.126	3.56E8	3.41E-5
Y^{93}	10.18h	3.31E6	0.11	1.23E8	2.98E-5
Yb^{169}	32.026d	2.41E4	1.219	8.93E5	3.30E-4
Zn^{65}	243.8d	8.24E3	3.575	3.05E5	9.68E-4
Zr^{89}	78.41h	4.50E5	5.65	1.66E7	1.53E-3
Zr^{93}	1.53E6y	2.52E-3	N/A	0.0931	N/A
Zr^{95}	64.02d	2.15E4	5.16	7.96E5	1.39E-3
Zr^{97}	16.91h	1.91E6	0.236	7.08E7	6.39E-5

The exposure rate from these radionuclides do not include their short-lived progeny. Spontaneous fission, isotopic mixtures, impurities in mixtures, and shielding (including self shielding) should also be taken into account when estimating exposure rate.

Gamma exposure at 30 cm vs Particle Size in microns for commonly encountered radionuclides

	mRem/hr			mSv/hr		
	1µ	10µ	100µ	1µ	10µ	100µ
Be^{7}	1.3E-4	1.3E-1	1.3E2	1.3E-6	1.3E-3	1.3
Na^{22}	4.7E-5	4.7E-2	4.7E1	4.7E-7	4.7E-4	0.47
Na^{24}	9.5E-2	9.5E1	9.5E4	9.5E-4	0.95	9.5E2
Al^{26}	4.5E-10	4.5E-7	4.5E-4	4.5E-12	4.5E-9	4.5E-7
Mg^{28}	4.8E-2	4.8E1	4.8E4	4.8E-4	0.48	4.8E2
Sc^{46}	6.9E-4	6.9E-1	6.9E2	6.9E-6	6.9E-4	6.9
V^{48}	1E-2	1E1	1E4	1E-4	0.10	1E2
Cr^{51}	9E-5	9E-2	9E1	9E-7	9E-4	0.9
Mn^{52}	3.8E-2	3.8E1	3.8E4	3.8E-4	0.38	3.8E2
Mn^{54}	1.7E-4	1.7E-1	1.7E2	1.7E-6	1.7E-3	1.7
Mn^{56}	8.3E-1	8.3E2	8.3E5	8.3E-3	8.3	8.3E3
Co^{56}	2.9E-3	2.9	2.9E3	2.9E-5	2.9E-2	29
Co^{57}	6.6E-5	6.6E-2	6.6E1	6.6E-7	6.6E-4	0.66
Co^{58}	1E-3	1	1E3	1E-5	1E-2	10
Fe^{59}	1.5E-3	1.5	1.5E3	1.5E-5	1.5E-2	15
Co^{60}	8E-5	8E-2	8E1	8E-7	8E-4	0.8
Zn^{65}	1.1E-4	1.1E-1	1.1E2	1.1E-6	1.1E-3	1.1
Se^{75}	3.5E-4	3.5E-1	3.5E2	3.5E-6	3.5E-3	3.5
Y^{88}	6.3E-4	6.3E-1	6.3E2	6.3E-6	6.3E-3	6.3
Sr/Y^{90}	N/A	N/A	N/A	N/A	N/A	N/A
Zr^{95}	3.8E-4	3.8E-1	3.8E2	3.8E-6	3.8E-3	3.8
Mo^{99}	3.2E-3	3.2	3.2E3	3.2E-5	3.2E-2	32
Cd^{109}	2.4E-5	2.4E-2	2.4E1	2.4E-7	2.4E-4	0.24
Cs^{137}	3.6E-7	3.6E-4	3.6E-1	3.6E-9	3.6E-6	3.6E-3
Ba^{140}	2.4E-4	2.4E-1	2.4E2	2.4E-6	2.4E-3	2.4

	mRem/hr			mSv/hr		
	1µ	**10µ**	**100µ**	**1µ**	**10µ**	**100µ**
W^{187}	1.1E-3	1.1	1.1E3	1.1E-5	1.1E-2	11
Os^{191}	3.9E-4	3.9E-1	3.9E2	3.9E-6	3.9E-3	3.9
Ir^{192}	7.1E-4	7.1E-1	7.1E2	7.1E-6	7.1E-3	7.1
Au^{198}	8E-3	8	8E3	8E-5	8E-2	80
Ra^{226}	3.5E-10	3.5E-7	3.5E-4	3.5E-12	3.5E-9	3.5E-6
U^{234}	5.4E-11	5.4E-8	5.4E-5	5.4E-13	5.4E-10	5.4E-7
U^{235}	8.1E-14	8.1E-11	8.1E-8	8.1E-16	8.1E-13	8.1E-10
Np^{237}	3.9E-11	3.9E-8	3.9E-5	3.9E-13	3.9E-10	3.9E-7
Pu^{238}	1.6E-7	1.6E-4	1.6E-1	1.6E-9	1.6E-6	1.6E-3
Pu^{239}	2.2E-10	2.2E-7	2.2E-4	2.2E-12	2.2E-9	2.2E-6
Pu^{240}	2E-9	2E-6	2E-3	2E-11	2E-8	2E-5
Am^{241}	1.3E-7	1.3E-4	1.3E-1	1.3E-9	1.3E-6	1.3E-3

1000 µ = 1 mm (millimeter) = 0.03937 inches
100 µ is easily discernible with the naked eye
50 µ is not easily discernible with the naked eye
< 10 µ is typical size for airborne particles

Activity in DPM vs Particle Size in microns for oxide form of various isotopes

	0.5μ	1μ	5μ	10μ	50μ
U^{234}	8.7E-3	0.07	9	69.7	8700
U^{235}	3.0E-6	2.4E-5	3E-3	0.02	3
U^{238}	4.7E-7	3.8E-6	5E-4	3.8E-3	0.47
Np^{237}	1.0E-3	8.0E-3	1.0	8	1000
Pu^{238}	25	201	2.5E4	2E5	2.5E7
Pu^{239}	0.09	0.73	91	730	9.1E4
Pu^{240}	0.33	2.7	333	2670	3.3E5
Pu^{241}	151	1210	1.5E5	1.2E6	1.5E8
Am^{241}	5.1	41.1	5140	4.1E4	5.14E6

Calculating Activity vs Particle Size

1. Volume of the particle is $V = 1/6\pi d^3$.
2. Use the density of the isotope listed in this reference.
3. Mass of the particle is M = V x density.
4. Activity of the particle is A = M x specific activity.

Correct the activity of the particle for the oxide form if you need that; the molecular weight of Pu^{238} is 238, the activity of the dioxide form must be reduced by the ratio of the molecular weight of the dioxide form to the molecular weight of Pu^{238}. Multiply the calculated activity by 238/270 to get the activity of the dioxide form.

For particles larger than about 1μ the aerodynamic diameter is approximately equal to the physical diameter times the square root of the density. The 10μ diameter particle in our example would have an equivalent aerodynamic diameter of 34μ (10μ x the square root of 11.46). This must be taken into account in air sampling/monitoring situations.

RADIATION BIOLOGY

Maximum survivable dose: 1000 rem (10 Sv)

Cancer mortality rate ≈ 900 excess deaths per 100,000 persons at 0.1 Sv (10 rem)

Radiation Dose Risk

Report	Additional Cancer Deaths
BEIR III 1980 (also Reg Guide 8.29)	3 in 10,000 per 1 rem (10 mSv)
BEIR V 1990	800 in 100,000 per 10 rad (0.1 Gy)

Hiroshima Survivors Incidence of Cancer

4,000 Hiroshima survivors who received doses greater than 50 rem showed an extra 300 incidences of cancer.

COMPOSITION OF THE HUMAN BODY

O	65 %	Rb	0.00046 %	I	1.6E-5 %
C	18	Sr	0.00046	Au	1.4E-5
H	10	Br	0.00029	Ni	1.4E-5
N	3	Pb	0.00017	Mo	1.3E-5
Ca	1.5	Nb	0.00016	Ti	1.3E-5
P	1.0	Cu	0.00010	Te	1.2E-5
S	0.25	Al	0.000087	Sb	1.1E-5
K	0.20	Cd	0.000072	Li	3.11E-6
Cl	0.15	B	0.000069	Cr	2.4E-6
Na	0.15	Ba	0.000031	Cs	2.1E-6
Mg	0.05	As	0.000026	Co	2.1E-6
Fe	0.006	V	0.000026	Ag	1.0E-6
F	0.0037	Sn	0.000024	U	1.3E-7
Zn	0.0032	Hg	0.000019	Be	5E-8
Si	0.0020	Se	0.000019	Ra	1E-13
Zr	0.0006	Mn	0.000017		

DOSIMETRY

1 Bq	=	1 dps	=	2.7 E-11 Ci
1 Gy	=	1 joule / kg	=	100 rads

H_T(Sv) = D(Gy) x Q (Sv / Gy)

Quality Factors (Q) values:

x-rays, beta, gamma		=	1
neutrons:	thermal	=	2
	fast	=	10
alpha		=	20

DOSE EQUIVALENT CALCULATIONS

1 Roentgen	=	2.58E-4C / kg or 1 esu / cm^3
	=	87 ergs / g or 2.082 E9 ip / cm^3
	=	7.02 E4 MeV / cm^3 in air @ STP
or	=	98 ergs / g in tissue

1 R/hr ~ 1 E-13 Amperes / cm^3

1 rad = 100 ergs / g in any absorber

ρ_{air} = 0.001293 g / cm^3

W_{air} = 33.7 eV

1 Ampere = 1 Coulomb / sec

STP_{air} = 760mm Hg @ 0^0C or 14.7lb / in^2 @ 32^0 F

INTERNAL DOSIMETRY

Calculating CDE and CEDE ICRP 26/30

CDE = I / nALI x 50 rem (0.5 Sv) nALI is the non-stochastic ALI

CDE = 50 yr committed dose equivalent to irradiated tissue

I = Intake

nALI = non-stochastic ALI = 50 rem (0.5 Sv)/ h_{max}

h_{max} = greatest dose equivalent found in the exposure-to-dose conversion tables

CEDE = I / sALI x 5 rem (50 mSv) sALI is the stochastic ALI

CEDE = 50 yr committed effective dose equivalent

OR CEDE = $\sum^{n}_{i=1} W_T$

CEDE = 50 yr committed effective dose equivalent to individual tissue

W_T = tissue weighting factor

Effective Dose Equivalent EDE = H_E = $\sum W_T H_T$

D.E. rate (Sv / hr) = 0.15 A(TBq)E / r^2

Calculating DAC and DAC-hours

DAC = ALI / 2000 hr at 1.2 E6 ml / hr

1 DAC-h = 2.5 mrem (25 µSv) CEDE if based on sALI **OR** 25 mrem (0.25 mSv) ref ICRP 26 CDE to an organ or tissue if based on nALI

DAC Fraction = $\sum_i$(concentration / DAC)/PF

DAC fraction x time (hours) = DAC-hours

INTERNAL DOSIMETRY

Intake I(Bq) = A_t(Bq) / IRF_t

Body burden q_t = $q_0 e^{-\lambda_{eff} t}$

CEDE or H_{50} = 50 mSv (5 rem) x I / ALI

TEDE = CEDE + Deep Dose Equivalent

INTERNAL DOSIMETRY

Effective Half-Life

$t_{eff} = t_r \times t_b / (t_r + t_b)$

where; t_r = radioactive half-life

t_b = biological half-life

Effective Removal Constant

$\lambda_{eff} = \lambda_r + \lambda_b$

where; λ_r = decay constant = $0.693 / t_{½}$

λ_b = biological removal constant $-0.693 / t_b$

Calculating Internal Dose (ICRP 30)

$H_{50}(T \leftarrow S) = (1.6E\text{-}10) U_S \, SEE(T \leftarrow S)$

H_{50} = 50 year dose equivalent commitment in sieverts

where SEE is the Specific Effective Energy modified by a quality factor for radiation absorbed in the target organ (T) for each transformation in the source organ (S) expressed in MeV/g.

$SEE = \sum Y \bullet E \bullet AF \bullet Q / M_T$

where;

- Y = yield of radiations per transformation
- E = average energy of the radiation
- AF = absorbed fraction of energy absorbed in the target organ (T) per emission of radiation in the source organ (S)
- Q = quality factor
- M_T = mass of the target organ
- U_S = number of nuclear transformations in the source organ (S) during the time interval for which the dose is to be calculated

EQUIVALENT DOSE, EFFECTIVE DOSE, and COMMITTED EFFECTIVE DOSE

ICRP 60 Equivalent Dose

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

H_T = equivalent dose in tissue T

W_R = radiation weighting factor

$D_{T,R}$ = absorbed dose averaged over tissue T due to radiation R

ICRP 60 Effective Dose

$E = \sum_T W_T H_T$

E = effective dose to the individual

W_T = tissue weighting factor

H_T = equivalent dose in tissue(s) T

ICRP 60 Committed Effective Dose

$$E(50) = \sum_{T=i}^{T=j} W_T H_T(50) + W_{remainder} \frac{\sum_{T=K}^{T=1} m_T H_T(50)}{\sum_{T=K}^{T=1} m_T}$$

E(50) = committed effective dose

W_T = tissue weighting factor for tissues & organs T_i to T_j

m_T = mass of the remainder tissues T_K to T_1

$W_{remainder}$ = 0.05 (the W_T assigned to the remainder tissues)

ICRP 23 REFERENCE MAN

Daily Water Intake = 2.2 liters / day

Breathing Rate = 2 E4 ml / min

Skin surface area = 18,000 cm^2

There are approximately 10^{13} cells in the human body.

There are 140 g of potassium in standard man, 125 nCi (4.625kBq) is K^{40} which results in 0.25 mrem/wk or13 mrem/yr (2.5 μSv/wk or 0.13 mSv/yr) to the whole body. An additional 15 mrem/yr (0.15 mSv/yr) will occur when using a salt substitute.

RADIATION WEIGHTING FACTORS[1] (ICRP 60)

Type and Energy Range[2]	Radiation Weighting Factor, W_R
Photons, all energies	1
Electrons and muons, all energies[3]	1
Neutrons, <10 keV	5
10 keV to 100 keV	10
100 keV to 2 MeV	20
2 MeV to 20 MeV	10
> 20 MeV	5
Protons, other than recoil protons, energy > 2MeV	5
Alpha particles, fission fragments, heavy nuclei	20

[1]All values relate to the radiation incident on the body or, for internal sources, emitted from the source.
[2]The choice of values for other radiation is discussed in Annex A of Publication 60.
[3]Excluding Auger electrons emitted from nuclei bound to DNA

ICRP 60 Tissue Weighting Factors

Tissue or organ	Tissue weighting factor, W_T
Gonads	0.20
Bone marrow (red)	0.12
Colon	0.12
Lung	0.12
Stomach	0.12
Bladder	0.05
Breast	0.05
Liver	0.05
Oesophagus	0.05
Thyroid	0.05
Skin	0.01
Bone surface	0.01
Remainder	0.05

CALCULATING TODE AND TEDE

TEDE	=	DDE + CEDE
TODE	=	DDE + CDE
TEDE	=	total effective dose equivalent
TODE	=	total organ dose equivalent
DDE	=	deep dose equivalent
CDE	=	50 year committed dose equivalent to a tissue or organ
CEDE	=	50 year committed effective dose equivalent

DOSE EQUIVALENT LIMITS & POSTING REQUIREMENTS (10CFR20 & 10CFR835)

Dose Equivalent	Annual Limit	
TEDE	5 rem	50 mSv
TODE	50 rem	0.5 Sv
LDE	15 rem	0.15 Sv
SDE,WB	50 rem	0.5 Sv
SDE, ME	50 rem	0.5 Sv
TEDE (general public)	0.1 rem	1 mSv

DOSE EQUIVALENT MEASUREMENT

Abbreviations from USNRC Reg. Guide 8.7

	Measurement Depth for External Sources (cm)	Density Thickness (mg / cm^2)
TEDE	1	1000
TODE	1	1000
LDE	0.3	300
SDE, WB[1]	0.007	7
SDE, ME[2]	0.007	7

[1]SDE, WB is the shallow dose equivalent to the skin of the whole body

[2]SDE, ME the shallow dose equivalent to a major extremity.

RADIATION INTERACTIONS

Charged Particles
Ionization, Excitation, *Bremsstrahlung* (β^-), Annihilation (β^+)
Neutrons
Scattering (E > 0.025 eV)
    Elastic (energy and momentum are conserved)
    Inelastic (photon emitted)
Absorption ($E \leq 0.025$ eV)
    Radiative Capture (n, γ)
    Particle Emission (n, α) (n, p) (n, n)
    Fission (n, f)
Gamma or X-ray photons
    Photoelectric Effect (generally $\leq$ 1 MeV)
    Compton Scattering (generally 200 keV - 5 MeV)
    Pair Production (minimum 1.022 MeV)
Scattered Photon
    $T' = T / [1 + T(1 - \cos\theta) / m_0c_2]$
    where c^2 = 931.5 MeV / amu
Bremsstrahlung
    emitted energy is ~ 1/3 of the electron energy
Photon Attenuation: $I_x = I_0e^{\mu x}$
Interaction Probability per gram:
    Photoelectric $\propto Z^3 / E^3$
    Compton independent of Z
    Pair Production $\propto Z^1$
$\mu_{Total} = \mu_{pe} + \mu_{cs} + \mu_{cc}$
W_{Air} = 33.9 eV per ion pair
Specific Ionization = S/W (i.p. / cm)

SHIELDING MATERIALS

α	a single sheet of paper
β^-	low Z, such as plastic or aluminum
γ	high Z, such as tungsten
mixed β^-/γ	low Z, then high Z

neutron hydrogenous material to thermalize (such as polyethylene) then neutron absorber (such as Cd, B, Li, Hf), then high Z to absorb "capture gammas"

Photon Half-Value Layers in CM

	100 KeV	600 KeV	1 MeV	2 MeV
U	0.005	0.25	0.48	0.78
W	0.008	0.35	0.58	0.82
Pb	0.012	0.52	0.90	1.35
Sn	0.06	1.20	1.38	1.80
Cu	0.18	1.01	1.70	1.65
Fe	0.25	1.15	1.32	1.55
Al	1.12	3.30	4.45	5.90
Concrete	1.8	3.8	4.6	6.2
Water	4.2	7.8	9.6	14.2

This table applies to a thin shield and no provision is made for buildup factor. Always perform a radiation measurement to confirm adequacy of shield.

Tenth-Value Thickness

Simply multiply the half-value thickness by the square root of 10 (3.162) to get the tenth-value thickness.

Example: A half-value thickness of concrete for Cs-137 gamma radiation is 3.8 cm.
The tenth-value thickness is 3.8 cm x 3.162 = 12 cm.

Photon Shielding Buildup Factors

MeV	Water	Aluminum	Concrete	Iron	Lead
0.5	2.52	2.37	2.19	1.98	1.24
1.0	2.13	2.02	1.94	1.87	1.37
2.0	1.83	1.75	1.75	1.76	1.39

Neutron and Gamma Shielding

SIMPLIFIED SHIELD THICKNESS CALCULATION

perform radiation measurements to verify these calculations

I = shielded exposure rate

I_0 = unshielded exposure rate

n = number of shielding layers (tenth or half)

$I = I_0 \times 0.1^n$ for tenth value thickness

$I = I_0 \times 0.5^n$ for half value thickness

Radiation Streaming

Consider the potential for radiation streaming thru gaps in the shielding. Design the shielding to minimize gaps and perform a comprehensive survey after the shielding is in place.

Stay-Time Calculation

Stay-time calculations are typically used to determine how long an individual can remain in an area with elevated radiation fieldsu ntil they reach some pre-determined dose limit. The principles can also be applied to airborne areas.

Stay-time = Allowable exposure/exposure rate
example; allowable exposure is 100 mR
exposure rate is 25 mR/hr
Stay-time = 100 mR / 25 mR/hr = 4 hours

Beta Dose Rates in rad/hr per mCi

MeV	1 cm	10 cm	30 cm	60 cm	90 cm	1.0 m
0.15	1,200	1.7	0	0	0	0
0.25	1,000	2.2	0.1	0	0	0
0.30	900	3.6	0.1	0	0	0
0.50	750	5.2	0.4	0.05	0.01	0
0.75	650	5.0	0.5	0.05	0.01	0
1.0	550	4.6	0.4	0.1	0	0
1.25	450	4.3	0.4	0.1	0.04	0.02
1.50	400	4.0	0.4	0.1	0.04	0.02
1.75	350	3.4	0.4	0.1	0.04	0.02
2.00	340	3.6	0.4	0.1	0.04	0.02
2.25	320	3.3	0.4	0.1	0.04	0.02

Beta dose should be treated as a “shallow” dose and should not be summed with “deep” doses. This chart should also be used to determine beta+ doses from positron emitters.

Half-value Thickness vs Beta Energy

Isotope	Emax (MeV)	Half-Value Thickness mg / cm^2
C-14	0.156	2
Tc-99	0.292	7.5
Cl-36	0.714	15
Sr/Y-90	0.546 / 2.284	150
U-238 Betas from short lived progeny		
	0.191 / 2.281	130
P-32	1.710	150

Estimate the half-value thickness for a beta emitter.

$mg/cm^2 = 50 \times E^2$

where E is Emax in MeV for the beta emitter

This equation tends to underestimate the half-value thickness for low energy betas and overestimate the half-value thickness for high energy betas.

