



The

# NRRPT NEWS

OFFICIAL NEWSLETTER of the *National Registry of Radiation Protection Technologists*

August 2015 Edison

Incorporated April 12, 1976

## Chairman's Message

Greetings fellow RRPTs !

Let me begin with congratulating the 62 individuals that passed the NRRPT exam on February 21 and August 1 of this year. Your hard work and dedication to excel in the field of radiation safety will not go unnoticed. Every day employers are looking to hire and promote persons that demonstrate they can set a goal and reach that goal through hard work and perseverance. The hours of study going through the regulations, radiation protection theory, and mathematical calculations have paid off with the achievement of this important milestone in your careers. I know that you will apply these same principles to other facets of your life and career.

Also in this newsletter is an article about Lorenzo Cabrera and his support of the NRRPT scholarship program. Lorenzo was able to use his NRRPT certification towards educational credits and with a scholarship awarded by the Registry, was able to obtain his B.S. in Radiological Health Physics. Remember that earlier statement about goals, hard work and perseverance? Lorenzo has become very successful in the radiation safety business and wants others to pursue their goals of a higher education. Therefore, he has given back to the Registry with scholarship opportunities. If you seek to advance your education and need scholarship assistance, please go to the "Forms" section on the NRRPT.org web page and complete the scholarship application for submittal to our Awards Committee. Ed Lohr (Awards Committee Chairman) and the committee representatives will review the scholarship applications and get back to those needing assistance to pursue their educational goals.

Since I am on the subject of education, a new ad-hoc committee (AERO - Academic Expansion and Reach Out) was formed last year to begin reaching out to two and four year radiation safety degree programs. Members of this committee have reached out to a number of two year degree programs, Aiken Technical College



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## Contacts

Eddie Benfield, Chairman of the Board  
(803) 701-3810 (w)  
eddie.benfield@duke-energy.com

DeeDee McNeill DeGrooth  
(401) 637-4811  
nrrpt@nrrpt.org

Dwaine Brown  
(423) 722-1979  
ddbrown@energysolutions.com

and Spartanburg Community College, to discuss the nuclear renaissance with the construction of new nuclear units and pending retirement of the aging radiation safety workforce. If you are within easy travel of one of these institutions and would wish to promote the field of radiation safety and the NRRPT, please contact me personally and I will assist you in any manner possible to promote the Registry and the benefits of the radiological safety profession.

Next year the Registry will be celebrating its 40th year and I look forward to this milestone with our registered practitioners. The founders of the Registry, such as Don Marshall and Arthur Humm, never envisioned that over 5000 persons would become Registered Radiation Protection Practitioners and the Registry would reach out and become internationally recognized in Canada

and South Africa, pending. An article about our humble beginnings will be included in next year's newsletter and interviews and quotes from past chairs of the Board of Director's will be shared in that same newsletter.

Last but not least, I wish everyone a safe Fall 2015 outage season and look forward to hearing from others in the business. I always look forward to corresponding with others in the radiological safety profession and would enjoy reading articles about activities that our registered professionals have undertaken this year to protect their plants, personnel and the public from the harmful effects of ionizing radiation.