Positron Emitters Beta+ Energy and % Abundance

	Half-life	MeV (%)
C-11	20.3 m	0.960 (99.8%)
N-13	9.97 m	1.199 (99.8%)
O-15	122 s	1.732 (99.9%)
F-18	1.83 h	0.634 (96.7%)
Na-22	2.605 y	0.546 (89.8%)
Al-26	7.3E5 y	3.210 (100%)
V-48	15.98 d	0.697 (50.1%)
Mn-52	5.591 d	2.633 (94.9%)
Co-56	77.3 d	1.458 (19.0%)
Ni-57	35.6 h	0.737 (7.0%), 0.865 (35.3%)
Co-58	70.88 d	0.475 (14.9%)
Cu-62	9.74 m	2.926 (97.2%)
Zn-65	243.8 d	0.330 (1.4%)
Ga-68	67.7 m	0.822 (1.2%), 1.899 (89.1%)
As-74	17.8 d	0.945 (26.1%), 1.540 (3.0%)
Rb-82	1.26 m	2.601 (13.1%), 3.378 (81.8%)

Several of the positron emitters are useful in PET studies. That usefulness is somewhat offset by the cost of producing the radionuclides and the added complexity of radiation protection. For all of the positron emitters the energy of the Beta+ must be considered. Refer to the table of Beta Dose Rates for estimates of beta+ radiation exposure. Also, consider the annihilation photons when the positron comes into contact with a beta-, annihilating their masses and producing two 511 KeV photons. These photons present an external radiation hazard. For the patient undergoing a PET scan the combination of the positron energy and the photon energy must be considered.

Combining Radiation Types to Determine Total Dose

An individual radionuclide may have several different types of emissions. Those different types of emissions and the short-lived progeny of the individual radionuclide must be considered when determining a total dose.

Particulate radiation should be treated as a "shallow" dose while photons and neutrons should be treated as a "deep" dose and these two types of doses should not be summed.

This example with sodium-22 will clarify this concept.

Na-22	2.605 y	Beta+	0.546 MeV (89.8% Abundance)
1 mCi		Gamma	1.275 MeV (99.9% Abundance)

From the table of Beta Dose Rates we find 320 rad/hr at 1 cm and 0.4 rad/hr at 30 cm. The near contact dose rate is much higher than the dose rate at 30 cm.

Using 6CEN for the gamma dose rate we find;
6CEN = 6 x 1 mCi x 1.275 MeV x 0.999 = 7.64 mRem/hr at 30 cm.

We can also use 6CEN for the annihilation photons from the positron.
6CEN = 6 x 1 mCi x 0.511 MeV x 2 x 0.898 = 5.51 mRem/hr at 30 cm.

The "shallow" dose from the positron at 30 cm is 400 mrad/hr and the "deep" dose from the gamma and photon radiation is 7.64 mRem/hr + 5.51 mRem/hr = 13.15 mRem/hr.

Shallow Dose Correction Factor

In accordance with 10CFR20 and 10CFR835 deep dose equivalent shall be used for posting of radiation areas. Shallow dose equivalent shall be reported separate from deep dose equivalent. Deep dose equivalent is the sum of the gamma and neutron deep dose equivalents. Shallow dose includes low-energy photons and charged particles such as betas, positrons, and protons. Alpha particles are not included in shallow dose.

The following applies to vented air ionization chambers with a window density thickness of 7 mg/cm^2 and a moveable shield with a density thickness of 1,000 mg/cm^2.

Determining the need to report a shallow dose;
If the Open Shield Reading divided by the Closed Shield Reading is equal to or greater than 1.2, then perform a shallow dose survey.
Calculate the shallow dose rate using this equation;
(Open Shield Reading - Closed Shield Reading) x CF
Obtain the **CF** (Correction Factor) from experimental or published data for the specific detector and radiation source(s).

Typical correction factors for betas range between 2 and 5 (multipliers).
Typical correction factors for low energy photons range between 0.1 and 1 (multipliers).

Low energy photons that penetrate the closed shield of the ion chamber and produce a response in the instrument are part of the “deep” dose.

NEUTRON SHIELD THICKNESS

$I = I_0 e^{-\sigma N x}$

where; I = final neutron flux rate

I_0 = initial neutron flux rate

σ = shield cross section in square centimeters

N = number of atoms per cm^3 in the shield

x = shield thickness in centimeters

example:

A dosimetry phantom is designed to simulate the composition of the human body. Ten % by weight is hydrogen. Assume a density of 1 and a shield cross section of hydrogen of 0.1 barns. A barn is 1E-24 cm^2. N, the number of atoms per cm^3, is 10% of Avogadro's number, so N equals 6E22 hydrogen atoms per cm^3. Assume the phantom thickness is 30 cm.

I_0 = 5,000 $n/cm^2/s$

σ = 1E-25 cm^2 (0.1 barns)

N = 6E22 atoms per cm^3

x = 30 centimeters thick

$-\sigma N x$ = 1E-25 times 6E22 times 30 = -0.18

$I = I_0 e^{-\sigma N x}$

I = 5,000 $n/cm^2/s\ e^{-0.18}$

I = 5,000 $n/cm^2/s$ x 0.835 = 4,175 $n/cm^2/s$

The attenuation of the neutron flux by the phantom is about 16%.

Neutron Half-Value Layers in centimeters

Energy in MeV	1	5	10	15
Polyethylene	3.7	6.1	7.7	8.8
Water	4.3	6.9	8.8	10.1
Concrete	6.8	11	14	16
Damp soil	8.8	14.3	18.2	20.8

example:
How many half-value layers of polyethylene are needed to attenuate a 100 mRem/hr 5 MeV neutron source to 5 mRem/hr? How thick does the polyehylene need to be?

$I = I_0 \times 0.5^n$
I = 5 mRem/hr
I_0 = 100 mRem/hr
n = the number of half-value layers

$I/I_0 = 0.5^n$
$5/100 = 0.05 = 0.5^n$
$\ln 0.05 = n \times \ln 0.5$
$\ln 0.05/\ln 0.5 = n$
$-2.996/-0.693 = n$
$4.32 = n$
It will take 4.32 half-value layers of polyethylene to reduce attenuate the neutron source.
4.32 half-value layers is 4.32 x 6.1 cm = 26.4 cm

Exposure Rate in an Air-Filled Ion Chamber

X = I / m[1 / (2.58E-4 C / kg)-R]
X = exposure rate (R / sec)
I = current (amperes)
m = mass of air in chamber (kg)

% Resolution of a Gamma Spec System

% R = FWHM / peak energy x 100 = % resolution
FWHM = peak energy width at full width half-max height
peak energy = photopeak energy of interest

True Count Rate Based on the Resolving Time of a Gas-Filled Detector

R_C = $R_0 / (1 - R_0 Y)$ = true count rate
R_0 = observed count rate
Y = resolving time

Specific Gamma-Ray Constant (Γ) for Source Activity (A)

Γ = $\varphi E_\gamma (\mu_{en} / \rho)_{air} e / W$
Γ = specific gamma constant (R-cm^2 / hr-A)
φ = photon fluence rate (γ / cm^2-hr)
E_γ = gamma photon energy (MeV)
(μ_{en} / ρ) = density thickness of air (g / cm^2)
e = electron charge (Coulombs)
W = average amount of energy to produce an ion pair in air (eV)

Dose Rate (D) to Air from a Point Beta Source

D = 300 A / d^2 = rad /hr
A = source activity in curies
d = distance from source in feet

Photon Fluence Rate φ from a Point Source

$\varphi = AY / 4\pi r^2$ = photon fluence rate (γ / cm^2-hr)

A = source activity (decay per hr)

Y = photon yield (γ / decay)

r = distance from point source (cm)

Exposure Rate (X) from a Point Source

$X \text{ (R/hr)} = \Gamma A / r^2$

Γ = specific gamma ray constant (R/hr @ 1 meter per Ci)

A = activity of source in curies

r = distance from source in meters

Exposure Rate (X) from a Line Source

Inside L / 2: $X_1 (d_1) = X_2 (d_2)$

Outside L / 2: $X_1 (d_1)^2 = X_2 (d_2)^2$

d_1 = distance from source at location 1

d_2 = distance from source at location 2

L = length of line

Note that outside of L / 2 the equation is the same as the inverse square law.

Exposure Rate (X) from a Disk Source

$X \text{ (R/hr)} = \pi R^2 A_a \Gamma \times \ln[(R^2 + D^2) / D^2]/R^2$

Γ = R/hr @ 1 meter per Ci

A_a = activity per unit area (curies per sq. meter)

R = radius of source surface in meters

D = distance from source surface in meters

Simplify the formula by canceling the R^2s

$X \text{ (R/hr)} = \pi A_a \Gamma \times \ln[(R^2 + D^2) / D^2]$

Inverse Square Law

$X_1 (D_1)^2 = X_2 (D_2)^2$

X_1 = Measured exposure rate
D_1^2 = Distance from source for the measured exposure rate
X_2 = Exposure rate to be calculated
D_2^2 = New distance from the source

Applying the Inverse Square Law to Dose Reduction

Given: A high activity source at an unknown distance.
Find: Exposure rate from the source at 30 cm without approaching closer to the source.
X_2 is measured exposure rate at distance Y
X_3 is measured exposure rate at distance Y + 100 cm
$X_2 (Y)^2 = X_3 (Y + 100 \text{ cm})^2$
$Y^2 = X_3 (Y + 100 \text{ cm})^2 / X_2$

Set up this equation by entering the exposure rates you measured at distances Y and Y + 100 cm
Let us assume 100 mr/hr and 50 mr/hr for those two points.
$Y^2 = 50 (Y + 100 \text{ cm})^2 / 100 = 0.5Y^2 + 100Y + 5{,}000$
simplify this to $Y^2 - 200Y - 10{,}000 = 0$
This quadratic equation can be factored into two answers.
The positive answer for Y is 241.42 cm.
Now we know the distance for exposure rate X_2 and we can calculate the exposure rate at any distance.
The exposure rate at 30 cm would be 6,476 mR/hr but we were able to calculate that exposure rate without entering the High Radiation Area.
A simpler method without having to factor a quadratic equation is to back AWAY from the source until the exposure rate is 1/4 of the initial rate. The distance you moved away is equal to the original distance to the source. Now you can use the inverse square law to calculate the 30 cm exposure rate.

A comparison of signal levels for various counting gases

Counting Gas	ω Factor eV / ion pair	Gas Density (g / L)
Air	33.8	1.2928
Ar	26.4	1.8
He	41.3	0.183
H_2	36.5	0.09
N_2	34.8	1.25
O_2	30.8	1.43
CH_4	27.3	0.717
Ne	36.2	0.9
Xe	21.5	5.9
Ne + 0.5 % Ar	25.3	0.909
Ar + 0.5 % $C_2 H_2$	20.3	1.75
Ar + 0.8 % CH_4	26.0	1.78
Ar + 10 % CH_4 (P-10)	26.0	1.616

Use this equation to calculate the current flow in amps for an ion chamber.

$$1 \text{ mR/hr} = \frac{8.71\text{E-}16 \times V \times P \times \text{fill gas g / l}}{T \times \omega \text{ for fill gas}}$$

where; V is chamber volume in cc,
P is chamber pressure in mm Hg,
T is 273.15 + ^{0}C,
fill gas density in grams per liter,
ω for fill gas

Table 1 of DOE 5400.5

Radionuclides	Surface Activity Guidelines Ave	Max	Removable
Group 1: Transuranics, ^{125}I, ^{129}I, ^{227}Ac, ^{226}Ra, ^{228}Ra, ^{228}Th, ^{230}Th, ^{231}Pa	100	300	20
Group 2: Th-natural, ^{90}Sr, ^{126}I, ^{131}I, ^{133}I, ^{223}Ra, ^{224}Ra, ^{232}U, ^{232}Th	1,000	3,000	200
Group 3: U-natural, ^{235}U, ^{238}U, and associated decay products, alpha emitters	5,000	15,000	1,000
Group 4: Beta/gamma emiters[1]	5,000	15,000	1,000
Tritium[2]	N/A	N/A	10,000

[1] radionuclides with decay modes other than alpha emission or spontaneous fission except ^{90}Sr and others noted above
[2] applicable to surface and subsurface

Appendix D of 10CFR835

Nuclide	Removable	Total (fixed + removable)
Natural U, ^{235}U, ^{238}U, and associated decay products	1,000 alpha	5,000 alpha
Transuranics, ^{226}Ra, ^{228}Ra, ^{230}Th, ^{228}Th, ^{231}Pa, ^{227}Ac, ^{125}I, ^{129}I	20	500
Natural Th, ^{232}Th, ^{90}Sr, ^{223}Ra, ^{224}Ra, ^{232}U, ^{126}I, ^{131}I, ^{133}I	200	1,000
Beta/gamma emitters[1]	1,000	5,000
Tritium[2]	10,000	10,000

[1] nuclides with decay modes other than alpha emission or spontaneous fission except ^{90}Sr and others noted above
[2] Tritium organic compounds, surfaces contaminated by HT, HTO, and metal tritide aerosols
Contamination levels in dpm/100 cm^2

INSTRUMENT SELECTION AND USE

Exposure/Absorbed Dose Rates (photon) - Ion Chamber, Energy Compensated GM, Tissue-Equivalent Plastic

Dose Equivalent Rates (neutron) - BF_3 or He^3 moderator, Neutron-Proton Recoil (Rossi Detector, Liquid Plastic Scintillator, Plastic/ZnS Scintillator) , $LiGdBO_3$-loaded Plastic

Beta and activity - Proportional Counter, GM, Plastic Scintillator

Alpha activity - Proportional Counter, ZnS Scintillator, Air Proportional, Solid-state Silicon, Plastic Scintillator

Alpha + beta activity - Proportional Counter, Plastic/ZnS Scintillator, Plastic Scintillator, Solid-state Silicon

Gross gamma activity - NaI, CsI

X-ray spectroscopy - Si(Li)

Gamma spectroscopy - HPGe, CZT, HgI, CsI, LaBr

Alpha spectroscopy - Frisch Grid, Solid-state Silicon

Beta spectroscopy - BGO, Plastic Scintillator, Silicon

1. Select an instrument appropriate for the isotope(s) to be surveyed for.
2. Check instrument for a valid calibration sticker and for damage that would prevent it (them) from operating acceptably.
3. Check the battery condition.
4. Perform an operational (or performance) check.
5. Determine the isotope(s) correction factor to be applied to the instrument.
6. Calculate the instrument's MDA and compare to survey criteria.
7. If the instrument does not meet all of the above criteria, then replace the instrument (or change/charge the batteries) or change your survey technique so that the instrument's MDA will meet the survey criteria.
9. Perform and then document the survey.

6CEN

The 6CEN equation can be used to calculate the exposure rate in R/hr at one foot for x-ray and gamma radiation point sources with energies between 70 KeV and 2 MeV.

R/hr at 1 foot = 6CEN

where; C = curies of radioactive material
E = photon energy in MeV
N = abundance of that photon expressed as a decimal

1.6TBqEN

The same formula in Sv/h is given by 1.6 TBqEN, where TBq is the number of terabecquels.

Sv/hr at 30 cm = 1.6TBqEN

where; TBq = quantity of radioactive material

Airborne Activity General Dispersion Model

Assume a 1 µCi (37 kBq) release of respirable Pu^{239} inside a large room measuring 12 x 12 x 3 meters with a ventilation turnover rate of 7 volumes per hour. The General Dispersion Model uses this 2π formula for volume. $V = 2/3 \times \pi \times R^3$

Volume in cm^3	30 cm	1 M	10 M
@ distance R	5.65E4	2.09E6	2.09E9
Concentration @ distance R			
in µCi / cc	1.77E-5	4.78E-7	4.78E-10
in Bq / M^3	6.55E5	1.77E4	17.7
in DAC	8.85E6	2.39E5	239
Time for airborne wave front to reach distance R			
	13 sec	43 sec	7.15 min

1 CFM sample for 1 week equals 10,080 CF (285.4 M^3)
2 CFM sample for 1 week equals 20,160 CF (571 M^3)

Airborne Radioactivity (long-lived)

C_S	=	R_N / (V x ε x SA x CE x CF)
C_S	=	activity concentration at end of sample run time
R_N	=	net counting rate
V	=	sample volume
ε	=	detector efficiency
SA	=	self-absorption factor
CE	=	collection efficiency
CF	=	conversion from disintegrations per unit time to activity

Airborne Radioactivity (short-lived)

C_S	=	$R_N / [V \times \varepsilon \times SA \times CE \times CF \times (1-e^{-\lambda t_s}) \times (e^{-\lambda t_d})]$
t_s	=	sample count time
t_d	=	time elapsed between end of sample run time and start of sample count time

RESPIRATORY PROTECTION FACTORS (PF) 10CFR20

Device	Mode	Particulates	Vapors	PF
Air-purifying half-mask	D	Y	N	10
Air-purifying full-face	D	Y	N	50
Air-purifying full-face	PP	Y	N	1000
Supplied-air hood	PP	Y	Y	1000*
Supplied-air full-face	PP	Y	Y	2000
SCBA	D	Y	N	50
SCBA	PD	Y	Y	10,000

* 2000 for supplied-air hood if run at max flow with calibrated flow gauge.

Bubble suits have been used in Pu atmospheres as high as 1,000,000 DAC. Supplied-air respirators are worn inside the bubble suits and real-time air monitoring INSIDE the bubble suits is performed.

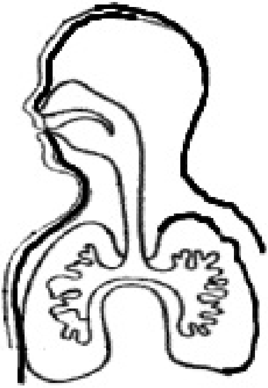
Ventilation Rates

Ventilation rates of work areas for health physics and industrial hygiene requirements is typically 6 to 7 volume turnovers per hour.

Calculate the ventilation rate in CFM to ventilate a room at 7 volume turnovers per hour given room dimensions of 30 feet by 30 feet by 10 feet. Volume of the room is 30 x 30 x 10 = 9,000 cubic feet. Seven volume turnovers per hour would be 7 times 9,000 cubic feet or 63,000 cubic feet per hour (1,050 CFM) room ventilation rate.

Lung Deposition from ICRP 30

AMAD μ	NP Naso-pharanx	TB Trachea-bronchus	Alveolar
0.1	0.01	0.08	0.61
1	0.3	0.08	0.25
10	0.9	0.08	0.04



AIR MONITORING

Concentration

Concentration is activity per volume of air and may be stated as dpm / cubic meter, ìCi / ml, or Bq / cubic meter. DAC (**D**erived **A**ir **C**oncentration) is another way to express airborne radioactivity concentrations as relative hazards.

DPM	=	Sample CPM / Eff (CPM / DPM)
1 uCi	=	2.22 E6 DPM
1 DPM / M^3	=	4.5 E-13 uCi / ml
1 uCi / ml	=	2.22 E12 DPM / M^3
1 Bq	=	1 DPS
DPM / M^3	=	CPM/(Eff x total sample volume in M^3)
uCi / ml	=	CPM/(Eff x 2.22 E6 DPM / uCi x total sample volume in ml)
Bq / M^3	=	CPM / (Eff x 60 DPM / Bq x total sample volume in M^3)
DAC	=	uCi / ml (uCi / ml per DAC {DAC Factor})
1 DAC-h	=	1 DAC exposure for 1 hour
1 DAC-h	=	2.5 mrem = 25 uSv

1 DAC for Pu239 is 11.1 DPM / M^3

Calculate the number of DAC-h on a filter by this formula

$$\#\ \text{DAC-h} = \frac{\#\ \text{of DPM on filter}}{(\text{Sample flow rate in LPM} \times 1.332\text{E}11 \times \text{DAC factor})}$$

Calculate the DPM on a filter to reach 8 DAC-h

DPM = 8 DAC-h x flow rate in LPM x 1.33E11 x DAC factor

Calculate the DAC level on a filter from the # of DPM

$$\text{DAC} = \frac{\#\ \text{of DPM}}{(\text{DAC factor} \times \text{LPM} \times \text{time in minutes} \times 2.22\text{E}9)}$$

AIR FLOW METER CORRECTIONS

Mass Flow Meters

$Q_S = Q_A (P_A / P_S \times T_S / T_A)$

$Q_A = Q_S (P_S / P_A \times T_A / T_S)$

where; Q_S is the STP flow rate

Q_A is the ambient flow rate

P_S is STP pressure

P_A is the ambient pressure

T_S is STP temperature

T_A is the ambient temperature

Rotameter Corrections

$$Q_S = \frac{Q_I \times P_S / P_A \times T_S / T_A}{\sqrt{(P_S / P_I \times T_A / T_S)}}$$

where; Q_I is the rotameter flow indication

P_I is the actual pressure inside the rotameter.

This correction assumes the rotameter markings are correct at STP. The actual pressure inside the rotameter should be used in the calculations.

For personnel protection against particulate airborne radioactivity ambient sample volumes instead of volumes corrected to STP should be used for calculations. The ambient respiratory rate will remain the same as atmospheric pressure changes from STP up to an elevation of approximately 12,000 feet (3,660 Meters).

Filter Media Characteristics for Alpha CAMs

Filter Type	Pore Size	Filter ΔP	FWHM keV
Millipore			
Fluoropore	5 um	0.5"Hg	370
Fluoropore	3 um	0.8"Hg	300
SMWP	5 um	2.0"Hg	450
SSWP	3 um	3.1"Hg	350
AW19	1.2 um	3.8"Hg	450
Durapore	5 um	4.3"Hg	490
AP40	0.7 um	2.6"Hg	490
Bladewerx			
Speclon 1.5	1.5 um	2.6"Hg	300
Speclon 5.0	5 um	0.4"Hg	370
Whatman			
GFA	0.3 um	2.8"Hg	490
EPM 2000	0.6 um	1.8"Hg	1,000
Gelman			
A/E Glass	1.0 um	2.3"Hg	1,000
Versapor 3000	3.0 um	2.3"Hg	450
Hollingsworth & Vose			
HV LB5211	0.3 um	1.0"Hg	650

The rated pore size is for >99.99% collection efficiency for that size particle and greater. All of these filters have >99% collection efficiency for particles as small as 0.3 um. The stated pressure drop is for a 40 mm collection diameter with an air flow rate of 2 ACFM and barometric pressure of 23.1"Hg. The FWHM is for Po-214 at 7.68 MeV and was determined using a 25 mm collection diameter and a 25 mm diameter diffused junction detector with a spacing of 4 mm. The pressure drop will be higher and the FWHM will be broader at higher barometric pressures.