Respectfully,  
Eddie Benfield  
NRRPT, Chairman of the Board



# Emerging Issues of Tissue Reactions

By Suketu Patel

MSc Candidate, McMaster University, Hamilton, Canada

On April 21, 2011 the International Council on Radiological Protection (ICRP) released a statement regarding detrimental effects of radiation effects and the recommendations for late deterministic effects arising from exposure to radiation. These deterministic effects are now referred to as tissue-reactions due to the growing evidence that some effects are not observed in the short period after exposure (few weeks to a year), rather some of the responses can be modified after exposure and may take years to develop. One of these tissue reactions, which the ICRP has focused on is cataract of the lens of the eye. The lens of the eye is one of the most radiosensitive tissues in the body and it had been long thought that cataracts can only be induced after high doses (up to 10 Sv for acute exposure and 8 Sv for chronic exposure) [ICRP 103]. These regulations were based on studies that had too few subjects with doses below a few grays, did not take into account the long latency period with low doses, generally had short follow up periods, and were not designed to detect any early lens changes. After reviewing recent epidemiological studies, which take into account the inverse relationship between dose and latency period, the ICRP now estimates a threshold of 0.5 Gy (for both acute and chronic exposures). Due to this large reduction in the threshold, the ICRP recommended annual limit for occupational exposure in planned exposures has also been greatly reduced from 150mSv/year to 20mSv/year, averaged over 5 years (with no single year exceeding 50 mSv). The ICRP also indicated that stroke and cardiovascular diseases have a significantly lower threshold of induction (0.5 Gy) than previously recommended, however there was no new suggested changes to the limits for effective dose.

It is a separate issue whether each member country of ICRP adopts the suggested recommendations or not, but dosimetry is currently an issue for the countries that do move forward in adopting the recommendations. In Canada, licensees are required to use a licenced dosimetry service to measure dose, but this might be a problem because currently no dosimetry services measure dose to the lens of the eye. Licenced facilities would be required to assess every worker and determine which worker's activities will lead to an increased exposure to the lens of the eye. Workers assessed to potentially exceed the annual limit will be required to wear a lens dosimeter, similar to extremity dosimeter requirements, where if a worker's dose to the hands are assessed to be different than their whole body dose, they are required to wear an extremity dosimeter. Dosimetry services today estimate the dose to the lens by using the measured deep dose equivalent and computer algorithms. For workers that are usually exposed to uniform radiation fields without any partial shielding, which includes most of the workers in the nuclear industry, the above method of dose estimation for the lens is fairly accurate. Therefore a worker who exceeds the whole body annual dose limit (20 mSv) is also likely to exceed lens dose of 20 mSv. This method of dose estimation is only accurate for gamma exposure, for other types of radiation (ex. soft x-rays and beta particles) the estimated dose is not very accurate and might be very different from shallow/deep

dose measurement. Therefore for situations like this and also for situations which use partial shielding, better techniques are required to measure or estimate the dose to the lens of the eye.

Currently this reduction in the annual limit is important in the field of interventional cardiology or radiology, where doctors are constantly exposed to non-uniform x-rays, and also nuclear energy workers who work under non-uniform fields. To reduce dose, facilities can reduce their exposure time or use additional shielding. The use of leaded safety glasses is an effective way to reduce the dose to the lens of the eye from soft x-rays, and with the addition of side shielding to these glasses, exposure from scattered x-rays is largely reduced. For shielding against beta particles, simple plastic safety glasses with the addition of side shields is sufficient.

The Australian Radiation Health Committee has recommended that all of their radiation users start implementing these new recommendations by the ICRP, and the Canadian Nuclear Safety Commission is considering adopting these new limits. In North America and elsewhere, regulatory authorities could pursue several possible options, which include:

1. No change, continue with the existing regulatory requirement (150 mSv).
2. Change the current requirements by adopting the ICRP- recommended dose values.
3. Change the current requirements to adopt a single, reduced dose limit for the lens of the eye. For example, a single lifetime limit of 50 mSv (5 rem) or 20 mSv (2 rem).

If countries are to adopt the suggested recommendations by the ICRP, there will be implication which include:

- Worker perception (workers might ask whether or not they were protected before)
- New shielding and dosimeter issue
- Facility Assessments
- Administrative burden
- Cost Implications:
  - ⇒ Additional training, dosimetry, shielding, enhanced medical examinations for workers

## **References:**

ICRP, 2007. The 2007 Recommendations of the International Commission on Radiological Protection. ICRP Publication 103. Ann. ICRP 37 (2-4).