	10CFR20 DAC	10CFR835 DAC		10CFR20 ALIs uCi	
	uCi/mL	uCi/mL	Bq/M^3	Ingestion	Inhalation
H-3[1]	X	2E-05	7E+5	X	X
H-3[2]	X	2E-01	9E+9	X	X
H-3[3]	2E-05	X	X	8E+4	8E+4
STCs[4]	X	2E-06	8E+4	X	X
STCs[5]	X	1E-05	5E+5	X	X
Be-7	8E-06	1E-05	4E+5	4E+4	2E+4
Be-10	6E-09	2E-08	1E+3	1E+3	2E+2
C-11[6, 38]	X	1E-04	6E+6	X	X
C-11[7]	5E-04	4E-04	1E+7	X	1E+6
C-11[8]	3E-04	2E-04	9E+6	X	6E+5
C-11[9]	2E-04	X	X	4E+5	4E+5
C-14[6]	X	9E-07	3E+4	X	X
C-14[7]	7E-04	7E-04	2E+7	X	2E+6
C-14[8]	9E-05	8E-05	3E+6	X	2E+5
C-14[9]	1E-06	X	X	2E+3	2E+3
F-18[38]	3E-05	3E-06	1E+5	5E+4	7E+4
Na-22	3E-07	2E-07	1E+4	4E+2	6E+2
Na-24	2E-06	4E-07	1E+4	4E+3	5E+3
Mg-28	5E-07	3E-07	1E+4	7E+2	1E+3
Al-26	3E-08	4E-08	1E+3	4E+2	60
Si-31	1E-06	5E-06	1E+5	9E+3	3E+4
Si-32	2E-09	1E-08	3E+2	2E+3	5
P-32	2E-07	5E-07	7E+3	6E+2	4E+2
P-33	1E-06	4E-06	1E+4	6E+3	3E+3
S-35[10]	6E-06	4E-06	1E+5	X	1E+4
S-35	9E-07	5E-07	1E+4	6E+3	2E+3
Cl-36	1E-07	1E-07	4E+3	2E+3	2E+2
Cl-38[38]	2E-05	5E-06	2E+5	2E+4	4E+4
Cl-39[38]	2E-05	2E-06	1E+5	2E+4	5E+4
K-40	2E-07	1E-07	6E+3	3E+2	4E+2

	10CFR20 DAC uCi/mL	10CFR835 DAC uCi/mL	Bq/M^3	10CFR20 ALIs uCi Ingestion	Inhalation
K-42[38]	2E-06	2E-06	1E+5	5E+3	5E+3
K-43	4E-06	9E-07	3E+4	6E+3	9E+3
K-44	3E-05	8E-06	2E+5	2E+4	7E+4
K-45[38]	5E-05	9E-06	3E+5	3E+4	1E+5
Ca-41	2E-06	2E-06	8E+4	3E+3	4E+3
Ca-45	4E-07	2E-07	9E+3	2E+3	8E+2
Ca-47	4E-07	2E-07	9E+3	8E+2	9E+2
Sc-43	9E-06	2E-06	7E+4	7E+3	2E+4
Sc-44m	3E-07	2E-07	1E+4	5E+2	7E+2
Sc-44	5E-06	1E-06	4E+4	4E+3	1E+4
Sc-46	1E-07	1E-07	4E+3	9E+2	2E+2
Sc-47	1E-06	7E-07	2E+4	2E+3	3E+3
Sc-48	6E-07	2E-07	1E+4	8E+2	1E+3
Sc-49[38]	2E-05	8E-06	3E+5	2E+4	5E+4
Ti-44	2E-09	7E-09	2E+2	3E+2	6
Ti-45	1E-05	2E-06	1E+5	9E+3	3E+4
V-47[38]	3E-05	6E-06	2E+5	3E+4	8E+4
V-48	3E-07	2E-07	7E+3	6E+2	6E+2
V-49	8E-06	1E-05	7E+5	7E+4	2E+4
Cr-48	3E-06	2E-06	8E+4	6E+3	7E+3
Cr-49[38]	4E-05	5E-06	2E+5	3E+4	8E+4
Cr-51	8E-06	1E-05	5E+5	4E+4	2E+4
Mn-51[38]	2E-05	7E-06	2E+5	2E+4	5E+4
Mn-52m[38]	4E-05	5E-06	2E+5	3E+4	9E+4
Mn-52	4E-07	2E-07	8E+3	7E+2	9E+2
Mn-53	5E-06	1E-05	2E+5	5E+4	1E+4
Mn-54	3E-07	4E-07	1E+4	2E+3	8E+2
Mn-56	6E-06	2E-06	8E+4	5E+3	2E+4
Fe-52	1E-06	5E-07	2E+4	9E+2	2E+3
Fe-55	8E-07	6E-07	2E+4	9E+3	2E+3

	10CFR20 DAC uCi/mL	10CFR835 DAC uCi/mL	Bq/M^3	10CFR20 ALIs uCi Ingestion	Inhalation
Fe-59	1E-07	1E-07	6E+3	8E+2	3E+2
Fe-60	3E-09	1E-09	60	30	6
Co-55	1E-06	5E-07	2E+4	1E+3	3E+3
Co-56	8E-08	1E-07	4E+3	4E+2	2E+2
Co-57	3E-07	9E-07	3E+4	4E+3	7E+2
Co-58m	3E-05	3E-05	1E+6	6E+4	6E+4
Co-58	3E-07	3E-07	1E+4	1E+3	7E+2
Co-60m[38]	1E-03	4E-04	1E+7	1E+6	3E+6
Co-60	1E-08	3E-08	1E+3	2E+2	30
Co-61[38]	2E-05	6E-06	2E+5	2E+4	6E+4
Co-62m[38]	6E-05	6E-06	2E+5	4E+4	2E+5
Ni-56	5E-07	X	X	1E+3	1E+3
Ni-56[11]	X	4E-07	1E+4	X	X
Ni-56[12]	X	4E-07	1E+4	X	X
Ni-57	1E-06	X	X	2E+3	3E+3
Ni-57[11]	X	5E-07	2E+4	X	X
Ni-57[12]	X	7E-07	2E+4	X	X
Ni-59	8E-07	X	X	2E+4	2E+3
Ni-59[11]	X	2E-06	9E+4	X	X
Ni-59[12]	X	6E-07	2E+4	X	X
Ni-63	3E-07	X	X	9E+3	2E+3
Ni-63[11]	X	1E-06	4E+4	X	X
Ni-63[12]	X	2E-07	1E+4	X	X
Ni-65	7E-06	X	X	8E+3	2E+4
Ni-65[11]	X	4E-06	1E+5	X	X
Ni-65[12]	X	8E-07	3E+4	X	X
Ni-66	3E-07	X	X	4E+2	6E+2
Ni-66[11]	X	2E-07	1E+4	X	X
Ni-66[12]	X	2E-07	1E+4	X	X
Cu-60[38]	4E-05	4E-06	1E+5	3E+4	9E+4

	10CFR20 DAC	10CFR835 DAC		10CFR20 ALIs uCi	
	uCi/mL	uCi/mL	Bq/M^3	Ingestion	Inhalation
Cu-61	1E-05	3E-06	1E+5	1E+4	3E+4
Cu-64	9E-06	3E-06	1E+5	1E+4	2E+4
Cu-67	2E-06	2E-06	3E+4	5E+3	5E+3
Zn-62	1E-06	9E-07	3E+4	1E+3	3E+3
Zn-63[38]	3E-05	8E-07	2E+5	2E+4	7E+4
Zn-65	1E-07	5E-06	7E+3	4E+2	3E+2
Zn-69m	3E-06	2E-07	6E+4	4E+3	7E+3
Zn-69[38]	6E-05	1E-06	2E+5	6E+4	1E+5
Zn-71m	7E-06	7E-06	5E+4	6E+3	2E+4
Zn-72	5E-07	1E-06	1E+4	1E+3	1E+3
Ga-65[38]	7E-05	3E-07	3E+5	5E+4	2E+5
Ga-66	1E-06	7E-07	2E+4	1E+3	3E+3
Ga-67	4E-06	2E-06	7E+4	7E+3	1E+4
Ga-68[38]	2E-05	4E-06	1E+5	2E+4	4E+4
Ga-70[38]	7E-05	1E-05	4E+5	5E+4	2E+5
Ga-72	1E-06	5E-07	2E+4	1E+3	3E+3
Ga-73	6E-06	2E-06	1E+5	5E+3	2E+4
Ge-66	8E-06	2E-06	9E+4	2E+4	2E+4
Ge-67[38]	4E-05	7E-06	2E+5	3E+4	9E+4
Ge-68	4E-08	7E-08	2E+3	5E+3	1E+2
Ge-69	3E-06	1E-06	3E+4	1E+4	8E+3
Ge-71	2E-05	5E-05	1E+6	5E+5	4E+4
Ge-75[38]	3E-05	7E-06	2E+5	4E+4	8E+4
Ge-77	2E-06	1E-06	4E+4	9E+3	6E+3
Ge-78[38]	9E-06	3E-06	1E+5	2E+4	2E+4
As-69[38]	5E-05	9E-06	3E+5	3E+4	1E+5
As-70[38]	2E-05	2E-06	8E+4	1E+4	5E+4
As-71	2E-06	1E-06	4E+4	4E+3	5E+3
As-72	6E-07	4E-07	1E+4	9E+2	1E+3
As-73	7E-07	8E-07	3E+4	8E+3	2E+3

	10CFR20 DAC	10CFR835 DAC		10CFR20 ALIs uCi	
	uCi/mL	uCi/mL	Bq/M^3	Ingestion	Inhalation
As-74	3E-07	3E-07	1E+4	1E+3	8E+2
As-76	6E-07	6E-07	2E+4	1E+3	1E+3
As-77	2E-06	1E-06	4E+4	4E+3	5E+3
As-78[38]	9E-06	3E-06	1E+5	8E+3	2E+4
Se-70[38]	2E-05	2E-06	9E+4	1E+4	4E+4
Se-73m[38]	6E-05	1E-05	4E+5	3E+4	1E+5
Se-73	5E-06	1E-06	5E+4	3E+3	1E+4
Se-75	3E-07	3E-07	1E+4	5E+2	6E+2
Se-79	2E-07	1E-07	6E+3	6E+2	6E+2
Se-81m[38]	3E-05	6E-06	2E+5	2E+4	7E+4
Se-81[38]	9E-05	1E-05	4E+5	6E+4	2E+5
Se-83[38]	5E-05	5E-06	1E+5	3E+4	1E+5
Br-74m[38]	2E-05	2E-06	1E+5	1E+4	4E+4
Br-74[38]	3E-05	4E-06	1E+5	2E+4	7E+4
Br-75[38]	2E-05	3E-06	1E+5	3E+4	5E+4
Br-76	2E-06	5E-07	2E+4	4E+3	4E+3
Br-77	8E-06	2E-06	7E+4	2E+4	2E+4
Br-80m	6E-06	5E-06	2E+5	2E+4	1E+4
Br-80[38]	8E-05	2E-05	7E+5	5E+4	2E+5
Br-82	2E-06	3E-07	1E+4	3E+3	4E+3
Br-83	3E-05	6E-06	2E+5	5E+4	6E+4
Br-84[38]	2E-05	5E-06	2E+5	2E+4	6E+4
Rb-79[38]	5E-05	8E-06	2E+5	4E+4	1E+5
Rb-81m[38]	1E-04	1E-05	6E+5	2E+5	3E+5
Rb-81	2E-05	2E-06	1E+5	4E+4	5E+4
Rb-82m	7E-06	8E-07	3E+4	1E+4	2E+4
Rb-83	4E-07	5E-07	2E+4	6E+2	1E+3
Rb-84	3E-07	3E-07	1E+4	5E+2	8E+2
Rb-86	3E-07	4E-07	1E+4	5E+2	8E+2
Rb-87	6E-07	7E-07	2E+4	1E+3	2E+3

	10CFR20 DAC uCi/mL	10CFR835 DAC uCi/mL	Bq/M^3	10CFR20 ALIs uCi Ingestion	Inhalation
Rb-88[38]	3E-05	1E-05	5E+5	2E+4	6E+4
Rb-89[38]	6E-05	1E-05	3E+5	4E+4	1E+5
Sr-80[38]	5E-06	2E-06	9E+4	4E+3	1E+4
Sr-81[38]	3E-05	5E-06	2E+5	2E+4	8E+4
Sr-82	4E-08	7E-08	2E+3	2E+2	90
Sr-83	1E-06	9E-07	3E+4	2E+3	4E+3
Sr-85m[38]	3E-04	3E-05	1E+6	2E+5	6E+5
Sr-85	6E-07	8E-07	3E+4	3E+3	2E+3
Sr-87m	5E-05	9E-06	3E+5	4E+4	1E+5
Sr-89	6E-08	1E-07	3E+3	5E+2	1E+2
Sr-90	2E-09	7E-09	2E+2	30	4
Sr-91	1E-06	9E-07	3E+4	2E+3	4E+3
Sr-92	3E-06	1E-06	6E+4	3E+3	7E+3
Y-86m[38]	2E-05	6E-06	2E+5	2E+4	5E+4
Y-86	1E-06	4E-07	1E+4	1E+3	3E+3
Y-87	1E-06	8E-07	3E+4	2E+3	3E+3
Y-88	1E-07	1E-07	6E+3	1E+3	2E+2
Y-90m	5E-06	4E-06	1E+5	8E+3	1E+4
Y-90	3E-07	3E-07	1E+4	4E+2	6E+2
Y-91m[38]	7E-05	2E-05	7E+5	1E+5	2E+5
Y-91	5E-08	9E-08	3E+3	5E+2	1E+2
Y-92	3E-06	2E-06	7E+4	3E+3	8E+3
Y-93	1E-06	9E-07	3E+4	1E+3	2E+3
Y-94[38]	3E-05	8E-06	3E+5	2E+4	8E+4
Y-95[38]	6E-05	1E-05	4E+5	4E+4	1E+5
Zr-86	1E-06	5E-07	2E+4	1E+3	2E+3
Zr-88	9E-08	1E-07	5E+3	4E+3	2E+2
Zr-89	1E-06	6E-07	2E+4	2E+3	2E+3
Zr-93	3E-09	3E-09	1E+2	1E+3	6
Zr-95	5E-08	9E-08	3E+3	1E+3	1E+2

	10CFR20 DAC	10CFR835 DAC		10CFR20 ALIs uCi	
	uCi/mL	uCi/mL	Bq/M^3	Ingestion	Inhalation
Zr-97	5E-07	4E-07	1E+4	6E+2	1E+3
Nb-88[38]	9E-05	5E-06	1E+5	5E+4	2E+5
Nb-89m[13]	2E-05	3E-06	1E+5	1E+4	4E+4
Nb-89[14]	6E-06	2E-06	1E+5	5E+3	2E+4
Nb-90	1E-06	3E-07	1E+4	1E+3	2E+3
Nb-93m	7E-08	6E-07	2E+4	9E+3	2E+2
Nb-94	6E-09	2E-08	8E+2	9E+2	20
Nb-95m	9E-07	6E-07	2E+4	2E+3	2E+3
Nb-95	5E-07	4E-07	1E+4	2E+3	1E+3
Nb-96	1E-06	4E-07	1E+4	1E+3	2E+3
Nb-97[38]	3E-05	5E-06	1E+5	2E+4	7E+4
Nb-98[38]	2E-05	3E-06	1E+5	1E+4	5E+4
Mo-90	2E-06	7E-07	2E+4	2E+3	5E+3
Mo-93m	6E-06	1E-06	3E+4	4E+3	1E+4
Mo-93	8E-08	2E-07	7E+3	2E+4	2E+2
Mo-99	6E-07	5E-07	1E+4	1E+3	1E+3
Mo-101[38]	6E-05	6E-06	2E+5	4E+4	1E+5
Tc-93m[38]	6E-05	7E-06	2E+5	3E+4	2E+5
Tc-93	3E-05	3E-06	1E+5	3E+4	7E+4
Tc-94m[38]	2E-05	4E-06	1E+5	2E+4	4E+4
Tc-94	8E-06	1E-06	3E+4	9E+3	2E+4
Tc-95m	8E-07	6E-07	2E+4	4E+3	2E+3
Tc-95	8E-06	1E-06	5E+4	1E+4	2E+4
Tc-96m[38]	1E-04	2E-05	1E+6	2E+5	2E+5
Tc-96	9E-07	3E-07	1E+4	2E+3	2E+3
Tc-97m	5E-07	2E-07	7E+3	5E+3	1E+3
Tc-97	2E-06	3E-06	1E+5	4E+4	6E+3
Tc-98	1E-07	9E-08	3E+3	1E+3	3E+2
Tc-99m	6E-05	1E-05	4E+5	8E+4	2E+5
Tc-99	3E-07	1E-07	6E+3	4E+3	7E+2

	10CFR20 DAC uCi/mL	10CFR835 DAC uCi/mL	Bq/M^3	10CFR20 ALIs uCi Ingestion	Inhalation
Tc-101[38]	1E-04	1E-05	4E+5	9E+4	3E+5
Tc-104[38]	3E-05	7E-06	2E+5	2E+4	7E+4
Ru-94[38]	2E-05	5E-06	1E+5	2E+4	4E+4
Ru-97	5E-06	2E-06	8E+4	8E+3	1E+4
Ru-103	3E-07	2E-07	9E+3	2E+3	6E+2
Ru-105	5E-06	2E-06	8E+4	5E+3	1E+4
Ru-106	5E-09	1E-08	5E+2	2E+2	10
Rh-99m	2E-05	3E-06	1E+5	2E+4	6E+4
Rh-99	8E-07	6E-07	2E+4	2E+3	2E+3
Rh-100	2E-06	5E-07	1E+4	2E+3	4E+3
Rh-101m	3E-06	1E-06	6E+4	6E+3	8E+3
Rh-101	6E-08	1E-07	6E+3	2E+3	2E+2
Rh-102m	5E-08	1E-07	4E+3	1E+3	1E+2
Rh-102	2E-08	6E-08	2E+3	6E+2	60
Rh-103m[38]	5E-04	2E-04	8E+6	4E+5	1E+6
Rh-105	2E-06	1E-06	4E+4	4E+3	6E+3
Rh-106m	1E-05	1E-06	5E+4	8E+3	3E+4
Rh-107[38]	1E-04	9E-06	3E+5	7E+4	2E+5
Pd-100	5E-07	5E-07	2E+4	1E+3	1E+3
Pd-101	1E-05	3E-06	1E+5	1E+4	3E+4
Pd-103	1E-06	1E-06	6E+4	6E+3	4E+3
Pd-107	2E-07	1E-06	7E+4	3E+4	4E+2
Pd-109	2E-06	1E-06	4E+4	2E+3	5E+3
Ag-102[38]	8E-05	7E-06	2E+5	5E+4	2E+5
Ag-103[38]	4E-05	7E-06	2E+5	4E+4	1E+5
Ag-104m[38]	4E-05	6E-06	2E+5	3E+4	9E+4
Ag-104[38]	3E-05	3E-06	1E+5	2E+4	7E+4
Ag-105	4E-07	7E-07	2E+4	3E+3	1E+3
Ag-106m	3E-07	2E-07	9E+3	8E+2	7E+2
Ag-106[38]	8E-05	1E-05	4E+5	6E+4	2E+5

	10CFR20 DAC uCi/mL	10CFR835 DAC uCi/mL	Bq/M^3	10CFR20 ALIs uCi Ingestion	Inhalation
Ag-108m	1E-08	2E-08	1E+3	6E+2	20
Ag-110m	4E-08	7E-08	2E+3	5E+2	90
Ag-111	4E-07	3E-07	1E+4	9E+2	9E+2
Ag-112	3E-06	2E-06	8E+4	3E+3	8E+3
Ag-115[38]	3E-05	8E-06	3E+5	3E+4	8E+4
Cd-104[38]	3E-05	4E-06	1E+5	2E+4	7E+4
Cd-107	2E-05	4E-06	1E+5	2E+4	5E+4
Cd-109	1E-08	1E-07	9E+2	3E+2	50
Cd-113m	1E-09	1E-09	60	20	2
Cd-113	9E-10	1E-09	50	20	2
Cd-115m	2E-08	3E-08	1E+3	3E+2	50
Cd-115	5E-07	4E-07	1E+4	9E+2	1E+3
Cd-117m	5E-06	1E-06	4E+4	5E+3	1E+4
Cd-117	5E-06	2E-06	7E+4	5E+3	1E+4
In-109	2E-05	4E-06	1E+5	2E+4	4E+4
In-110[15, 38]	2E-05	4E-06	1E+5	2E+4	4E+4
In-110[16]	7E-06	9E-07	3E+4	5E+3	2E+4
In-111	3E-06	1E-06	5E+4	4E+3	6E+3
In-112	3E-04	1E-05	6E+5	2E+5	6E+5
In-113m[38]	6E-05	1E-05	3E+5	5E+4	1E+5
In-114m	3E-08	5E-08	1E+3	3E+2	60
In-115m	2E-05	6E-06	2E+5	1E+4	4E+4
In-115	6E-10	1E-09	40	40	10
In-116m[38]	3E-05	4E-06	1E+5	2E+4	8E+4
In-117m[38]	1E-05	5E-06	1E+5	1E+4	3E+4
In-117[38]	7E-05	5E-06	2E+5	6E+4	2E+5
In-119m[38]	5E-05	1E-05	4E+5	4E+4	1E+5
Sn-110	5E-06	1E-06	6E+4	4E+3	1E+4
Sn-111[38]	9E-05	1E-05	5E+5	7E+4	2E+5
Sn-113	2E-07	2E-07	1E+4	2E+3	5E+2

	10CFR20 DAC	10CFR835 DAC		10CFR20 ALIs uCi	
	uCi/mL	uCi/mL	Bq/M^3	Ingestion	Inhalation
Sn-117m	5E-07	2E-07	9E+3	2E+3	1E+3
Sn-119m	4E-07	3E-07	1E+4	3E+3	1E+3
Sn-121m	2E-07	1E-07	6E+3	3E+3	5E+2
Sn-121	5E-06	2E-06	7E+4	6E+3	1E+4
Sn-123m[38]	5E-05	7E-06	2E+5	5E+4	1E+5
Sn-123	7E-08	1E-07	3E+3	5E+2	2E+2
Sn-125	1E-07	2E-07	7E+3	4E+2	4E+2
Sn-126	2E-08	3E-08	1E+3	3E+2	60
Sn-127	8E-06	2E-06	7E+4	7E+3	2E+4
Sn-128[38]	1E-05	2E-06	8E+4	9E+3	3E+4
Sb-115[38]	1E-04	1E-05	4E+5	8E+4	2E+5
Sb-116m[38]	3E-05	2E-06	1E+5	2E+4	7E+4
Sb-116[38]	1E-04	1E-05	3E+5	7E+4	3E+5
Sb-117	9E-05	1E-05	3E+5	7E+4	2E+5
Sb-118m	8E-06	1E-06	4E+4	5E+3	2E+4
Sb-119	1E-05	6E-06	2E+5	2E+4	3E+4
Sb-120[17]	2E-04	2E-05	7E+5	1E+5	4E+5
Sb-120[18]	5E-07	3E-07	1E+4	9E+2	1E+3
Sb-122	4E-07	4E-07	1E+4	7E+2	1E+3
Sb-124m[38]	2E-04	3E-05	1E+6	2E+5	6E+5
Sb-124	1E-07	1E-07	4E+3	5E+2	2E+2
Sb-125	2E-07	1E-07	6E+3	2E+3	5E+2
Sb-126m[38]	8E-05	7E-06	2E+5	5E+4	2E+5
Sb-126	2E-07	1E-07	6E+3	5E+2	5E+2
Sb-127	4E-07	3E-07	1E+4	7E+2	9E+2
Sb-128[19]	1E-06	5E-07	2E+4	8E+4	4E+5
Sb-128[20]	2E-04	9E-06	3E+5	1E+3	3E+3
Sb-129	4E-06	1E-06	5E+4	3E+3	9E+3
Sb-130[38]	3E-05	2E-06	1E+5	2E+4	6E+4
Sb-131[38]	1E-05	4E-06	1E+5	1E+4	2E+4

	10CFR20 DAC	10CFR835 DAC		10CFR20 ALIs uCi	
	uCi/mL	uCi/mL	Bq/M^3	Ingestion	Inhalation
Te-116	9E-06	2E-06	7E+4	8E+3	2E+4
Te-116[10]	X	6E-06	1E+3	X	X
Te-121m	8E-08	1E-07	4E+3	5E+2	2E+2
Te-121m[10]	X	4E-08	1E+3	X	X
Te-121	1E-06	1E-06	4E+4	3E+3	3E+3
Te-121[10]	X	1E-06	3E+4	X	X
Te-123m	9E-08	1E-07	4E+3	6E+2	2E+2
Te-123m[10]	X	5E-08	2E+3	X	X
Te-123	8E-08	2E-08	1E+3	5E+2	2E+2
Te-123[10]	X	1E-08	4E+2	X	X
Te-125m	2E-07	1E-07	7E+3	1E+3	4E+2
Te-125m[10]	X	1E-07	3E+3	X	X
Te-127m	1E-07	9E-08	3E+3	6E+2	3E+2
Te-127m[10]	X	6E-08	2E+3	X	X
Te-127	7E-06	3E-06	1E+5	7E+3	2E+4
Te-127[10]	X	7E-06	2E+5	X	X
Te-129m	1E-07	1E-07	3E+3	5E+2	2E+2
Te-129m[10]	X	1E-07	5E+3	X	X
Te-129[38]	3E-05	7E-06	2E+5	3E+4	6E+4
Te-129[10]	X	1E-05	5E+5	X	X
Te-131m	2E-07	3E-07	1E+4	3E+2	4E+2
Te-131m[10]	X	1E-07	5E+3	X	X
Te-131[38]	2E-06	7E-06	2E+5	3E+3	5E+3
Te-131[10]	X	6E-06	2E+5	X	X
Te-132	9E-08	1E-07	6E+3	2E+2	2E+2
Te-132[10]	X	7E-08	2E+3	X	X
Te-133m[10]	X	1E-06	6E+4	X	X
Te-133m[38]	2E-06	2E-06	1E+5	3E+3	5E+3
Te-133[38]	9E-06	9E-06	3E+5	1E+4	2E+4
Te-133[10]	X	7E-06	2E+5	X	X

	10CFR20 DAC uCi/mL	10CFR835 DAC uCi/mL	10CFR835 DAC Bq/M^3	10CFR20 ALIs uCi Ingestion	10CFR20 ALIs uCi Inhalation
Te-134[10]	X	6E-06	2E+5	X	X
Te-134[38]	1E-05	2E-06	1E+5	2E+4	2E+4
I-120m[38]	9E-06	2E-06	1E+5	1E+4	2E+4
I-120m[10]	X	3E-06	5E+4	X	X
I-120m[21]	X	4E-06	8E+4	X	X
I-120[38]	4E-06	2E-06	6E+4	4E+3	9E+3
I-120[10]	X	1E-06	5E+4	X	X
I-120[21]	X	1E-06	1E+5	X	X
I-121	8E-06	8E-06	3E+5	1E+4	2E+4
I-121[10]	X	4E-06	1E+5	X	X
I-121[21]	X	5E-06	2E+5	X	X
I-123	3E-06	2E-06	1E+5	3E+3	6E+3
I-123[10]	X	1E-06	5E+4	X	X
I-123[21]	X	1E-06	7E+4	X	X
I-124	3E-08	4E-08	1E+3	50	80
I-124[10]	X	2E-08	9E+2	X	X
I-124[21]	X	3E-08	1E+3	X	X
I-125	3E-08	3E-08	1E+3	40	60
I-125[10]	X	2E-08	7E+2	X	X
I-125[21]	X	2E-08	9E+2	X	X
I-126	1E-08	2E-08	7E+2	20	40
I-126[10]	X	1E-08	4E+2	X	X
I-126[21]	X	1E-08	5E+2	X	X
I-128	5E-05	1E-05	6E+5	4E+4	1E+5
I-128[10]	X	8E-06	3E+5	X	X
I-128[21]	X	3E-05	1E+6	X	X
I-129	4E-09	5E-09	2E+2	50	90
I-129[10]	X	2E-09	1E+2	X	X
I-129[21]	X	3E-09	1E+2	X	X
I-130	3E-07	3E-07	1E+4	4E+2	7E+2

	10CFR20 DAC	10CFR835 DAC		10CFR20 ALIs uCi	
	uCi/mL	uCi/mL	Bq/M^3	Ingestion	Inhalation
I-130[10]	X	1E-07	6E+3	X	X
I-130[21]	X	2E-07	7E+3	X	X
I-131	2E-08	2E-08	9E+2	30	50
I-131[10]	X	1E-08	5E+2	X	X
I-131[21]	X	1E-08	6E+2	X	X
I-132m[38]	4E-06	3E-06	1E+5	4E+3	8E+3
I-132m[10]	X	1E-06	6E+4	X	X
I-132m[21]	X	1E-06	7E+4	X	X
I-132	3E-06	2E-06	7E+4	4E+3	8E+3
I-132[10]	X	1E-06	5E+4	X	X
I-132[21]	X	1E-06	6E+4	X	X
I-133	1E-07	1E-07	5E+3	1E+2	3E+2
I-133[10]	X	7E-08	2E+3	X	X
I-133[21]	X	9E-08	3E+3	X	X
I-134[38]	2E-05	3E-06	1E+5	2E+4	5E+4
I-134[10]	X	3E-06	1E+5	X	X
I-134[21]	X	8E-06	2E+5	X	X
I-135	7E-07	6E-07	2E+4	8E+2	2E+3
I-135[10]	X	3E-07	1E+4	X	X
I-135[21]	X	4E-07	1E+4	X	X
Cs-125[38]	6E-05	1E-05	4E+5	5E+4	1E+5
Cs-127	4E-05	4E-06	1E+5	6E+4	9E+4
Cs-129	1E-05	2E-06	9E+4	2E+4	3E+4
Cs-130[38]	8E-05	1E-05	6E+5	6E+4	2E+5
Cs-131	1E-05	7E-06	2E+5	2E+4	3E+4
Cs-132	2E-06	9E-07	3E+4	3E+3	4E+3
Cs-134m	6E-05	8E-06	2E+5	1E+5	1E+5
Cs-134	4E-08	5E-08	2E+3	70	1E+2
Cs-135m[38]	8E-05	8E-06	2E+5	1E+5	2E+5
Cs-135	5E-07	5E-07	2E+4	7E+2	1E+3

	10CFR20 DAC uCi/mL	10CFR835 DAC uCi/mL	Bq/M^3	10CFR20 ALIs uCi Ingestion	Inhalation
Cs-136	3E-07	2E-07	1E+4	4E+2	7E+2
Cs-137	6E-08	8E-08	3E+3	1E+2	2E+2
Cs-138[38]	2E-05	5E-06	2E+5	2E+4	6E+4
Ba-126[38]	6E-06	4E-06	1E+5	6E+3	2E+4
Ba-128	7E-07	4E-07	1E+4	5E+2	2E+3
Ba-131m	6E-04	4E-05	1E+6	4E+5	1E+6
Ba-131	3E-06	1E-06	4E+4	3E+3	8E+3
Ba-133m	4E-06	2E-06	7E+4	2E+3	9E+3
Ba-133	3E-07	3E-07	1E+4	2E+3	7E+2
Ba-135m	5E-06	2E-06	9E+4	3E+3	1E+4
Ba-139[38]	1E-05	1E-05	3E+5	1E+4	3E+4
Ba-140	6E-07	3E-07	1E+4	5E+2	1E+3
Ba-141[38]	3E-05	1E-05	4E+5	2E+4	7E+4
Ba-142[38]	6E-05	9E-06	3E+5	5E+4	1E+5
La-131[38]	5E-05	8E-06	3E+5	5E+4	1E+5
La-132	4E-06	1E-06	5E+4	3E+3	1E+4
La-135	4E-05	1E-05	4E+5	4E+4	9E+4
La-137	3E-08	4E-08	1E+3	1E+4	60
La-138	1E-09	3E-09	1E+2	9E+2	4
La-140	5E-07	3E-07	1E+4	6E+2	1E+3
La-141	4E-06	2E-06	9E+4	4E+3	9E+3
La-142[38]	9E-06	2E-06	8E+4	8E+3	2E+4
La-143[38]	4E-05	1E-05	4E+5	4E+4	9E+4
Ce-134	3E-07	3E-07	1E+4	5E+2	7E+2
Ce-135	2E-06	5E-07	2E+4	2E+3	4E+3
Ce-137m	2E-06	9E-07	3E+4	2E+3	4E+3
Ce-137	5E-05	1E-05	7E+5	5E+4	1E+5
Ce-139	3E-07	4E-07	1E+4	5E+3	7E+2
Ce-141	2E-07	1E-07	6E+3	2E+3	6E+2
Ce-143	7E-07	5E-07	2E+4	1E+3	2E+3

	10CFR20 DAC uCi/mL	10CFR835 DAC uCi/mL	Bq/M^3	10CFR20 ALIs uCi Ingestion	Inhalation
Ce-144	6E-09	1E-08	7E+2	2E+2	10
Pr-136[38]	9E-05	1E-05	3E+5	5E+4	2E+5
Pr-137[38]	6E-05	9E-06	3E+5	4E4	1E+5
Pr-138m	2E-05	2E-06	7E+4	1E+4	4E+4
Pr-139	5E-05	1E-05	2E+5	4E+4	1E+5
Pr-142m[38]	6E-05	5E-05	2E+6	8E+4	1E+5
Pr-142	8E-07	7E-07	2E+4	1E+3	2E+3
Pr-143	3E-07	2E-07	9E+3	9E+2	7E+2
Pr-144[38]	5E-05	1E-05	4E+5	3E+4	1E+5
Pr-145	3E-06	2E-06	8E+4	3E+3	8E+3
Pr-147[38]	8E-05	9E-06	3E+5	5E+4	2E+5
Nd-136[38]	2E-05	4E-06	1E+5	1E+4	5E+4
Nd-138	2E-06	1E-06	5E+4	2E+3	5E+3
Nd-139m	6E-06	1E-06	5E+4	5E+3	1E+4
Nd-139[38]	1E-04	1E-05	6E+5	9E+4	3E+5
Nd-141	3E-04	3E-05	1E+6	2E+5	6E+5
Nd-147	4E-07	2E-07	9E+3	1E+3	8E+2
Nd-149[38]	1E-05	4E-06	1E+5	1E+4	2E+4
Nd-151[38]	8E-05	9E-06	3E+5	7E+4	2E+5
Pm-141[38]	7E-05	1E-05	4E+5	5E+4	2E+5
Pm-143	2E-07	5E-07	2E+4	5E+3	6E+2
Pm-144	5E-08	1E-07	3E+3	1E+3	1E+2
Pm-145	7E-08	1E-07	1E+4	1E+4	2E+2
Pm-146	2E-08	4E-08	1E+3	2E+3	40
Pm-147	5E-08	1E-07	4E+3	4E+3	1E+2
Pm-148m	1E-07	1E-07	4E+3	7E+2	3E+2
Pm-148	2E-07	2E-07	9E+3	4E+2	5E+2
Pm-149	8E-07	6E-07	2E+4	1E+3	2E+3
Pm-150	7E-06	2E-06	8E+4	5E+3	2E+4
Pm-151	1E-06	8E-07	3E+4	2E+3	3E+3

	10CFR20 DAC uCi/mL	10CFR835 DAC uCi/mL	Bq/M^3	10CFR20 ALIs uCi Ingestion	Inhalation
Sm-141m[38]	4E-05	5E-06	2E+5	3E+4	1E+5
Sm-141[38]	8E-05	1E-05	4E+5	5E+4	2E+5
Sm-142[38]	1E-05	4E-06	1E+5	8E+3	3E+4
Sm-145	2E-07	4E-07	1E+4	6E+3	5E+2
Sm-146	1E-11	2E-11	1	10	4E-2
Sm-147	2E-11	2E-11	1	20	4E-2
Sm-151	4E-08	7E-08	2E+3	1E+4	1E+2
Sm-153	1E-06	8E-07	3E+4	2E+3	3E+3
Sm-155[38]	9E-05	1E-05	3E+5	6E+4	2E+5
Sm-156	4E-06	2E-06	7E+4	5E+3	9E+3
Eu-145	8E-07	5E-07	2E+4	2E+3	2E+3
Eu-146	5E-07	3E-07	1E+4	1E+3	1E+3
Eu-147	7E-07	5E-07	2E+4	3E+3	2E+3
Eu-148	1E-07	2E-07	9E+3	1E+3	4E+2
Eu-149	1E-06	2E-06	9E+4	1E+4	3E+3
Eu-150[22]	4E-06	2E-06	7E+4	3E+3	8E+3
Eu-150[23]	8E-09	1E-08	6E+2	8E+2	20
Eu-152m	3E-06	1E-06	6E+4	3E+3	6E+3
Eu-152	1E-08	2E-08	7E+2	8E+2	20
Eu-154	8E-09	1E-08	5E+2	5E+2	20
Eu-155	4E-08	7E-08	2E+3	4E+3	90
Eu-156	2E-07	1E-07	6E+3	6E+2	5E+2
Eu-157	2E-06	1E-06	4E+4	2E+3	5E+3
Eu-158[38]	2E-05	5E-06	1E+5	2E+4	6E+4
Gd-145[38]	6E-05	7E-06	2E+5	5E+4	2E+5
Gd-146	5E-08	1E-07	4E+3	1E+3	1E+2
Gd-147	1E-06	6E-07	2E+4	2E+3	4E+3
Gd-148	3E-12	5E-12	0.2	10	8E-3
Gd-149	9E-07	7E-07	2E+4	3E+3	2E+3
Gd-151	2E-07	2E-07	9E+3	6E+3	4E+2

	10CFR20 DAC	10CFR835 DAC		10CFR20 ALIs uCi	
	uCi/mL	uCi/mL	Bq/M^3	Ingestion	Inhalation
Gd-152	4E-12	7E-12	0.2	20	1E-2
Gd-153	6E-08	9E-08	3E+3	5E+3	1E+2
Gd-159	2E-06	1E-06	5E+4	3E+3	6E+3
Tb-147[38]	1E-05	2E-06	1E+5	9E+3	3E+4
Tb-149	3E-07	1E-07	6E+3	5E+3	7E+2
Tb-150	9E-06	2E-06	8E+4	5E+3	2E+4
Tb-151	4E-06	1E-06	4E+4	4E+3	9E+3
Tb-153	3E-06	2E-06	8E+4	5E+3	7E+3
Tb-154	2E-06	5E-07	2E+4	2E+3	4E+3
Tb-155	3E-06	2E-06	8E+4	6E+3	8E+3
Tb-156m[24]	3E-06	2E-06	9E+4	2E+4	3E+4
Tb-156m[25]	1E-05	4E-06	1E+5	7E+3	8E+3
Tb-156	6E-07	4E-07	1E+4	1E+3	1E+3
Tb-157	1E-07	2E-07	8E+3	5E+4	3E+2
Tb-158	8E-09	1E-08	6E+2	1E+3	20
Tb-160	9E-08	1E-07	3E+3	7E+2	2E+2
Tb-161	7E-07	4E-07	1E+4	2E+3	2E+3
Dy-155	1E-05	2E-06	1E+5	9E+3	3E+4
Dy-157	3E-05	5E-06	1E+5	2E+4	6E+4
Dy-159	1E-06	2E-06	8E+4	1E+4	2E+3
Dy-165	2E-05	6E-06	2E+5	1E+4	5E+4
Dy-166	3E-07	3E-07	1E+4	6E+2	7E+2
Ho-155[38]	6E-05	1E-05	4E+5	4E+4	2E+5
Ho-157[38]	6E-04	2E-05	1E+6	3E+5	1E+6
Ho-159[38]	4E-04	2E-05	9E+5	2E+5	1E+6
Ho-161	2E-04	3E-05	1E+6	1E+5	4E+5
Ho-162m[38]	1E-04	9E-06	3E+5	5E+4	3E+5
Ho-162[38]	1E-03	5E-05	2E+6	5E+5	2E+6
Ho-164m[38]	1E-04	3E-05	1E+6	1E+5	3E+5
Ho-164[38]	3E-04	2E-05	8E+5	2E+5	6E+5

	10CFR20 DAC	10CFR835 DAC		10CFR20 ALIs uCi	
	uCi/mL	uCi/mL	Bq/M^3	Ingestion	Inhalation
Ho-166m	3E-09	7E-09	2E+2	6E+2	70
Ho-166	7E-07	6E-07	2E+4	9E+2	2E+3
Ho-167	2E-05	4E-06	1E+5	2E+4	6E+4
Er-161	3E-05	3E-06	1E+5	2E+4	6E+4
Er-165	8E-05	2E-05	1E+6	6E+4	2E+5
Er-169	1E-06	6E-07	2E+4	3E+3	3E+3
Er-171	4E-06	1E-06	6E+4	4E+3	1E+4
Er-172	6E-07	4E-07	1E+4	1E+3	1E+3
Tm-162[38]	1E-04	9E-06	3E+5	7E+4	3E+5
Tm-166	6E-06	1E-06	4E+4	4E+3	1E+4
Tm-167	8E-07	5E-07	2E+4	2E+3	2E+3
Tm-170	9E-08	1E-07	4E+3	8E+2	2E+2
Tm-171	1E-07	2E-07	9E+3	1E+4	3E+2
Tm-172	5E-07	4E-07	1E+4	7E+2	1E+3
Tm-173	5E-06	2E-06	8E+4	4E+3	1E+4
Tm-175[38]	1E-04	8E-06	2E+5	7E+4	3E+5
Yb-162[38]	1E-04	1E-05	5E+5	7E+4	3E+5
Yb-166	8E-07	5E-07	2E+4	1E+3	3E+3
Yb-167[38]	3E-04	3E-05	1E+6	3E+5	7E+5
Yb-169	3E-07	2E-07	8E+3	2E+3	7E+2
Yb-175	1E-06	8E-07	2E+4	3E+3	3E+3
Yb-177[38]	2E-05	5E-06	2E+5	2E+4	5E+4
Yb-178[38]	2E-05	5E-06	1E+5	1E+4	4E+4
Lu-169	2E-06	9E-07	3E+4	3E+3	4E+3
Lu-170	8E-07	4E-07	1E+4	1E+3	2E+3
Lu-171	8E-07	6E-07	2E+4	2E+3	2E+3
Lu-172	5E-07	3E-07	1E+4	1E+3	1E+3
Lu-173	1E-07	2E-07	8E+3	5E+3	3E+2
Lu-174m	9E-08	2E-07	7E+3	2E+3	2E+2
Lu-174	5E-08	9E-08	3E+3	5E+3	1E+2

	10CFR20 DAC uCi/mL	10CFR835 DAC uCi/mL	Bq/M^3	10CFR20 ALIs uCi Ingestion	Inhalation
Lu-176m	9E-06	3E-06	1E+5	8E+3	2E+4
Lu-176	2E-09	3E-09	1E+2	7E+2	50
Lu-177m	3E-08	4E-08	1E+3	7E+2	80
Lu-177	9E-07	5E-07	1E+4	2E+3	2E+3
Lu-178m[38]	7E-05	4E-06	1E+5	5E+4	2E+5
Lu-178	5E-05	8E-06	3E+5	4E+4	1E+5
Lu-179	6E-06	3E-06	1E+5	6E+3	2E+4
Hf-170	2E-06	1E-06	4E+4	3E+3	5E+3
Hf-172	4E-09	6E-09	2E+2	1E+3	90
Hf-173	5E-06	2E-06	8E+4	5E+3	1E+4
Hf-175	4E-07	5E-07	2E+4	3E+3	9E+2
Hf-177m[38]	2E-05	1E-06	6E+4	2E+4	6E+4
Hf-178m	5E-10	8E-10	30	3E+2	10
Hf-179m	1E-07	1E-07	6E+3	1E+3	3E+2
Hf-180m	9E-06	1E-06	6E+4	7E+3	2E+4
Hf-181	7E-08	1E-07	4E+3	1E+3	2E+2
Hf-182m[38]	4E-05	4E-06	1E+5	4E+4	9E+4
Hf-182	3E-10	5E-10	20	2E+2	0.8
Hf-183[38]	2E-05	4E-06	1E+5	2E+4	5E+4
Hf-184	3E-06	1E-06	4E+4	2E+3	6E+3
Ta-172[38]	4E-05	5E-06	1E+5	4E+4	1E+5
Ta-173	7E-06	3E-06	1E+5	7E+3	2E+4
Ta-174[38]	4E-05	5E-06	2E+5	3E+4	9E+4
Ta-175	6E-06	1E-06	6E+4	6E+3	1E+4
Ta-176	5E-06	1E-06	3E+4	4E+3	1E+4
Ta-177	7E-06	4E-06	1E+5	1E+4	2E+4
Ta-178	3E-05	3E-06	1E+5	2E+4	7E+4
Ta-179	4E-07	1E-06	7E+4	2E+4	9E+2
Ta-180m	2E-05	9E-06	3E+5	2E+4	6E+4
Ta-180	1E-08	4E-08	1E+3	1E+3	20