## Cabrera Services Acknowledgment Plaque

On Friday July 24<sup>th</sup>, David Biela presented Cabrera Services with an **NRRPT** plaque for the company and the company's founder, Lorenzo Cabrera's ongoing support for the **NRRPT** scholarship program. The contribution to the **NRRPT** scholarship program by Mr. Cabrera is an amazing example of someone "Passing It Forward". Mr. Cabrera worked as a Health Physics Technician servicing nuclear power plants during the 1980s and became a Registered Radiation Protection Technologist in 1989. While working as a technician and attending night school in 1990, Mr. Cabrera received a scholarship from the **NRRPT** and ultimately was in a position to be able to enroll full time in the University of Massachusetts Lowell where he earned his B.S. in Radiological Health Physics.

In 1994, Mr. Cabrera founded Cabrera Services Inc., a company which specializes in radiological and environmental remediation, health physics and waste management, all performed with the goal of remediating and closing out sites that have been formally contaminated with radioactive materials. In very generous show of support for the **NRRPT's** scholarship program, in 2009 Mr. Cabrera donated \$50,000 as a thank you for the registries support to him in 1990 and as a way to pay it forward to the next generation of technicians. Many technicians have benefitted from his generosity and many more will benefit in the future.

Thank You Cabrera Services Inc. and Lorenzo Cabrera for your support!



David Biela (left) Robert Flowers  
(right) (Cabrera President and Chief  
Operating Officer)



# NRRPT Night-Out in Indianapolis, IN

An enjoyable night-out at the historic Slippery Noodle Inn with the  
Board & Panel members and family & friends.



\*\*\* Our generous NRRPT Night-Out sponsors \*\*\*

Left to right: Todd Davidson (Envirachem), Eddie Benfield (Duke Energy),  
Tom Hansen (Ameriphysics), and Bob Wills (The GEL Group),