	10CFR20 DAC uCi/mL	10CFR835 DAC uCi/mL	Bq/M^3	10CFR20 ALIs uCi Ingestion	Inhalation
Ta-182m[38]	2E-04	6E-06	2E+5	2E+5	4E+5
Ta-182	6E-08	7E-08	2E+3	8E+2	1E+2
Ta-183	4E-07	2E-07	1E+4	9E+2	1E+3
Ta-184	2E-06	8E-07	3E+4	2E+3	5E+3
Ta-185[38]	3E-05	5E-06	1E+5	3E+4	6E+4
Ta-186[38]	9E-05	7E-06	2E+5	5E+4	2E+5
W-176	2E-05	3E-06	1E+5	1E+4	5E+4
W-177	4E-05	5E-06	2E+5	2E+4	9E+4
W-178	8E-06	3E-06	1E+5	5E+3	2E+4
W-179[38]	7E-04	1E-04	5E+6	5E+5	2E+6
W-181	1E-05	1E-05	4E+5	2E+4	3E+4
W-185	3E-06	2E-06	9E+4	2E+3	7E+3
W-187	4E-06	1E-06	5E+4	2E+3	9E+3
W-188	5E-07	6E-07	2E+4	4E+2	2E+3
Re-177[38]	1E-04	1E-05	4E+5	9E+4	3E+5
Re-178[38]	1E-04	1E-05	3E+5	7E+4	3E+5
Re-181	4E-06	1E-06	4E+4	5E+3	8E+3
Re-182[26]	9E-07	3E-07	1E+4	1E+3	1E+4
Re-182[27]	5E-06	1E-06	4E+4	1E+3	2E+3
Re-184m	2E-07	1E-07	4E+3	2E+3	4E+2
Re-184	6E-07	3E-07	1E+4	2E+3	2E+3
Re-186m	6E-08	7E-08	2E+3	1E+3	2E+2
Re-186	7E-07	4E-07	1E+4	2E+3	2E+3
Re-187	4E-05	1E-04	4E+6	6E+5	1E+5
Re-188m	6E-05	2E-05	1E+6	8E+4	1E+5
Re-188	2E-06	7E-07	2E+4	2E+3	3E+3
Re-189	2E-06	9E-07	3E+4	3E+3	4E+3
Os-180[38]	2E-04	1E-05	3E+5	1E+5	4E+5
Os-181[38]	2E-05	3E-06	1E+5	1E+4	4E+4
Os-182	2E-06	9E-07	3E+4	2E+3	4E+3

	10CFR20 DAC uCi/mL	10CFR835 DAC uCi/mL	Bq/M^3	10CFR20 ALIs uCi Ingestion	Inhalation
Os-185	2E-07	4E-07	1E+4	2E+3	5E+2
Os-189m	7E-05	7E-05	2E+6	8E+4	2E+5
Os-191m	7E-06	4E-06	1E+5	1E+4	2E+4
Os-191	6E-07	3E-07	1E+4	2E+3	1E+3
Os-193	1E-06	8E-07	3E+4	2E+3	3E+3
Os-194	3E-09	1E-08	4E+2	4E+2	8
Ir-182[38]	5E-05	7E-06	2E+5	4E+4	1E+5
Ir-184	1E-05	1E-06	6E+4	8E+3	2E+4
Ir-185	4E-06	1E-06	7E+4	5E+3	1E+4
Ir-186[28]	X	7E-07	2E+4	X	X
Ir-186[29]	X	4E-06	1E+5	X	X
Ir-186	2E-06	X	X	2E+3	6E+3
Ir-187	1E-05	3E-06	1E+5	1E+4	3E+4
Ir-188	1E-06	6E-07	2E+4	2E+3	3E+3
Ir-189	1E-06	1E-06	4E+4	5E+3	4E+3
Ir-190m[38]	8E-05	X	X	2E+5	2E+5
Ir-190m[30]	X	2E-06	7E+4	X	X
Ir-190m[31]	X	5E-05	1E+6	X	X
Ir-190	4E-07	2E-07	8E+3	1E+3	9E+2
Ir-192m	6E-09	1E-07	1E+3	3E+3	90
Ir-192	9E-08	1E-07	4E+3	3E+2	2E+2
Ir-194m	3E-08	8E-08	2E+3	6E+2	90
Ir-194	8E-07	7E-07	2E+4	1E+3	2E+3
Ir-195m	9E-06	2E-06	7E+4	8E+2	2E+4
Ir-195	2E-05	4E-06	1E+5	1E+4	4E+4
Pt-186	2E-05	3E-06	1E+5	1E+4	4E+4
Pt-188	7E-07	8E-07	3E+4	2E+3	2E+3
Pt-189	1E-05	3E-06	1E+5	1E+4	3E+4
Pt-191	4E-06	1E-06	7E+4	4E+3	8E+3
Pt-193m	3E-06	2E-06	8E+4	3E+3	6E+3

	10CFR20 DAC uCi/mL	10CFR835 DAC uCi/mL	Bq/M^3	10CFR20 ALIs uCi Ingestion	Inhalation
Pt-193	1E-05	2E-05	7E+5	4E+4	2E+4
Pt-195m	2E-06	1E-06	5E+4	2E+3	4E+3
Pt-197m[38]	2E-05	7E-06	2E+5	2E+4	4E+4
Pt-197	4E-06	3E-06	1E+5	3E+3	1E+4
Pt-199[38]	6E-05	1E-05	4E+5	5E+4	1E+5
Pt-200	1E-06	1E-06	5E+4	1E+3	3E+3
Au-193	8E-06	3E-06	1E+5	9E+3	2E+4
Au-194	2E-06	9E-07	3E+4	3E+3	5E+3
Au-195	2E-07	4E-07	1E+4	5E+3	4E+2
Au-198m	5E-07	2E-07	1E+4	1E+3	1E+3
Au-198	7E-07	5E-07	1E+4	1E+3	2E+3
Au-199	2E-06	7E-07	2E+4	3E+3	4E+3
Au-200m	1E-06	4E-07	1E+4	1E+3	3E+3
Au-200	3E-05	7E-06	2E+5	3E+4	6E+4
Au-201	9E-05	9E-06	3E+5	7E+4	2E+5
Hg-193m[32]	5E-06	1E-06	4E+4	4E+3	1E+4
Hg-193m	3E-06	1E-06	4E+4	3E+3	8E+3
Hg-193m[10]	4E-06	1E-07	6E+3	X	8E+3
Hg-193[32]	3E-05	5E-06	1E+5	2E+4	6E+4
Hg-193	2E-05	4E-06	1E+5	2E+4	4E+4
Hg-193[10]	1E-05	5E-07	1E+4	X	3E+4
Hg-194[32]	1E-08	2E-08	1E+3	20	30
Hg-194	2E-05	3E-08	1E+3	8E+2	40
Hg-194[10]	1E-08	1E-08	5E+2	X	30
Hg-195m[32]	3E-06	1E-06	5E+4	3E+3	6E+3
Hg-195m	2E-06	8E-07	3E+4	2E+3	4E+3
Hg-195m[10]	2E-06	6E-08	2E+3	X	4E+3
Hg-195[32]	2E-05	6E-06	2E+5	2E+4	5E+4
Hg-195	1E-05	6E-06	2E+5	1E+4	3E+4
Hg-195[10]	1E-05	4E-07	1E+4	X	3E+4

	10CFR20 DAC uCi/mL	10CFR835 DAC uCi/mL	Bq/M^3	10CFR20 ALIs uCi Ingestion	Inhalation
Hg-197m[32]	4E-06	1E-06	5E+4	4E+3	9E+3
Hg-197m	2E-06	8E-07	3E+4	3E+3	5E+3
Hg-197m[10]	2E-06	9E-08	3E+3	X	5E+3
Hg-197[32]	6E-06	4E-06	1E+5	7E+3	1E+4
Hg-197	4E-06	2E-06	7E+4	6E+3	9E+3
Hg-197[10]	4E-06	1E-07	4E+3	X	8E+3
Hg-199m[32]	7E-05	8E-06	3E+5	6E+4	2E+5
Hg-199m[38]	6E-05	5E-06	1E+5	6E+4	1E+5
Hg-199m[10]	3E-05	3E-06	1E+5	X	8E+4
Hg-203[32]	3E-07	7E-07	2E+4	5E+2	8E+2
Hg-203	5E-07	2E-07	1E+4	2E+3	1E+3
Hg-203[10]	4E-07	8E-08	2E+3	X	8E+2
Tl-194m[38]	6E-05	5E-06	2E+5	5E+4	2E+5
Tl-194[38]	2E-04	2E-05	8E+5	3E+5	6E+5
Tl-195[38]	5E-05	6E-06	2E+5	6E+4	1E+5
Tl-197	5E-05	8E-06	2E+5	7E+4	1E+5
Tl-198m[38]	2E-05	2E-06	9E+4	3E+4	5E+4
Tl-198	1E-05	1E-06	5E+4	2E+4	3E+4
Tl-199	4E-05	5E-06	2E+5	6E+4	8E+4
Tl-200	5E-06	8E-07	3E+4	8E+3	1E+4
Tl-201	9E-06	4E-06	1E+5	2E+4	2E+4
Tl-202	2E-06	1E-06	5E+4	4E+3	5E+3
Tl-204	9E-07	9E-07	3E+4	2E+3	2E+3
Pb-195m[38]	8E-05	7E-06	2E+5	6E+4	2E+5
Pb-198	3E-05	2E-06	9E+4	3E+4	6E+4
Pb-199[38]	3E-05	4E-06	1E+5	2E+4	7E+4
Pb-200	3E-06	1E-06	4E+4	3E+3	6E+3
Pb-201	8E-06	2E-06	7E+4	7E+3	2E+4
Pb-202m	1E-05	1E-06	6E+4	9E+3	3E+4
Pb-202	2E-08	4E-08	1E+3	1E+2	50

	10CFR20 DAC uCi/mL	10CFR835 DAC uCi/mL	Bq/M^3	10CFR20 ALIs uCi Ingestion	Inhalation
Pb-203	4E-06	2E-06	7E+4	5E+3	9E+3
Pb-205	6E-07	9E-07	3E+4	4E+3	1E+3
Pb-209	2E-05	9E-06	3E+5	2E+4	6E+4
Pb-210	1E-10	1E-10	5	0.6	0.2
Pb-211[38]	3E-07	4E-08	1E+3	1E+4	6E+2
Pb-212	2E-08	5E-09	2E+2	80	30
Pb-214[38]	3E-07	4E-08	1E+3	9E+3	8E+2
Bi-200[38]	4E-05	4E-06	1E+5	3E+4	8E+4
Bi-201[38]	1E-05	2E-06	1E+5	1E+4	3E+4
Bi-202[38]	2E-05	2E-06	9E+4	1E+4	4E+4
Bi-203	3E-06	7E-07	2E+4	2E+3	6E+3
Bi-205	5E-07	4E-07	1E+4	1E+3	1E+3
Bi-206	4E-07	2E-07	8E+3	6E+2	9E+2
Bi-207	1E-07	1E-07	6E+3	1E+3	4E+2
Bi-210m	3E-10	2E-10	9	40	0.7
Bi-210	1E-08	9E-09	3E+2	8E+2	30
Bi-212[38]	1E-07	8E-09	3E+2	5E+3	2E+2
Bi-213[38]	1E-07	7E-09	2E+2	7E+3	3E+2
Bi-214[38]	3E-07	1E-08	4E+2	2E+4	8E+2
Po-203[38]	3E-05	4E-06	1E+5	3E+4	6E+4
Po-205[38]	2E-05	3E-06	1E+5	2E+4	4E+4
Po-207	1E-05	1E-06	6E+4	8E+3	3E+4
Po-210	3E-10	2E-10	9	3	0.6
At-207[38]	2E-08	2E-07	1E+4	6E+3	2E+3
At-211	2E-08	5E-09	1E+2	1E+2	50
Rn-220[33]	X	1E-08	6E+2	X	X
Rn-220[34]	7E-06	X	X	X	2E+4
Rn-220[35]	9E-09	X	X	X	20
Rn-222[33]	X	8E-08	3E+3	X	X
Rn-222[34]	4E-06	X	X	X	1E+4

	10CFR20 DAC	10CFR835 DAC		10CFR20 ALIs uCi	
	uCi/mL	uCi/mL	Bq/M^3	Ingestion	Inhalation
Rn-222[35]	3E-08	X	X	X	1E+2
Fr-222[38]	2E-07	1E-08	3E+2	2E+3	5E+2
Fr-223[38]	3E-07	4E-07	1E+4	6E+2	8E+2
Ra-223	3E-10	9E-11	3	50	0.7
Ra-224	7E-10	2E-10	8	8	2
Ra-225	3E-10	1E-10	4	8	0.7
Ra-226	3E-10	2E-10	9	2	0.6
Ra-227[38]	6E-06	8E-07	3E+4	2E+4	1E+4
Ra-228	5E-10	1E-10	5	2	1
Ac-224	1E-08	5E-09	2E+2	2E+3	30
Ac-225	1E-10	8E-11	3	50	0.3
Ac-226	1E-09	5E-10	20	1E+2	3
Ac-227	2E-13	2E-13	1E-2	0.2	4E-4
Ac-228	4E-09	6E-09	2E+2	2E+3	9
Th-226[38]	6E-08	4E-09	1E+2	5E+3	1E+2
Th-227	1E-10	7E-11	2	1E+2	0.3
Th-228	4E-12	2E-11	0.7	6	1E-2
Th-229	4E-13	2E-12	7E-2	0.6	9E-4
Th-230	3E-12	3E-12	0.1	4	6E-3
Th-231	3E-06	1E-06	5E+4	4E+3	6E+3
Th-232	5E-13	3E-12	0.1	0.7	1E-3
Th-234	6E-08	9E-08	3E+3	3E+2	2E+2
Pa-227[38]	4E-08	4E-09	1E+2	4E+3	1E+2
Pa-228	5E-09	1E-08	3E+2	1E+3	10
Pa-230	1E-09	9E-10	30	6E+2	40
Pa-231	6E-13	1E-12	4E-2	0.2	2E-3
Pa-232	9E-09	1E-08	6E+2	1E+3	20
Pa-233	2E-07	1E-07	6E+3	1E+3	6E+2
Pa-234	3E-06	7E-07	2E+4	2E+3	7E+3
U-230	1E-10	4E-11	1	4	0.3

	10CFR20 DAC	10CFR835 DAC		10CFR20 ALIs uCi	
	uCi/mL	uCi/mL	Bq/M^3	Ingestion	Inhalation
U-231	2E-06	1E-06	4E+4	4E+3	5E+3
U-232	3E-12	2E-11	0.7	2	8E-3
U-233	2E-11	7E-11	2	10	4E-2
U-234	2E-11	7E-11	2	10	4E-2
U-235	2E-11	8E-11	3	10	4E-2
U-236	2E-11	7E-11	2	10	4E-2
U-237	6E-07	3E-07	1E+4	2E+3	2E+3
U-238	2E-11	8E-11	3	10	4E-2
U-239[38]	7E-05	9E-06	3E+5	7E+4	2E+5
U-240	1E-06	6E-07	2E+4	1E+3	2E+3
U-Natural	2E-11	X	X	10	5E-2
Np-232[38]	7E-07	3E-06	1E+5	1E+5	5E+2
Np-233[38]	1E-03	7E-05	2E+6	8E+5	3E+6
Np-234	1E-06	5E-07	2E+4	2E+3	3E+3
Np-235	3E-07	1E-06	4E+4	2E+4	8E+2
Np-236[36]	9E-12	4E-11	1	3	5E-2
Np-236m[37]	1E-08	5E-08	1E+3	3E+3	30
Np-237	2E-12	8E-12	0.3	0.5	4E-3
Np-238	3E-08	1E-07	4E+3	1E+3	60
Np-239	9E-07	5E-07	1E+4	2E+3	2E+3
Np-240[38]	3E-05	2E-06	8E+4	2E+4	6E+4
Pu-234	8E-08	3E-08	1E+3	8E+3	2E+2
Pu-235[38]	1E-03	8E-05	3E+6	9E+5	3E+6
Pu-236	8E-12	1E-11	0.6	20	2E-2
Pu-237	1E-06	1E-06	6E+4	1E+4	3E+3
Pu-238	3E-12	6E-12	0.2	0.9	7E-3
Pu-239	3E-12	5E-12	0.2	0.83	6E-3
Pu-240	3E-12	5E-12	0.2	0.8	6E-3
Pu-241	1E-10	2E-10	10	40	0.3
Pu-242	3E-12	5E-12	0.2	0.8	7E-3

	10CFR20 DAC uCi/mL	10CFR835 DAC uCi/mL	Bq/M^3	10CFR20 ALIs uCi Ingestion	Inhalation
Pu-243	2E-05	5E-06	1E+5	2E+4	4E+4
Pu-244	3E-12	5E-12	0.2	0.8	7E-3
Pu-245	2E-06	8E-07	3E+4	2E+3	4E+3
Pu-246	1E-07	8E-08	3E+3	4E+2	3E+2
Am-237[38]	1E-04	8E-06	3E+5	8E+4	3E+5
Am-238[38]	1E-06	2E-06	9E+4	4E+4	3E+3
Am-239	5E-06	1E-06	6E+4	5E+3	1E+4
Am-240	1E-06	7E-07	2E+4	2E+3	3E+3
Am-241	3E-12	5E-12	0.1	0.8	6E-3
Am-242m	3E-12	5E-12	0.1	0.8	6E-3
Am-242	4E-08	4E-08	1E+3	4E+3	80
Am-243	3E-12	5E-12	0.1	0.8	6E-3
Am-244m[38]	2E-06	3E-06	1E+5	6E+4	4E+3
Am-244	8E-08	1E-07	5E+3	3E+3	2E+2
Am-245	3E-05	5E-06	2E+5	3E+4	8E+4
Am-246m[38]	8E-05	6E-06	2E+5	5E+4	2E+5
Am-246[38]	4E-05	2E-06	9E+4	3E+4	1E+5
Cm-238	5E-07	1E-07	4E+3	2E+4	1E+3
Cm-240	2E-10	2E-10	7	60	0.6
Cm-241	1E-08	2E-08	8E+2	1E+3	30
Cm-242	1E-10	1E-10	5	30	0.3
Cm-243	4E-12	7E-12	0.2	10	9E-3
Cm-244	5E-12	9E-12	0.3	10	1E-2
Cm-245	3E-12	5E-12	0.1	0.7	6E-3
Cm-246	3E-12	5E-12	0.1	0.7	6E-3
Cm-247	3E-12	5E-12	0.2	0.8	6E-3
Cm-248	7E-13	1E-12	5E-2	0.2	2E-3
Cm-249[38]	7E-06	8E-06	3E+5	5E+4	2E+4
Cm-250	1E-13	2E-13	8E-3	4E-2	3E-4
Bk-245	5E-07	3E-07	1E+4	2E+3	1E+3

	10CFR20 DAC	10CFR835 DAC		10CFR20 ALIs uCi	
	uCi/mL	uCi/mL	Bq/M^3	Ingestion	Inhalation
Bk-246	1E-06	8E-07	3E+4	3E+3	3E+3
Bk-247	2E-12	3E-12	0.1	0.5	4E-3
Bk-249	7E-10	1E-09	50	2E+2	20
Bk-250	1E-07	2E-07	9E+3	9E+3	3E+2
Cf-244[38]	2E-07	1E-08	5E+2	3E+4	6E+2
Cf-246	4E-09	1E-09	50	4E+2	90
Cf-248	3E-11	5E-11	2	80	6E-2
Cf-249	2E-12	3E-12	0.1	0.5	4E-3
Cf-250	4E-12	7E-12	0.2	10	9E-3
Cf-251	2E-12	3E-12	0.1	0.5	4E-3
Cf-252	8E-12	1E-11	0.6	20	2E-2
Cf-253	7E-10	5E-10	20	2E+2	20
Cf-254	7E-12	2E-11	0.8	20	2E-2
Es-250	2E-07	4E-07	1E+4	4E+4	5E+2
Es-251	4E-07	3E-07	1E+4	7E+3	9E+2
Es-253	6E-10	2E-10	9	2E+2	10
Es-254m	4E-09	1E-09	50	3E+2	10
Es-254	3E-11	6E-11	2	80	7E-2
Fm-252	5E-09	2E-09	80	5E+2	10
Fm-253	4E-09	1E-09	60	1E+3	10
Fm-254	4E-08	6E-09	2E+2	3E+3	90
Fm-255	9E-09	2E-09	80	5E+2	20
Fm-257	7E-11	1E-10	4	20	0.2
Md-257	4E-08	2E-08	1E+3	7E+3	80
Md-258	1E-10	1E-10	4	30	0.2

External Exposure in a Cloud of Airborne Material

	10CFR835		10CFR20
	uCi/mL	Bq/M^3	uCi/mL
Ar-37	10	4E+10	10
Ar-39	4E-04	1E+07	4E-04
Ar-41	1E-06	3E+04	3E-06
Kr-74	1E-06	4E+04	3E-06
Kr-76	3E-06	1E+05	9E-06
Kr-77	1E-06	5E+04	4E-06
Kr-79	5E-06	2E+05	2E-05
Kr-81	2E-04	9E+06	7E-04
Kr-83m	2E-02	9E+08	1E-02
Kr-85	2E-04	9E+06	1E-04
Kr-85m	9E-06	3E+05	2E-05
Kr-87	1E-06	5E+04	5E-06
Kr-88	6E-07	2E+04	2E-06
Xe-120	3E-06	1E+05	1E-05
Xe-121	7E-07	2E+04	2E-06
Xe-122	2E-05	1E+06	7E-05
Xe-123	2E-06	8E+04	6E-06
Xe-125	5E-06	2E+05	2E-05
Xe-127	5E-06	2E+05	1E-05
Xe-129m	6E-05	2E+06	2E-04
Xe-131m	1E-04	6E+06	4E-04
Xe-133	4E-05	1E+06	1E-04
Xe-133m	4E-05	1E+06	1E-04
Xe-135	5E-06	2E+05	1E-05
Xe-135m	3E-06	1E+05	9E-06
Xe-138	1E-06	4E+04	4E-06

STCs = Special Tritium Compounds

1 = Water (HTO) form
2 = Elemental (HT form)
3 = water and elemental
4 = Insoluble
5 = Soluble
6 = Vapor form
7 = As CO
8 = As CO_2
9 = compounds
10 = Vapor
11 = Inorganic
12 = Carbonyl
13 = 66 min half-life
14 = 122 min half-life
15 = 69 min half-life
16 = 5 h half-life
17 = 16 min half-life
18 = 6 d half-life
19 = 9 h half-life
20 = 10 min half-life
21 = Methyl
22 = 12 h half-life
23 = 34 yr half-life
24 = 24 h half-life
25 = 5 h half-life
26 = 64 h half-life
27 = 12 h half-life
28 = 16 h half-life
29 = 2 h half-life
30 = 3 h half-life
31 = 1 h half-life
32 = Organic
33 = radon-220/222 with short-lived progeny
34 = with progeny removed
35 = with progeny present
36 = 1E+05 yr half-life
37 = 22 h half-life
38 = half-life less than 2 hours

For any radionuclide not listed in these tables with decay mode other than alpha emission or spontaneous fission and with radioactive half-life less than two hours, the DAC value shall be 6E-06 uCi/mL (2E+04 Bq/M^3).

The DAC values listed for both 10CFR20 and 10CFR835 were truncated after being calculated from the appropriate ALI values. For 10CFR835 the ALI values were taken from ICRP 68.

Characteristic X-Rays (KeV) of the Elements

These characteristic x-rays originate in the shell of the atom and can be used to identify specific elements but not a specific isotope. These characteristic x-rays are emitted from the shell of the atom after sufficient energy in the form of thermal heat, laser, micro- waves, or other type of energy is directed into the atom shell.

Z #		Kα	Kβ	Lα	Lβ
89	Ac	90.89	102.85	12.65	15.71
47	Ag	22.16	24.94	2.98	3.15
13	Al	1.49	1.55	X	X
95	Am	106.35	120.16	14.62	18.83
18	Ar	2.96	3.19	X	X
33	As	10.54	11.73	1.28	1.32
85	At	81.53	92.32	11.42	13.87
79	Au	68.79	77.97	9.71	11.44
5	B	0.185	X	X	X
56	Ba	32.19	36.38	4.47	4.83
4	Be	0.110	X	X	X
83	Bi	77.10	87.34	10.84	13.02
97	Bk	111.90	126.36	15.31	19.97
35	Br	11.92	13.29	1.48	1.53
6	C	0.282	X	X	X
20	Ca	3.69	4.01	0.34	X
48	Cd	23.17	26.09	3.13	3.32
58	Ce	34.72	39.26	4.84	5.26
98	Cf	114.75	129.54	15.66	20.56
17	Cl	2.62	2.82	X	X

Z #		Kα	Kβ	Lα	Lβ
96	Cm	109.10	123.24	14.96	19.39
27	Co	6.93	7.65	0.78	0.79
24	Cr	5.41	5.43	0.57	0.58
55	Cs	30.97	34.98	4.29	4.62
29	Cu	8.05	8.90	0.93	0.95
66	Dy	45.99	52.18	6.50	7.25
68	Er	49.10	55.69	6.95	7.81
99	Es	117.65	132.78	16.02	21.17
63	Eu	41.53	47.03	5.85	6.46
9	F	0.677	X	X	X
26	Fe	6.40	7.06	0.70	0.72
100	Fm	120.60	136.08	16.38	21.79
87	Fr	86.12	97.48	12.03	14.77
64	Gd	42.98	48.97	6.06	6.71
31	Ga	9.25	10.26	1.10	1.12
32	Ge	9.89	10.98	1.19	1.21
1	H				
105	Ha				
2	He				
72	Hf	55.76	63.21	7.90	9.02
80	Hg	70.82	80.26	9.99	11.82
67	Ho	47.53	53.93	6.72	7.53
53	I	28.61	32.29	3.94	4.22
49	In	24.21	27.27	3.29	3.49
77	Ir	64.89	73.55	9.19	10.71
19	K	3.31	3.59	X	X
36	Kr	12.65	14.11	1.59	1.64
57	La	33.44	37.80	4.65	5.04
3	Li	0.052	X	X	X

Z #		Kα	Kβ	Lα	Lβ
103	Lr				
71	Lu	54.06	61.28	7.65	8.71
101	Md				
12	Mg	1.25	1.30	X	X
25	Mn	5.90	6.49	0.64	0.65
42	Mo	17.48	19.61	2.29	2.40
7	N	0.392	X	X	X
11	Na	1.04	1.07	X	X
41	Nb	16.61	18.62	2.17	2.26
60	Nd	37.36	42.27	5.23	5.72
10	Ne	0.851	X	X	X
28	Ni	7.48	8.26	0.85	0.87
102	No				
93	Np	101.00	114.18	13.95	17.74
8	O	0.526	X	X	X
76	Os	62.99	71.40	8.91	10.36
15	P	2.02	2.14	X	X
91	Pa	95.85	108.41	13.29	19.70
82	Pb	74.96	84.92	10.55	12.61
46	Pd	21.18	23.82	2.84	2.99
61	Pm	38.65	43.96	5.43	5.96
84	Po	79.30	89.81	11.13	13.44
59	Pr	36.02	40.75	5.03	5.49
78	Pt	66.82	75.74	9.44	11.07
94	Pu	103.65	117.15	14.28	18.28
88	Ra	88.46	100.14	12.34	15.23
37	Rb	13.39	14.96	1.69	1.75
75	Re	61.13	69.30	8.65	10.01
104	Rf				

Z #		Kα	Kβ	Lα	Lβ
45	Rh	20.21	22.72	2.70	2.83
86	Rn	83.80	94.88	11.72	14.32
44	Ru	19.28	21.66	2.56	2.68
16	S	2.31	2.46	X	X
51	Sb	26.36	29.72	3.61	3.84
21	Sc	4.09	4.46	0.40	X
34	Se	11.22	12.50	1.38	1.42
106	Sg				
14	Si	1.74	1.83	X	X
62	Sm	40.12	45.40	5.64	6.21
50	Sn	25.27	28.48	3.44	3.66
38	Sr	14.16	15.83	1.81	1.87
73	Ta	57.52	65.21	8.15	9.34
65	Tb	44.47	50.39	6.28	6.98
43	Tc	18.41	19.61	2.42	2.54
52	Te	27.47	30.99	3.77	4.03
90	Th	93.33	105.59	12.97	16.20
22	Ti	4.51	4.93	0.45	0.46
81	Tl	72.86	82.56	10.27	12.21
69	Tm	50.73	57.58	7.18	8.10
74	W	59.31	67.23	8.40	9.67
92	U	98.43	111.29	13.61	17.22
23	V	4.95	5.43	0.51	0.52
54	Xe	29.80	33.64	4.11	4.42
39	Y	14.96	16.74	1.92	2.00
70	Yb	52.36	59.35	7.41	8.40
30	Zn	8.64	9.57	1.01	1.03
40	Zr	15.77	17.67	2.04	2.12

COUNTING STATISTICS

Minimum Detectable Activity (MDA)

$$MDA = \frac{k^2 + 2k\sqrt{R_B \times t_{S+B} \times (1+t_{S+B}/t_B)}}{t_{S+B} \times Eff}$$

Minimum Detectable Count Rate

$$LLD = L_D = MDCR \quad \frac{k^2 + 2k\sqrt{R_B \times t_{S+B} \times (1+t_{S+B}/t_B)}}{t_{S+B}}$$

$$L_C = k \times \sqrt{R_B \times t_{S+B} + R_B \times t_B}$$

k = 1.645 (for 95% Confidence Level)
t_{S+B} = sample count time
t_B = background count time
R_B = background count rate
Eff = efficiency of the detector (expressed as a decimal)
R_{S+B} = sample count rate
LLD is Lower Limit of Detection
L_D is the Decision Level
L_C is the Critical Level and generally expressed as counts (or signal level) above background

K	0.674	1	1.645	1.96	2.58	3.00
% C.L.	50	68.3	90	95	99	99.7

If R_B is in DPM it must be converted to CPM before using the above equations.
A 'k' of 1.645 is used as the 95% confidence level for a two-tailed distribution.
Gaussian statistics should be used for $\geq$ 30 counts and Poisson statistics for < 30 counts. The typical formulas such as those above are an attempt to blend the two statistical models.

MDA when background and sample count times are one minute and k is 1.645.

$$\frac{3 + 4.65\sqrt{R_B}}{\text{Eff}}$$

MDA when background count time is ten minutes and sample count time is one minute and k is 1.645.

$$\frac{3 + 3.45\sqrt{R_B}}{\text{Eff}}$$

POISSON STATISTICS

For Poisson distributions the following logic applies.

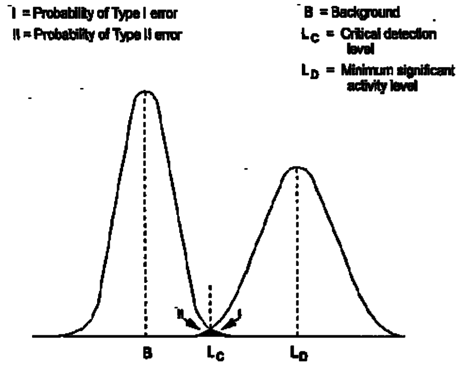
P_n is the probability of getting count "n"

P_n = $\mu^n e^{-\mu} / n!$

n = the hypothetical count

μ = true mean counts

If the true mean, μ, is 3, then there is a 5% probability that we will get a zero count and a 95% probability that we will get greater than zero counts. There is a 65% probability that we will get 3 or more counts.



ELEVATION VS AIR PRESSURE

Elevation		Barometric Pressure		Boiling Point of Water		Speed of Sound	
FT	M	mm Hg	kPa	^{0}C	^{0}F	M/S	MPH
-500	-152	774	103.2	100.5	212.9	340.9	763
0	0	760	101.3	100	212.0	340.3	761
500	152	746	99.5	99.5	211.1	339.7	760
1,000	305	732	97.6	99.0	210.2	339.1	759
1,500	457	720	96.0	98.4	209.2	338.6	757
2,000	610	707	94.3	97.9	208.3	338.0	756
2,500	762	694	92.5	97.4	207.4	337.4	755
3,000	914	681	90.8	97.0	206.6	336.7	753
3,500	1,067	668	89.1	96.4	205.6	336.2	752
4,000	1,219	656	87.5	95.9	204.6	335.6	751
4,500	1,372	644	85.9	95.4	203.7	334.8	749
5,000	1,524	632	84.3	94.9	202.9	334.4	748
5,500	1,676	619	82.5	94.4	202.0	333.8	747
6,000	1,829	609	81.2	93.9	201.1	333.2	745
6,500	1,981	597	79.6	93.3	200.0	332.6	744
7,000	2,134	586	78.1	92.8	199.1	332.2	743
7,500	2,286	575	76.7	92.4	198.3	331.4	741
8,000	2,438	564	75.2	91.8	197.4	330.8	740
9,000	2,743	543	72.4	90.9	195.6	330.1	738
10,000	3,048	523	69.7	89.8	193.7	328.5	735
11,000	3,353	504	67.1	88.8	191.4	327.3	732
12,000	3,658	484	64.5	87.8	190.1	326.0	729
13,000	3,962	464	62.0	86.8	188.2	324.6	726
14,000	4,267	444	59.5	85.8	186.4	323.2	723
15,000	4,572	424	57.0	84.8	184.6	321.8	720
16,000	4,877	404	54.6	83.7	182.7	320.4	717

ELEVATIONS OF MAJOR AIRPORTS AND FACILITIES

		Feet			Feet
AK	Anchorage	144	IL	Bloomington	875
AK	Fairbanks	434	IL	Moline	589
AL	Birmingham	644	IN	Bloomington	845
AL	Dothan	401	IN	Evansville	416
AL	Huntsville	630	KS	Wichita	1,332
AR	Little Rock	260	KY	Lexington	980
AR	Fort Smith	469	KY	Paducah	410
AZ	Flagstaff	7,011	LA	New Orleans	6
AZ	Phoenix	1,133	LA	Shreveport	248
AZ	Tucson	2,641	MA	Boston	20
CA	Imperial	-24	MA	Worcester	1,009
CA	Lake Tahoe	6,264	MD	Hagerstown	704
CA	Sacramento	24	MD	Salisbury	52
CA	Los Angeles	126	ME	Portland	74
CO	Denver	5,431	ME	Presque Island	534
CO	Leadville	9,927	MI	Detroit	626
CO	Pueblo	4,726	MI	Hancock	1,095
CT	Bridgeport	10	MN	Duluth	1,428
CT	New Haven	14	MN	Minneapolis	841
DC	Washington	313	MO	Saint Louis	605
FL	Gainesville	152	MO	Springfield	1,267
FL	Miami	11	MS	Biloxi	28
GA	Atlanta	1,026	MS	Tupelo	346
GA	Savannah	51	MT	Yellowstone	6,644
HI	Honolulu	13	MT	Wolf Point	1,986
HI	Lanai City	1,308	NC	Asheville	2,165
IA	Burlington	698	NC	New Bern	19
IA	Mason City	1,213	ND	Grand Forks	844
ID	Idaho Falls	4,741	ND	Williston	1,962
ID	Lewiston	1,438	NE	Lincoln	1,214

NE	Omaha	983
NH	Lebanon	598
NH	Manchester	234
NJ	Atlantic City	76
NJ	Trenton	213
NM	Albuquerque	5,352
NM	Carlsbad	3,293
NM	Los Alamos	7,200
NM	White Sands	4,197
NV	Ely	6,255
NV	Las Vegas	2,175
NY	Jamestown	1,724
NY	New York	13
OH	Akron	1,228
OH	Cincinnati	897
OH	Cleveland	584
OK	Oklahoma City	1,295
OK	Tulsa	677
OR	Portland	27
OR	Redmond	3,077
PA	Johnstown	2,284
PA	Philadelphia	21
RI	Providence	55
SC	Columbia	236
SC	Myrtle Beach	28
SD	Huron	1,288
SD	Rapid City	3,202
TN	Bristol	1,519
TN	Memphis	332
TX	Dallas	487
TX	El Paso	3,956
UT	Cedar City	5,623
UT	Saint George	2,936
UT	Salt Lake City	4,227
VA	Norfolk	27
VA	Roanoake	1,176
VT	Burlington	334
WA	Bellingham	166
WA	Pullman	2,551
WA	Richland	195
WI	La Crosse	654
WI	Oshkosh	808
WI	Rhinelander	1,623
WV	Bluefield	2,857
WV	Huntington	828
WY	Laramie	7,276
WY	Sheridan	4,021

INTERNATIONAL AIRPORT ELEVATIONS (FEET)

Addis-Ababa, Ethiopia	7,625	Montreal, Canada	117
Algiers, Algeria	826	Moscow, Russia	623
Amsterdam, Netherlands	-13	Nairobi, Kenya	5,327
Athens, Greece	90	New Delhi, India	776
Bagdad, Iraq	113	Osaka, Japan	39
Beijing, China	15	Panama Cty, Panama	135
Berlin, Germany	164	Paris, France	292
Bogota, Columbia	8,355	Perth, Australia	53
Bombay, India	27	Port Moresby, Papua NG	125
Buenos Aires, Argentina	66	Quito, Ecuador	9,228
Cairo, Egypt	366	Recife, Brazil	36
Calgary, Canada	3,557	Reykjavik, Iceland	169
Cape Town, South Africa	151	Rio de Janeiro, Brazil	16
Casablanca, Morocco	656	Rome, Italy	7
Damascus, Syria	2,020	Santiago, Chili	1,554
Darwin, Australia	94	Seoul, South Korea	58
Dublin, Ireland	222	Shanghai, China	15
Geneva, Switzerland	1,411	Shannon, Ireland	47
Helsinki, Finland	167	Singapore, Singapore	65
Istanbul, Turkey	92	Stockholm, Sweden	123
Jakarta, Indonesia	86	Sydney, Australia	6
Jo'burg, South Africa	5,557	Taipei, Taiwan	21
Karachi, Pakistan	100	Tehran, Iran	3,949
Khartoum, Sudan	1,256	Tel Aviv, Israel	135
La Paz, Bolivia	13,354	Tokyo, Japan	8
Lima, Peru	105	Toronto, Canada	569
Lisbon, Portugal	374	Tunis, Tunisia	20
London, England	80	Vancouver, Canada	8
Madrid, Spain	1,998	Warsaw, Poland	361
Manila, Phillipines	74	Zurich, Switzerland	1,416
Melbourne, Australia	392		
Mexico City, Mexico	7,341		

COMPOSITION OF AIR

	Symbol	% Volume	Density of Gases g / l
Air	-	100.00	1.2928
Nitrogen	N_2	78.084	1.2506
Oxygen	O_2	20.947	1.4290
Argon	Ar	0.934	1.7840
Carbon Dioxide	CO_2	0.033	1.9770
Neon	Ne	18.2 PPM	0.9002
Helium	He	5.2 PPM	0.1785
Methane	CH_4	2.0 PPM	-
Krypton	Kr	1.1 PPM	3.7
Sulfur Dioxide	SO_2	1.0 PPM	2.927
Hydrogen	H_2	0.5 PPM	0.0899
Nitrous Oxide	N_2O	0.5 PPM	1.977
Xenon	Xe	0.09 PPM	5.9
Ozone	O_3	0.0 to 0.07 PPM	2.144
Ozone - winter	O_3	0.0 to 0.02 PPM	2.144
Nitrogen Dioxide	NO_2	0.02 PPM	1.4494
Iodine	I_2	0.01 PPM	-
Carbon Monoxide	CO	0.0 to trace	1.2500
Ammonia	NH_3	0.0 to trace	0.7710

SI and US "Traditional" Units

Activity

1 TBq	=	27 Ci
1 GBq	=	27 mCi
1 Mbq	=	27 µCi
1 kBq	=	27 nCi
1 Bq	=	27 pCi
1 Bq	=	1 dps
1 Bq	=	60 dpm
1 kCi	=	37 TBq
1 Ci	=	37 Gbq
1 mCi	=	37 MBq
1 µCi	=	37 kBq
1 nCi	=	37 Bq
1 nCi	=	37 dps
1 nCi	=	2220 dpm
1 pCi	=	0.037 Bq
1 pCi	=	2.22 dpm

Dose Equivalent

1 Sv	=	100 rem
1 mSv	=	100 mrem
1 mSv	=	0.10 rem
1 µSv	=	100 µrem
1 µSv	=	0.10 mrem
1 nSv	=	0.10 µrem
1 krem	=	10 Sv
1 rem	=	10 mSv
1 mrem	=	10 µSv
1 mrem	=	0.01 mSv
1 µrem	=	0.01 µSv
1 µrem	=	10 nSv

Absorbed Dose

1 kGy	=	100 krad
1 Gy	=	100 rad
1 mGy	=	100 mrad
1 µGy	=	100 µrad
1 krad	=	10 Gy
1 rad	=	10 mGy
1 mrad	=	10 µGy
1 µrad	=	10 nGy

Dose Rate

1 Sv/h	=	100 rem/h
1 mSv/h	=	100 mrem/h
1 mSv/h	=	0.10 rem/h
1 µSv/h	=	100 µrem/h
1 µSv/h	=	0.1 mrem/h
1 krem/h	=	10 Sv/h
1 rem/h	=	10 mSv/h
1 mrem/h	=	10 µSv/h
1 mrem/h	=	0.01 mSv/h
1 µrem/h	=	0.01 µSv/h

ABBREVIATIONS

ampere	A, or amp
angstrom unit	A, or Å
atmosphere	atm
atomic weight	at. wt.
becquerel	Bq
cubic foot	ft^3, or cu ft
cubic feet per minute	ft^3/min, or cfm
cubic inch	in^3, or cu. in.
cubic meter	m^3, or cu m
curie	Ci
day	day, or d
degree	deg, or ^{0}
disintegrations per minute	dpm
foot	ft
gallon	gal
gallons per minute	gpm
gram	g or gm
hour	h, or hr
inch	in.
liter	liter, or L
meter	m
micron	µ, µm, or mu
minute	min, or m
pounds per square inch	lb/in^2, or psi
roentgen	R
second	sec, or s
square centimeter	cm^2, or sq cm
square foot	ft^2, sq ft
square meter	m^2, or sq m
volt	V, or v
watt	W, or w
year	yr, or y

CONVERSION OF UNITS

Length

1 angstrom (Å)	=	1E-8 cm	1 cm	=	1E8 Å
1 inch	=	2.54 cm	1 cm	=	0.3937 in
1 meter	=	3.2808 feet	1 foot	=	0.3048 m
1 kilometer	=	0.6214 miles	1 mile	=	1.609 km
1 mile	=	5,280 feet	1 foot	=	1.894E-4 mile
1 micron (μm)	=	1E-6 meters	1 m	=	1E6 μm
1 mil	=	1E-3 inches	1 inch	=	1E3 mil
1 thousandth of an inch (0.001")	=	2.54E-2 mm	1 mm	=	0.03937 in
1 yard	=	0.9144 meters	1 m	=	1.0936 yard