Board, Panel Members and friends



Eddie Benfield thanking our sponsors



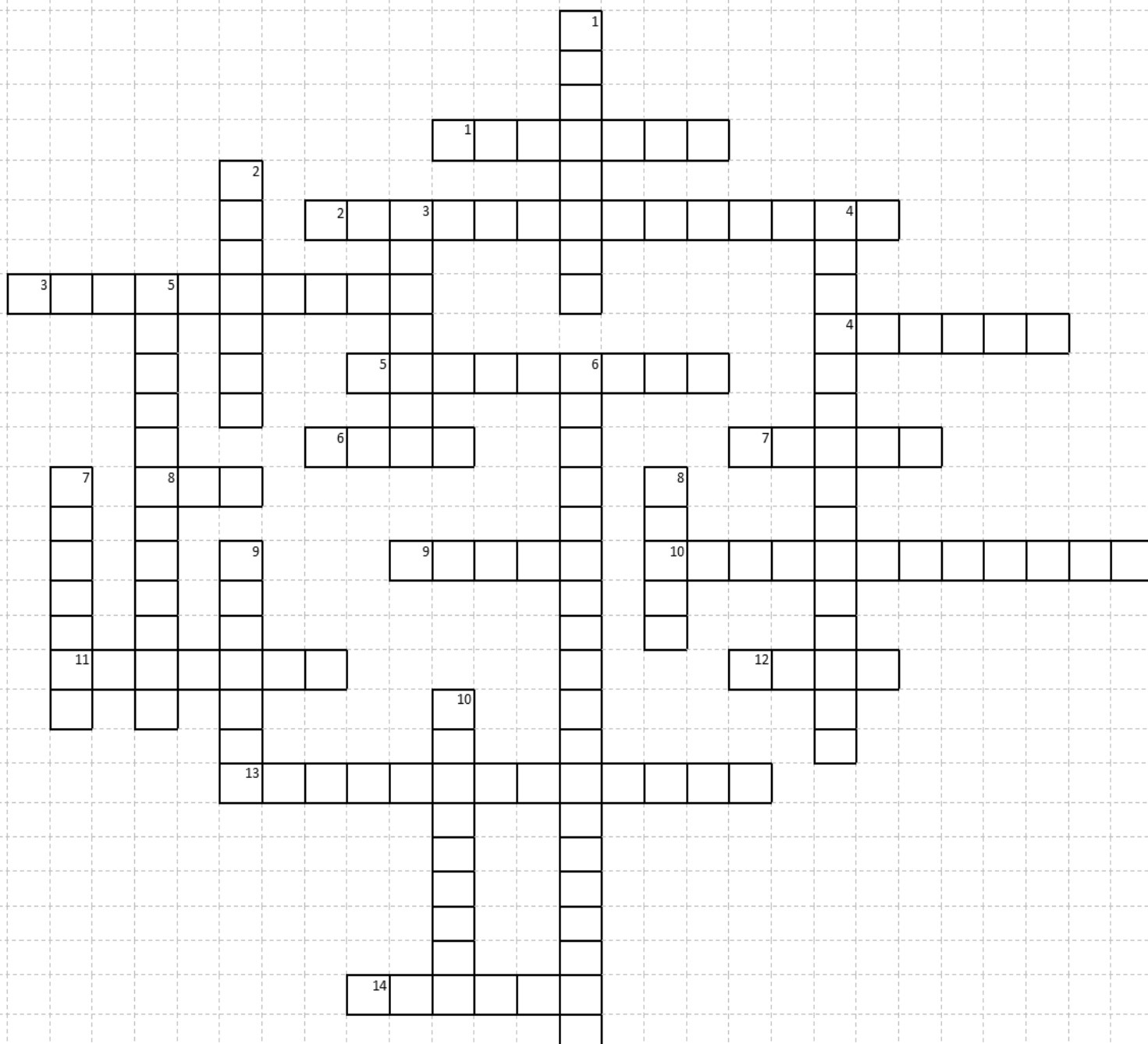
Bob Wills and Kelli Gallion



Some of the group

# Rad Crossword Puzzle

Solution on Page 11



## NRRPT Mid-Year Meeting

The 2016 **NRRPT** Board and Panel mid-year meetings will be in conjunction with the HPS Mid-Year meeting in Austin, TX. The **NRRPT** Board meeting is Saturday, January 30 and Tuesday, February 2. The **NRRPT** Panel meeting is Sunday January 31 and Monday February 1. All **NRRPT** members are welcome to attend!

# Rad Crossword Puzzle

## Across

- 1 3 DAC of Rn222 is considered 1 \_\_\_\_\_ level
- 2 the upper respiratory pathway
- 3 aka white blood cell
- 4 The detector that is unable to distinguish the energies of the incoming rays is known as a \_\_\_\_\_ counter
- 5  $W_t$  used in calculating a CEDE is the Tissue \_\_\_\_\_ Factor
- 6 approximately 12 feet/MeV is the rule of thumb for the range of a \_\_\_\_\_ particle
- 7 37 Giga Becquerels is equal to one \_\_\_\_\_
- 8 100 ergs of energy deposited in 1 gram of any absorber is known as a \_\_\_\_\_
- 9 Radiation badge performance testing is done by \_\_\_\_\_ accredited laboratories
- 10 OSL is short for Optically Stimulated \_\_\_\_\_
- 11 This decay chain includes Radon 222
- 12 When used in pressure demand mode, this device has a protection factor of 10,000
- 13 Non-stochastic effects are sometimes called \_\_\_\_\_ effects
- 14 Activated charcoal is used to collect airborne samples of what gas

## Down

- 1 A liquid scintillation counter uses a liquid mixture known as a \_\_\_\_\_, as the counting medium
- 2 Any dose received over a long period of time is called \_\_\_\_\_
- 3 SI equivalent of the Rem
- 4 6.02252E+23
- 5 The steepest section of the entire characteristic curve for gas-filled detectors is called the \_\_\_\_\_ region
- 6 In shipping a radioactive package, the T.I. is shown on the shipping papers, what is T.I.
- 7 This "glow-in-the-dark" isotope has been used in exit signs and gun sights
- 8 True or False; In Vivo bioassay counts urine or fecal samples externally
- 9 DAC stands for the \_\_\_\_\_ Air Concentration
- 10 CEDE stands for the \_\_\_\_\_ Effective Dose Equivalent

## NRRPT Annual Meeting

The 2016 **NRRPT** Board and Panel annual meetings will be in conjunction with the HPS Annual meeting in Spokane, WA. The **NRRPT** Board meeting is Saturday, July 16 and Tuesday, July 19. The **NRRPT** Panel meeting is Sunday July 17 and Monday July 18. All **NRRPT** members are welcome to attend!