Area

1 acre	=	43,560 ft^2	1 ft^2	=	2.296E-5 acre
1 barn	=	1E-24 cm^2	1 cm^2	=	1E24 barn
1 cm^2	=	0.1550 in^2	1 in^2	=	6.452 cm^2
1 m^2	=	10.764 ft^2	1 ft^2	=	0.0929 m^2
1 m^2	=	3.861E-7 $mile^2$	1 $mile^2$	=	2.59E6 m^2
1 $mile^2$	=	640 acres	1 acre	=	1.5625E-3 $mile^2$

Volume

1 cm^3 (cc)	=	3.5315E-5 ft^3	1 ft^3	=	28,316 cm^3
1 cm^3	=	1E-6 m^3	1 m^3	=	1E6 cm^3
1 cm^3	=	0.03381 ounces	1 ounce	=	29.58 cm^3
1 ft^3	=	28.316 liters	1 liter	=	0.035315 ft^3
1 ft^3	=	7.481 gallons	1 gal	=	0.1337 ft^3
1 liter	=	1.057 quarts	1 quart	=	0.946 liter
1 liter	=	0.2642 gallons	1 gal	=	3.785 liter
1 liter	=	61.0237 in^3	1 in^3	=	0.016387 liter
1 m^3	=	35.315 ft^3	1 ft^3	=	0.028316 m^3
1 m^3	=	1,000 liters	1 liter	=	1E-3 m^3
1 milliliter (ml)	=	1 cm^3	1 cm^3	=	1 ml

Mass

1 gram	= 0.03527 ounces	1 ounce	= 28.35 g
1 kilogram	= 2.2046 pounds	1 lbs	= 0.4536 kg
1 pound	= 16 ounces	1 ounce	= 0.0625 lb
1 pound	= 453.59 grams	1 gram	= 2.2046E-3 lb

Density

1 gram / cm^3	= 62.428 lbs / ft^3	1 lb/ft^3	= 0.016018 g/cm^3
1 gram / cm^3	= 8.345 lbs / gal	1 lb/gal	= 0.1198 g/cm^3

Concentration

1 Bq / M^3	= 60 DPM / M^3	1 DPM/M^3	= 0.0167 Bq/M^3
1 Bq / M^3	= 0.027027pCi/L	1 pCi / L	= 37 Bq / M^3
1 pCi / L	= 1E-9 µCi / cc	1 µCi / cc	= 1E9 pCi / L
1 µCi / cc	= 2.22E12 DPM/M^3		
1 DPM / M^3	= 4.5045E-13µCi/cc		
1 µCi / cc	= 3.7E10 Bq / M^3		
1 Bq / M^3	= 2.7027E-11 µCi/cc		
1 pCi / ft^3	= 3.5315E-11 µCi / cc		
1 µCi / cc	= 2.8316E10 pCi / ft^3		

Pressure

1 atmosphere	= 1.01325 bars	1 bar	= 0.9869 atm
1 atmosphere	= 101.325 kPa	1 kPa	= 0.009869 atm
1 atmosphere	= 14.696 lbs / in^2	1 lbs / in^2	= 0.06805 atm
1 atmosphere	= 760 mm Hg	1 mm Hg	= 0.001316 atm
1 atmosphere	= 29.9213 "Hg	1 "Hg	= 0.033421 atm
1 atmosphere	= 33.8995 feet H_2O	1 ft H_2O	= 0.0295 atm
1 bar	= 1E6 dynes / cm^2	1 dyne/cm^2	= 1E-6 bar
1 dyne/cm^2	= 0.1 Pascals	1 Pascal	= 10 dyne/cm^2
1 Torr	= 1 mm Hg	1 mm Hg	= 1 Torr
1 dyne/cm^2	= 1.0197E-3 g/cm^2	1 g/cm^2	= 980.68 dyne/cm^2

Radiological

1 rad	=	100 ergs / g
1 erg / g	=	0.01 rad
1 rad	=	6.242E13 eV / g
1 eV / g	=	1.602E-13 roentgen
1 roentgen	=	87.7 ergs / g of air
1 erg / g of air	=	0.0114 roentgen
1 roentgen	=	1.61E12 ion pairs/g of air
1 ion pair / g of air	=	6.21E-13 roentgen
1 roentgen	=	5.47E13 eV / g of air
1 eV / g of air	=	1.828E-14 roentgen
1 roentgen	=	0.98 rads (in soft tissue)
1 rad (in soft tissue)	=	1.02 roentgen
1 rem	=	100 ergs / g in tissue
1 erg /g in tissue	=	0.01 rem
1 sievert (Sv)	=	100 rem
1 rem	=	0.01 Sv
1 sievert	=	1 J / kg
1 curie (Ci)	=	3.7E10 dps
1 dps	=	2.7027E-11 Ci
1 curie	=	2.22E12 dpm
1 dpm	=	4.5045E-13 Ci
1 μCi / m^2	=	222 dpm / cm^2
1 dpm / cm^2	=	0.0045 μCi / m^2
1 megaCi / sq mile	=	0.386 Ci / m^2
1 Ci / m^2	=	2.59 megaCi/sq mile
1 dpm / m^3	=	4.5E-13 μCi / cm^3
1 μCi / cm^3	=	2.22E12 dpm / m^3
1 becquerel (Bq)	=	2.7027E-11 Ci
1 Ci	=	3.7E10 Bq
1 becquerel	=	1 dps
1 dps	=	1 Bq

Radiological

1 BTU	=	1.28E-8 g ^{235}U fissioned
1 g ^{235}U fissioned	=	7.81E7 BTU
1 BTU	=	3.29E13 fissions
1 fission	=	3.04E-14 BTU
1 g ^{235}U fissioned	=	1 megawatt-days
1 MW-days	=	1 g ^{235}U fissioned
1 g ^{235}U fissioned	=	1.8E-2 kilotons TNT
1 kilotons TNT	=	55.6 g ^{235}U fissioned
1 fission	=	8.9058E-18 kW-hours
1 kW-hrs	=	1.123E17 fissions
1 fission	=	3.204E-4 ergs
1 erg	=	3.121E3 fissions
1 fission	=	6.9E-21 Megatons TNT
1 Megatons TNT	=	1.45E20 fissions
1 gray	=	100 rads
1 rad	=	0.01 gray
1 joule (J)	=	6.24E18 eV
1 eV	=	1.602E-19 joule

Others

1 ampere	=	2.998 E9 electrostatic units/sec
3.336E-10 amp	=	1 electrostatic unit/sec
1 ampere	=	6.242 E18 electronic charges/sec
1.602E-19 amp	=	1 electronic charge/sec
1 coulomb	=	6.242 E18 electronic charges
1 electronic charge	=	1.602E-19 coulomb

Power

1 joule/sec	=	1E7 ergs/sec	1 erg/sec	=	1E-7 joule/sec
1 watt	=	1E7 ergs/sec	1 erg/sec	=	1E-7 watt
1 watt	=	1 joule/sec	1 joule/sec	=	1 watt
1 watt	=	0.001341 hp	1 hp	=	745.7 watts
1 BTU/min	=	0.01757 kW	1 kW	=	56.9 BTU/min
1 BTU/min	=	0.023575 hp	1 hp	=	42.4 BTU/min
1 joule	=	9.478E-4 BTU	1 BTU	=	1.055E3 joules
1 joule	=	1E7 ergs	1 erg	=	1E-7 joule
1 calorie, g	=	0.003971 BTU	1 BTU	=	251.8 calories, g

MULTIPLES AND SUBMULTIPLES

1E18	Exa	E	1E2	hecto	h	1E-6	micro	µ
1E15	Peta	P	1E1	deka	da	1E-9	nano	n
1E12	tera	T	1E0	1	1	1E-12	pico	p
1E9	giga	G	1E-1	deci	d	1E-15	femto	f
1E6	mega	M	1E-2	centi	c	1E-18	atto	a
1E3	kilo	k	1E-3	milli	m			

GREEK ALPHABET

A	α	Alpha		ι	Iota		ρ	Rho
	β	Beta		κ	Kappa		σ	Sigma
	γ	Gamma		λ	Lambda		τ	Tau
	δ	Delta	M	µ	Mu		υ	Upsilon
	ϵ	Epsilon		ν	Nu		φ	Phi
	ζ	Zeta		ξ	Xi		χ	Chi
	η	Eta		ο	Omicron		ψ	Psi
	θ	Theta		π	Pi	Ω	ω	Omega

CONSTANTS

Avogadro's number (N_0)	6.02252E23
electron charge (e)	4.80298E-10 esu
electron rest mass (m_e)	9.1091 E-28 g
acceleration of gravity (g)	32.1725 ft / sec^2
@ sea level & 45^0 latitude	980.621 cm / sec^2
Planck's constant (h)	6.625E-27 erg-sec
velocity of light (c)	2.9979E10 cm / sec
	186,280 miles / sec
ideal gas volume (V_0)	22,414 cm^3 / mole (STP)
neutron mass	1.67482E-24 g
proton mass	1.67252E-24 g
ratio of proton to electron mass	1836.13
natural base of logarithms (e)	2.71828
	3.14159
1C	6.2418E18 esus
1A	1 C/sec
1 barn (b)	1E-24 cm^2
charge (e^{-1})	1.6E-19 C
W for air	33.8 eV / ion pair
Universal gas constant (R)	8.32E7 ergs/^{0}C gram mol

A gram-molecular weight of any gas contains Avogadro's number, N_0 (6.02252 E23) atoms and occupies a volume of 22,414 cm^3 at STP.

Temperature

$^0C = (^0F - 32)(5/9)$ $\qquad$ $^0F = {^0C} \times 1.8 + 32$

$^0K = {^0C} + 273.1$ $\qquad$ $^0R = {^0F} + 459.58$

SURFACE AREA AND VOLUME CALCULATIONS

Triangle A (area) = ½ x b x h;
where b is the base and h is the height of the triangle

Rectangle A (area) = a x b;
where a and b are the lengths of the sides

Rectangular Box V (volume) = w x l x h;
where w is the width, l is the length, and h is the height

Parallelogram (a 4-sided figure with opposite sides parallel)
A (area) = a x h; or a x b x sin ;
where a and b are the length of the sides, h is the altitude (or vertical height), and is the angle between the sides

Trapezoid (a 4-sided figure with two sides parallel)
A (area) = ½ x h (a + b);
where a and b are the length of the sides and h is the height

Regular polygon of *n* sides
A (area) = 1/4 x n x a^2 x cotangent (180^0 / n);
where a is the length of a side and n is the number of sides

Circle A (area) = x r^2; or 1/4 x x d^2;
where r is the radius and d is the diameter

Cube A (area) = 6 x a^2;
V (volume) = a^3;
where a is the length of a side

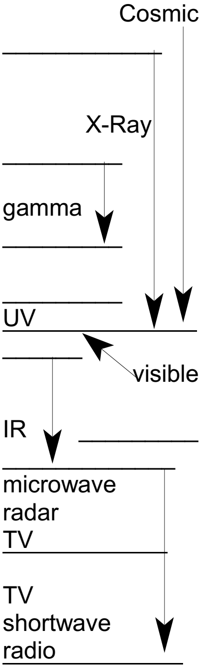
Cylinder A (area) = 2 x x r x h;
V (volume) = x r^2 x h;
where r is the radius and h is the length of the height

Sphere A (area) = 4 x x r^2; or x d^2;
V (volume) = 4/3 x x r^3 **or** 1/6 x x d^3
where r is the radius and d is the diameter

ELECTROMAGNETIC SPECTRUM

Wavelength Meters	Frequency MHz	Energy keV
1E-8	3E20	1.24E9
1E-14	3E16	1.24E5
1E-10	3E12	1.24E1
1E-6	3E8	1.24E-3
1E-2	3E4	1.24E-7
1E2	3	1.24E-11
1E6	3E-4	1.24E-15

Radiation Type



λ (meters wavelength) = 300 / F = 1.24E-9 / keV
F (frequency MHz) = 300 / λ = 2.419E11 x keV
E (keV) = 1.24E-9 / λ = F / 2.419E11

RULES OF THUMB FOR ALPHA PARTICLES

1. An alpha particle of at least 7.5 MeV energy is needed to penetrate the nominal protective layer of the skin (7 mg / cm^2 or 0.07 mm).

2. The alpha emissions and energies of the predominant particles from 1 µg of several common materials are:

	DPM per µg	**Alpha Energy (MeV)**
^{238}Pu	39,000,000	5.50 (72%)
^{239}Pu	140,000	5.15 (72.5%)
^{240}Pu	500,000	5.16 (76%)
^{242}Pu	8,700	4.90 (76%)
[a]Natural U	1.5	4.20 (37%), 4.77 (36%)
Oralloy (93% ^{235}U)	160	4.39 (~ 80%)
[b]Natural Th	0.5	4.01 (38%), 5.43 (36%)
D-38 (DU, tuballoy)	1	4.20 (~ 60%)

[a] Includes ^{234}U in equilibrium.
[b] Includes ^{228}Th in equilibrium. Depending upon the time since chemical separation, ^{228}Th can decrease to give a net disintegration rate lower than 0.5.
[c.] With 2p (50%) geometry, the surface of a thick uranium metal (tuballoy) source gives ~ 2400 alpha counts/min per cm^2. Depleted uranium (D-38) gives ~ 800 alpha cpm/cm^2.

3. Alpha particles lose about 0.8 MeV per mg/cm^2 density thickness of the attenuating material.

4. Detector window thicknesses cause alpha particles to lose energy at about 0.8 MeV per mg/cm^2 of window thickness. Therefore, a detector with a window thickness of 3 mg/cm^2 (such as sealed gas-proportional pancake alpha/beta detectors and pancake GM detectors) will not detect alpha emitters of less than 3 MeV.

5. Air-proportional alpha detectors have a flatter energy vs efficiency response than sealed gas-proportional, alpha scintillator, alpha/beta scintillator, or GM detectors. This is due to several factors. One factor is the typically thinner entrance windows on air-proportional alpha detectors compared to beta detectors and alpha and beta scintillator detectors whereby more of the initial alpha particle energy enters the active volume of the air-proportional compared to other detectors. A second factor is the relatively shallow depth of the air-proportional detector compared to the path length of the alpha particle in air which leads to the alpha pulses being of similar height for any alpha particle energy above a threshold.

6. Alpha particle energy transfer to air

6 MeV alpha particles produce 40,000 Ion Pairs per cm
4 MeV alpha particles produce 55,000 Ion Pairs per cm

ω for air is 34 eV per Ion Pair
therefore;
6 MeV alpha particles lose 1.18 MeV per cm of air
4 MeV alpha particles lose 1.87 MeV per cm of air

Alpha particle range in cm of air at 1 atmosphere
$R_a = 0.56\ E\ (E < 4\ MeV)$
$R_a = 1.24\ E - 2.62\ (E > 4\ MeV)$

Alpha particles lose about 60 KeV of energy per mm of air at STP.

RULES OF THUMB FOR BETA PARTICLES

1. Beta particles of at least 70 keV energy are required to penetrate the nominal protective layer of the skin.

2. The average energy of a beta-ray spectrum is approximately one-third the maximum energy.

3. The range of beta particles in air is ~12 ft (3.6 m) / MeV.

4. The range of beta particles (or electrons) in grams / cm^2 (thickness in cm multiplied by the density in g / cm^3) is approximately half the maximum energy in MeV. This rule overestimates the range for low energies (0.5 MeV) and low atomic numbers, and underestimates for high energies and high atomic numbers.

5. The exposure rate in rads per hour in an infinite medium uniformly contaminated by a beta emitter is 2.12 EC / where E is the average beta energy per disintegration in MeV, C is the concentration in µCi / cm^3, and is the density of the medium in grams/cm^3. The dose rate at the surface of the mass is one half the value given by this relation. In such a large mass, the relative beta and gamma dose rates are in the ratio of the average energies released per disintegration.

6. The surface dose rate through 7 mg / cm^2 from a uniform thin deposition of 1 Ci / cm^2 is about 9 rads/h (90 mGy/h) for energies above about 0.6 MeV. Note that in a thin layer, the beta dose rate exceeds the gamma dose rate for equal energies released by ~100.

7. The bremsstrahlung from a 1 Ci P^{32} aqueous solution in a glass bottle is ~ 3 mrad/h (30 µGy/h) at 1 m.

8. Half-value thickness vs beta energy

Isotope	β max energy (KeV)	Half-Value Thickness
Tc^{99}	292	7.5 mg / cm^2
Cl^{36}	714	15 mg / cm^2
Sr/Y^{90}	546 / 2270	150 mg / cm^2
U^{238}	Betas from short lived progeny	
	191 / 2290	130 mg / cm^2

9. Estimating beta energy using a paper shield

a) The density thickness of typical notepaper of 20 pound weight is 7.5 mg/cm^2.

b) Take a reading with your beta detector of the surface contamination you wish to estimate the energy of.

c) A single sheet of notepaper will stop all but the most energetic of alpha particles, will have virtually no effect on gamma radiation, and will only stop very low energy beta particles such as C^{14}.

d) A single sheet of notepaper will reduce the count rate from Tc^{99} by ½.

e) Continue adding more sheet of notepaper until the net count rate is less than ½ the unshielded count rate.

f) Multiply the number of sheet of notepaper necessary to reduce the count rate to ½ by 7.5 mg/cm^2. That density thickness is your half-value layer and you can compare the required density thickness with the table in step 8 or some other reference.

RULES OF THUMB FOR GAMMA RADIATION

1. The range of gamma rays (any photon) for energies from eV to 10 MeV in air is from a few mm to 100 meters. The range of those photons in water is from a few mm to several cm.

2. The dose rate 1 m above a flat, infinite plane contaminated with a thin layer (1 Ci / m^2) of gamma emitters is:

	Dose Rate	
Energy (MeV)	**rem/h**	**mSv/h**
0.4	7.2	72
0.6	10	100
0.8	13	130
1.0	16	160
1.2	19	190

3. The dose rate in rem/h per hour in an infinite medium uniformly contaminated by a gamma emitter is 2.12 EC / , where C is the number of microcuries per cubic centimeter, E is the average gamma energy per disintegration in MeV, and   is the density of the medium. At the surface of a large body, the dose rate is about half of this. At ground level (one-half of an infinite cloud), the dose rate from a uniformly contaminated atmosphere is 1,600 EC rem/h per Ci / cm^3.

4. The radiation scattered from the air (skyshine) from a 100 Ci ^{60}Co source 30 cm behind a 1 m high shield is ~ 100 mR/h (1 mSv/h) at 15 cm from the outside of the shield.

RULES OF THUMB FOR NEUTRONS

1. The number of neutrons per square centimeter per second at distance R from a small source emitting Q neutrons per second without shielding is given by;

$$n / cm^2\text{-sec} = Q / 4\ R^2 = 0.08Q / R^2$$

2. For α, η sources use the following equation to approximate the number of neutrons per second per Ci (Q).
$Q = 5.6E3 \times (\text{alpha particle energy in MeV})^{3.65}$
This holds true for Be; multiply by 0.16 for B targets, by 0.05 for F, by 0.015 for Li, and 0.003 for O targets.

3. For neutron energies from 1 to 10 MeV the neutron exposure rate is approximately equal to 1 mrem/hr at 1 meter for each 1E6 neutrons per second emission rate. Multiply the neutron mrem/hr at 1 meter by 11.1 to calculate the neutron exposure rate for the same source at a distance of 30 cm.

4. For spontaneous fission the gamma exposure rate for an unshielded source is approximately twice the neutron exposure rate.

5. The range of neutrons in air for energies from 0 to 10 MeV is from a few centimeters to 100 meters.

6. The range of neutrons in water (or tissue) for energies from 0 to 10 MeV is from a few millimeters to 1 meter.

7. Neutron flux to dose rate conversion:
Fast: 1 mrem (0.01 mSv) / hr per 6 n / cm^2-sec
Slow: 1 mrem (0.01 mSv) / hr per 272 n / cm^2-sec

APPROXIMATE NEUTRON ENERGIES

cold neutrons	0 - 0.025 eV
thermal	0.025 eV
epithermal	0.025 - 0.4 eV
cadmium	0.4 - 0.6 eV
epicadmium	0.6 - 1 eV
slow	1 eV - 10 eV
resonance	10 eV - 300 eV
intermediate	300 eV - 1 MeV
fast	1 MeV - 20 MeV
relativistic	> 20 MeV

Note: A thermal neutron is one which has the same energy and moves at the same velocity as a gas molecule does at a temperature of 20 degrees C. The velocity of a thermal neutron is 2200 m / sec (~5,000 mph).

Neutron Fluence per mrem (10CFR20)

MeV	n/cm^2 per mrem	$n/cm^2/s$ per mrem/hr	MeV	n/cm^2 per mrem	$n/cm^2/s$ per mrem/hr
thermal	....	......	10	2.4E4	6.7
to	9E5	250	14	1.7E4	4.7
1E-2	....	....	20	1.6E4	4.4
1E-1	1.7E5	47	40	1.4E4	6.7
5E-1	3.9E4	11	60	1.6E4	4.4
1	2.7E4	7.5	100	2E4	5.6
2.5	2.9E4	8	200	1.9E4	5.3
5	2.3E4	6.4	300	1.6E4	4.4
7	2.4E4	6.7	400	1.4E4	6.7

Spontaneous Fission Neutron and Gamma Yields

	SF (years) half-life	n/s/Ci	n/s/GBq	mrem / hr per Ci @ 30 cm neutron	gamma
Es^{253}	6.7E5	7.14E3	1.92E2	0.1	0.1
Cf^{252}	85	2.64E9	7.14E7	2.93E4	1E4
Bk^{249}	6E8	1.25E2	3.38	<0.1	<0.1
Cm^{244}	1.38E7	1.11E5	3.0E3	1.2	0.4
Cm^{242}	7.2E6	5.28E3	1.43E2	<0.1	0.1
Am^{241}	2E14	0.18	4.86E-3	<0.1	<0.1
Pu^{242}	7E10	4.56E5	1.23E4	5.0	2.0
Pu^{240}	1.39E11	4.01E3	1.08E2	<0.1	0.1
Pu^{239}	5.5E15	0.37	1.0E-2	<0.1	<0.1
Pu^{238}	4.9E10	1.52E2	4.1	<0.1	<0.1
Pu^{236}	3.5E9	69.7	1.88	<0.1	<0.1
Np^{237}	1E18	0.18	4.86E-3	<0.1	<0.1
U^{238}	7E15	5.44E4	1.47E3	0.6	0.2
U^{235}	1.9E17	3.15E2	8.51	<0.1	<0.1
U^{234}	2E16	1.05	2.84E-2	<0.1	<0.1
U^{232}	8E13	0.07	1.89E-3	<0.1	<0.1
Th^{232}	1E21	1.18	3.19E-2	<0.1	<0.1

These neutron and gamma exposure rates are approximate values for the spontaneous fission process. When you are making exposure rate measurements you should take into account shielding of the source (including self-shielding), individual instrument response to both neutron and gamma radiation, isotopic mixtures, age of the material (for both decay and ingrowth), homogeneity of the material, and impurities. Refer to the Specific Activity and Characteristic Radiations of Commonly Encountered Radionuclides sections for information on gamma exposure rates and radiations from primary decay modes of these isotopes.

Energy & Yield of neutrons from the alpha, n reaction

	η energy MeV	n/s/GBq	n/s/Ci	neutron mrem/hr per Ci @ 30 cm
$Cf^{252}O$	4.5	8.73E6	3.23E8	3,600
$Cm^{244}Be$	4	1.0E5	3.7E6	41.1
$Cm^{244}O$	1.9	1.0E5	3.7E6	41.1
$Cm^{242}Be$	4	1.12E5	4.1E6	45.5
$Cm^{242}O$	1.9	1.12E5	4.1E6	45.5
$Am^{241}Be$	4.5	7.6E4	2.8E6	34.7
$Am^{241}B$	2.8	1.3E4	4.8E5	5.9
$Am^{241}F$	1.3	4.1E3	1.5E4	0.17
$Am^{241}Li$	0.7	1.4E3	5.2E4	0.29
$Am^{241}O$	1.9	250	9.23E3	0.1
$Pu^{242}O$	1.7	2.13E-4	7.88E-3	8.7E-8
$Pu^{240}O$	1.9	0.86	32	3.6E-4
$Pu^{239}Be$	4.5	6.1E4	2.3E6	28.5
$Pu^{239}O$	1.9	0.06	2.36	2.6E-5
$Pu^{238}Be$	4.5	7.9E4	2.9E6	32.2
$Pu^{238}O$	1.9	6.19E3	2.29E5	2.5
$Pu^{239}F$	1.4	5.4E3	2E5	2.2
$Pu^{238}Li$	0.6	38	1.4E3	0.008
$Pu^{238}C^{13}$	3.6	1.1E4	4.1E4	0.46
$Pu^{236}O$	2.0	54	2E3	0.02
$Np^{237}O$	1.2	54	2E3	0.02

$U^{238}O$, $U^{235}O$, $U^{234}O$, $U^{233}O$, and $U^{232}O$ have similar alpha particle energies, therefore the energy and yield of the neutrons from the uranium oxide alpha, n reactions are similar.

	1.2	54	2E3	0.02
$Th^{232}O$	1.2	54	2E3	0.02

Energy & Yield of neutrons from the alpha, n reaction

	η energy MeV	n/s/GBq	n/s/Ci	neutron mrem/hr per Ci @ 30 cm
$Ac^{227}Be$	av 5	7.02E5	2.6E7	289
$Ra^{226}Be$	av 4.5	5.02E5	1.9E7	211
$Ra^{226}B$	3.0	8.0E4	3.0E5	3.3
$Po^{210}Be$	4.2	7.1E4	2.6E6	28.9
$Po^{210}Li$	0.48	1.2E3	4.4E4	0.49
$Po^{210}B$	2.5	1.0E3	3.7E5	4.1
$Po^{210}F$	0.42	3E3	1.1E5	1.2

Ra^{226} and Ac^{227} include progeny effects

Energy & Yield for 5.2 MeV alpha particles for various elements

α, η sources	η energy (MeV)	n/s/GBq	n/s/Ci
Li	0.3	1.13E3	4.2E4
Be	4.2	6.5E4	2.4E6
B	2.9	1.75E4	6.5E5
C	4.4	7.8E1	2.9E3
O	1.9	5.9E1	2.2E3
F	1.2	5.9E3	2.2E5
Na	?	1.1E3	4.1E4
Mg	2.7	8.9E2	3.3E4
Al	1.0	4.1E2	1.5E4
Si	1.2	7.6E1	2.8E3
Cl	?	7E1	2.6E3

Isotopic Mix of WG Pu

	Pu^{238}	Pu^{239}	Pu^{240}	Pu^{241}	Pu^{242}
% Weight	0.02	93.16	6.43	0.33	0.06
% Activity	0.82	13.87	3.49	81.82	0.0006
Curies for a 1 kilo-gram mixture of WG Pu					
	3.42	57.9	14.6	339.9	2.36E-3
exposure rates in rem/hr at 30 cm					
γ	5.5E-4	7.5E-3	0.017	- - -	1.2E-5
η	- - -	- - -	- - -	- - -	2.4E-5
Total γ + η	0.025				

Isotopic Mix of Heat Source (RTG) Pu^{238}

	Pu^{238}	Pu^{239}	Pu^{240}	Pu^{241}	Pu^{242}
% Weight	90.0	9.10	0.60	0.30	<0.01
% Activity	97.99	0.036	0.009	1.972	3.6E-6
Curies for a 1 kilo-gram mixture of RTG Pu^{238}					
	1.54E4	5.65	1.36	309	6.48E-3
exposure rates in rem/hr at 30 cm					
γ	2.46	7.3E-4	1.6E-3	- - -	3.2E-5
η	- - -	- - -	- - -	- - -	6.4E-5
Total γ + η	2.46				

Isotopic Mix of Reactor Grade Pu

	Pu^{238}	Pu^{239}	Pu^{240}	Pu^{241}	Pu^{242}
% Weight	1.50	58.1	24.1	11.4	4.90
% Activity	2.12	0.30	0.45	97.13	1.6E-3
Curies for a 1 kilo-gram mixture of reactor grade Pu					
	256.5	36.1	54.7	1.17E4	0.19
exposure rates in rem/hr at 30 cm					
γ	0.041	4.7E-3	0.063	- - -	9.5E-4
η	- - -	- - -	- - -	- - -	1.9E-3
Total γ + η	0.109				

WG Pu 15 years after fabrication

	Pu^{238}	U^{234}	Pu^{239}	Pu^{240}	Pu^{241}	Pu^{242}	Am^{241}
% Wt	0.018	0.002	93.16	6.43	0.16	0.06	0.17
% Act	1.22	2.8E-4	23.43	5.86	67.24	6.0E-4	2.25
Curies for a 1 kilo-gram mixture of 15 years-old WG Pu							
	3.08	1.2E-4	57.85	14.6	164.8	2.4E-3	5.83
exposure rates in rem/hr at 30 cm							
γ	4.9E-4	3.6E-8	7.5E-3	0.017	- - -	1.2E-5	0.991
η	- - -	- - -	- - -	- - -	- - -	2.4E-5	- - -

Total γ + η 1.17

Heat Source (RTG) Pu^{238} 15 years after fabrication

	Pu^{238}	U^{234}	Pu^{239}	Pu^{240}	Pu^{241}	Pu^{242}	Am^{241}
% Wt	79.94	10.06	9.10	0.60	0.14	<0.01	0.16
% Act	99.00	1.2E-3	3.7E-5	9.1E-5	0.99	3.7E-8	3.7E-4
Curies for a 1 kilo-gram mixture of 15 years-old RTG Pu^{238}							
	1.37E4	0.626	5.65	1.36	144.2	6.5E-3	5.49
exposure rates in rem/hr at 30 cm							
γ	2.19	1.9E-4	7.3E-4	1.6E-3	- - -	3.3E-5	0.933
η	- - -	- - -	- - -	- - -	- - -	6.6E-5	- - -

Total γ + η 3.13

Reactor Grade Pu 15 years after fabrication

	Pu^{238}	U^{234}	Pu^{239}	Pu^{240}	Pu^{241}	Pu^{242}	Am^{241}
% Wt	1.33	0.17	58.1	24.1	5.54	4.90	5.86
% Act	3.66	4.6E-5	0.58	0.88	91.83	3.1E-5	3.05
Curies for a 1 kilo-gram mixture of 15 years-old reactor grade Pu							
	227.4	0.01	36.1	54.7	5.71E3	0.19	201
exposure rates in rem/hr at 30 cm							
γ	0.036	3E-6	4.7E-3	0.063	- - -	9.5E-3	34.2
η	- - -	- - -	- - -	- - -	- - -	1.9E-2	- - -

Total γ + η 34.3

Neutron exposure rate from the oxide form of radionuclides

mrem/hr per	Pu^{238}	U^{234}	Pu^{239}	Pu^{240}	Pu^{242}	Am^{241}
Ci at 30 cm	2.5	2E-2	2.6E-5	3.6E-4	8.7E-8	0.1

Neutron and gamma exposure rates from Spontaneous Fission for Pu and U Power Source Radionuclides

	Primary Half-life	Ci / g	γ mrem /hr per Ci @ 30 cm	S.F. Half-life	Spontaneous Fission mrem /hr per Ci @ 30 cm γ	η
Pu^{238}	87.7 y	17.1	0.16	4.9E10 y	- - -	- - -
U^{234}	2.45E5 y	6.22E-3	0.3	2E16 y	- - -	- - -
Pu^{239}	2.41E4 y	6.21E-2	0.13	5.5E15 y	- - -	- - -
Pu^{240}	6.56E3 y	0.227	0.16	1.39E11 y	1	- - -
Pu^{241}	14.4 y	103	- - -	- - -	- - -	- - -
Am^{241}	432.7 y	3.43	170	2E14 y	- - -	- - -
Pu^{242}	3.75E5 y	3.94E-3	- - -	7E10 y	5	10
U^{238}	4.47E9 y	3.36E-7	0.4	7E15 y	0.6	1.2
Th^{234}	24.1 d	2.32E4	35.6	- - -	- - -	- - -
Pa^{234m}	1.17 m	6.86E8	50	- - -	- - -	- - -
U^{235}	7.04E8 y	2.16E-6	755	1.9E17 y	- - -	- - -
Th^{231}	25.22 h	5.32E5	48	- - -	- - -	- - -
U^{234}	2.46E5 y	6.22E-3	0.3	2E16 y	- - -	- - -

Isotopic Mix of Natural U

	U^{238}	Th^{234}	Pa^{234m}	U^{235}	Th^{231}	U^{234}
% Weight	99.27	- - -	- - -	0.72	- - -	0.0057
% Activity	24.39	24.39	24.39	1.16	1.16	24.51
Curies for a 1 kilo-gram mixture of natural uranium						
	3.3E-4	3.3E-4	3.3E-4	1.6E-5	1.6E-5	3.5E-4
gamma exposure rates in rem/hr at 30 cm						
	1.3E-7	1.1E-5	1.7E-5	1.2E-5	7.7E-7	1.1E-7

Total gamma exposure rate 4E-5 Rem/hr at 30 cm

Isotopic Mix of Commercial U

	U^{238}	Th^{234}	Pa^{234m}	U^{235}	Th^{231}	U^{234}
% Weight	97.01	- - -	- - -	2.96	- - -	0.03
% Activity	11.23	11.23	11.23	2.27	2.27	61.76
Curies for a 1 kilo-gram mixture of commercial uranium						
	3.3E-4	3.3E-4	3.3E-4	6.4E-5	6.4E-5	1.9E-3
gamma exposure rates in rem/hr at 30 cm						
	1.3E-7	1.1E-5	1.7E-5	4.8E-5	3.1E-6	5.7E-7

Total gamma exposure rate 7.9E-5 Rem/hr at 30 cm

Isotopic Mix of 10% Enriched U

	U^{238}	Th^{234}	Pa^{234m}	U^{235}	Th^{231}	U^{234}
% Weight	89.87	- - -	- - -	10.0	- - -	0.13
% Activity	3.25	3.25	3.25	2.32	2.32	85.59
Curies for a 1 kilo-gram mixture of 10% enriched uranium						
	3.0E-4	3.0E-4	3.0E-4	2.2E-4	2.2E-4	8.1E-3
gamma exposure rates in rem/hr at 30 cm						
	1.2E-7	1.1E-5	1.5E-5	1.7E-4	1.1E-5	2.4E-6

Total gamma exposure rate 2.1E-4 Rem/hr at 30 cm

Isotopic Mix of 20% Enriched U

	U^{238}	Th^{234}	Pa^{234m}	U^{235}	Th^{231}	U^{234}
% Weight	79.68	- - -	- - -	20.0	- - -	0.32
% Activity	1.25	1.25	1.25	2.00	2.00	92.25
Curies for a 1 kilo-gram mixture of 20% enriched uranium						
	2.7E-4	2.7E-4	2.7E-4	4.3E-4	4.3E-4	2.0E-2
gamma exposure rates in rem/hr at 30 cm						
	1.1E-7	9.6E-6	1.4E-5	3.2E-4	2.1E-5	6.0E-6

Total gamma exposure rate 3.7E-4 Rem/hr at 30 cm

Isotopic Mix of Depleted U

	U^{238}	Th^{234}	Pa^{234m}	U^{235}	Th^{231}	U^{234}
% Weight	99.75	- - -	- - -	0.25	- - -	0.0005
% Activity	32.01	32.01	32.01	0.53	0.53	2.90
Curies for a 1 kilo-gram mixture of depleted uranium						
	3.4E-4	3.4E-4	3.4E-4	5.4E-6	5.4E-6	3.1E-5
gamma exposure rates in rem/hr at 30 cm						
	1.4E-7	1.2E-5	1.7E-5	4.1E-6	2.6E-7	9.3E-9

Total gamma exposure rate 3.3E-5 Rem/hr at 30 cm

Isotopic Mix of HEU

	U^{238}	Th^{234}	Pa^{234m}	U^{235}	Th^{231}	U^{234}
% Weight	6.7	- - -	- - -	93.2	- - -	0.01
% Activity	0.5	0.5	0.5	42.6	42.6	13.3
Curies for a 1 kilo-gram mixture of HEU						
	2.3E-5	2.3E-5	2.3E-5	2.0E-3	2.0E-3	6.2E-4
gamma exposure rates in rem/hr at 30 cm						
	9.2E-9	8.2E-7	1.2E-6	1.5E-3	9.6E-5	1.9E-7

Total gamma exposure rate 1.6E-3 Rem/hr at 30 cm

MISCELLANEOUS RULES OF THUMB

1. One watt of power in a reactor requires 3.1E10 fissions per second. In a reactor operating for more than 4 days, the total fission products are about 3 Ci / watt at 1.5 min after shutdown. At 2 yr after shutdown, the fission products are approximately 75 Ci / MW-day.

2. The quantity of a short-lived fission product in a reactor which has been operated about four times as long as the half-life is given by; Ci (FY)(PL) , where FY is the fission yield (%/100) and PL is the power level in watts.

3. Correction factor for unsealed ion chambers to STP (0^0C and 760 mm of Hg) is f = (t + 273)/(273) x (760 / P) where t is the ambient temperature in degrees C and P is the ambient barometric pressure in mm of Hg.

4. The activity of an isotope (without radioactive daughter) is reduced to less than 1% after seven half-lives.

5. NATURALLY OCCURRING RADIONUCLIDES

Primordial	**Cosmogonic**
K^{40}	Tritium
Rb^{87}	Be^7
Natural U and Th	C^{14}

6. Unified Time, Distance, and Shielding formula for reduction of external dose.

$$\text{Rem} = \text{Initial Rem/hr} \times \text{T in hours} \times \frac{(D_2)^2}{(D_1)^2} \times 0.5^n$$

Where: Rem is the dose after applying reduction methods
T is the exposure time in hours
D_1 is the initial distance to the source
D_2 is the new distance to the source
0.5^n is the Shielding for 'n' half-value layers

UNITS AND TERMINOLOGY

	"Special Units"	SI Units
Exposure	Roentgen	Coulombs / kg
Dose	rad (0.01 Gy)	Gray (100 rad)
Dose Equiv	rem (0.01 Sv)	Sievert (100 rem)
Activity	Curie (2.22 E12 dpm)	Becquerel (1dps)

1 Roentgen	=	2.58 E-4 coulomb / kg in air
	=	1 esu / cm^3 in air
	=	87.7 ergs / gm in air
	=	98 ergs / gm in soft tissue
1 rad	=	100 ergs / gm in any absorber
1 Gray	=	10,000 ergs / gm in any absorber
1 rem	=	1 rad x QF = 0.01 Sv
H	=	DQN (from ICRP 26)
H (Dose Equiv.)	=	D (absorbed dose) x Q (quality factor) x N (any other modifying factors)

DEFINITIONS

Acute	any dose in a short period of time
Chronic	any dose in a long period of time
Somatic	effects in the exposed individual
Genetic	effects in the offspring of the exposed individual
Teratogenic	effects in the exposed unborn embryo/fetus
Stochastic	effects for which a probability exists and increases with increasing dose
Non-Stochastic (deterministic)	effects for which a threshold exists - effects do not occur below the threshold (examples; cataracts, erythema, epilation, acute radiation syndrome)

PUBLIC RADIATION DOSES

Average per capita US Dose	200 mrem (2 mSv) / yr
Living in Los Alamos (7000' elev)	327 mrem (3.27 mSv)/yr
Flying from NY to LA	2.5 mrem (25 µSv) / trip
Chest x-ray	10 mrem (0.1mSv)/exam
Full mouth dental x-ray	9 mrem (90 µSv) / exam

The external dose rate for cosmic rays doubles for each mile increase in elevation.

BACKGROUND RADIATION

Cosmic	=	28 mrem (0.28 mSv) / yr
Rocks	=	28 mrem (0.28 mSv) / yr
Internal	=	36 mrem (0.36 mSv) / yr
Medical x-rays	=	20 to 30 mrem (0.2 to 0.3 mSv)/yr
Nuclear medicine	=	2 mrem / yr
TOTAL US Ave	≈	120 mrem / yr

US Ave H_E from radon = 200 mrem / yr

Ave H_E from medical x-ray procedures:

Skull 20 mrem (0.2 mSv)

Upper GI 245 mrem (2.45 mSv)

Hip 65 mrem (0.65 mSv)

Chest 6 mrem (60 µSv),

Kidney 55 mrem (0.55 mSv)

Dental 55 mrem (0.55 mSv)

Occupational Doses	**mrem /yr**	**mSv/yr**
airline flight crew	1,000	10
nuclear power plant	700	7
Grand Central Station workers	120	1.2
medical personnel	70	0.7
DOE employees	44	0.44

RADON FACTS

1 working level = 3 DAC Rn^{222} (including progeny)
= 1.3E5 MeV / liter of air α energy
= 100 pCi / liter (1E-7 uCi / mL)
= 20.8 uJoules / M^3

1 working level-month = 1 pCi / L in air thru evaporation

EPA ACTION LEVELS FOR RADON GAS IN HOMES

Concentration (pCi / L)Sampling Frequency

0 - 4initial and no follow up

EPA Recommends Mitigation at ≥ 4 pCi / L

4 -20one year and follow up

20 -2003 months and follow up

> 200 Implement radon reduction methods

4 pCi / L in living area = 1.03 working level-month = 1 rem

PROPOSED EPA ACTION LEVELS FOR RADON IN DRINKING WATER

Maximum Contaminant Level (MCL) is 300 pCi / L of radon in water of community water systems (CWS).
Alternative Maximum Contaminant Level (AMCL) is 4,000 pCi / L of radon in water of community water systems.

To comply with the AMCL limit the state or the CWS (Community Water System) must implement a Multi-Media Mitigation plan to address the radon in the air of residences. The proposed rule would not apply to CWSs that use solely surface water.

The proposed rule requires monitoring for radon in drinking water. The monitoring frequency varies from once per quarter to once in 9 years based on radon concentrations.

COMPARATIVE RISKS OF RADIATION EXPOSURE

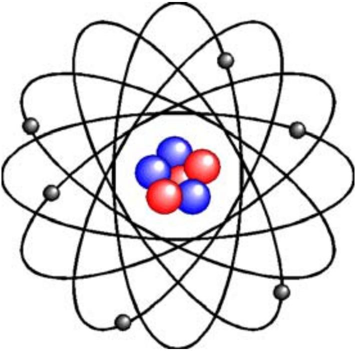
	Estimated Days of Life Lost
Smoking 1 pack of cigarettes / day	2,370
20% overweight	985
Average US alcohol consumption	130
Home accidents	95
Occupational exposure	
• 5.0 rem (50 mSv) / year	32
• 0.5 rem (5 mSv) / year	3

OCCUPATIONAL RISKS Occupation	**Estimated Days of Life Lost**
demolition	1,500
mining	1,100
firefighting	800
railroad	500
farming	300
construction	200
transportation & public utilities	160
average of all occupations	**60**
government	55
radiation dose of 1 rem (10 mSv) per year	50
service	45
trade	30
single radiation dose of 1 rem (10 mSv)	1.5

Relative Risk

Your overall risk of dying is 1 in 1

Heart disease	1 in 5
Cancer	1 in 7
Stroke	1 in 24
Motor vehicle accident	1 in 84
Suicide	1 in 119
Falling	1 in 218
Firearm assault	1 in 314
Pedestrian accident	1 in 626
Drowning	1 in 1,008
Motorcycle accident	1 in 1,020
Fire or smoke	1 in 1,113
Bicycle accident	1 in 4,919
Air / space accident	1 in 5,051
Accidental firearm discharge	1 in 5,134
Accidental electrocution	1 in 9,968
Alcohol poisoning	1 in 10,048
Hot weather	1 in 13,729
Hornet, wasp, or bee sting	1 in 56,789
Legal execution	1 in 62,468
Lightning	1 in 79,746
Earthquake	1 in 117,127
Flood	1 in 144,156
Fireworks discharge	1 in 340,733



Practical answers to
complex questions

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