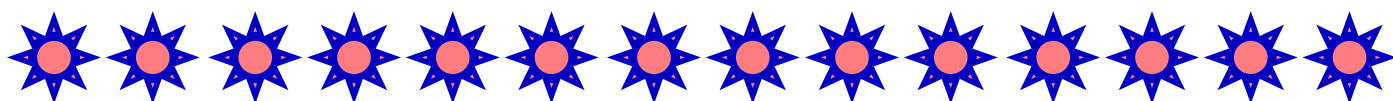
# NRRPT

Board of Directors  
Meeting

in

Indianapolis, IN

July 2015



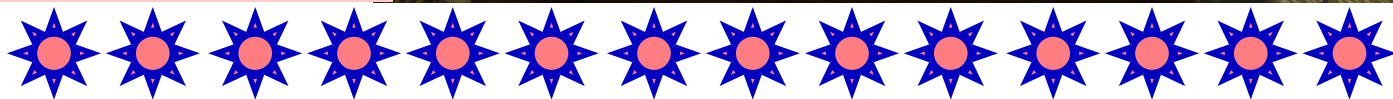
# NRRPT

Panel of Examiners  
Meeting

in

Indianapolis, IN

July 2015



If you'd like to join the Panel of Examiners please contact one of the following:

Exam Panel Chairman—Rick Rasmussen—[rickras@lanl.gov](mailto:rickras@lanl.gov)

Exam Panel Vice-Chairman—Dave Tucker—[tuckerdm@mcmaster.ca](mailto:tuckerdm@mcmaster.ca)

Executive Secretary—DeeDee McNeill DeGrooth—[nrrpt@nrrpt.org](mailto:nrrpt@nrrpt.org)

# **Welcome New 2015 NRRPT Members**

Congratulations to the following individuals who successfully passed the  
**NRRPT Examination on February 21, 2015:**

**Ryan E. Adams  
Adam L. Berry  
Kyle L. Bronson  
Bret A. Cole  
Bernard K. Finnigan  
Dominic J. Ford  
Erik A. Galvan  
Matthew L. Gibson  
Anne M. Harris  
William Jeffries  
Jeffrey Klimczak  
Barry Lawson  
Eva Maggard  
Trang Marquez  
Paul W. Marshall**

**David K. McAllister  
Sean P. McCann  
Adrienne J. McKinley  
Ryan P. Murdock  
Terry J. Olson  
Ryan Penney  
Adam D. Phillips  
Ryan Roberts  
Joseph W. Rogers  
Eric CG Sappington  
Brian Sprague  
Israel Tadesse  
William Tetley  
Jose A. Torres Moreno  
Damen M. Trent**

Congratulations to the following individuals who successfully passed the  
**NRRPT Examination on August 1, 2015:**

**Lisa S. Berta  
Caroline Buckingham  
Michael Cooper  
Jordan Cox  
Marc D. Cyr  
Gerald Davis  
John C. Detwiler  
Brett Falkenrath  
Theodore J. Green  
Medwell W. Hill  
Dan E. Hill  
Joseph Hirner  
Ray Hulse  
Denise Kilby  
Joseph Landry  
Ryan McMurray**

**Aaron P. Miaullis  
William Plunkett  
Shane Reese  
Brian Robinson  
David Salerius  
Kenneth Schafer  
Ryan B. Sharpe  
Jared Smith  
Paul Steinmeyer  
Albert L. Travis  
James B. Turpin, II  
Dustin Van Dame  
Robert Weaver  
Brian Weir  
Scott Williams  
Seth Williams**

# Exam Preparation

By David Biela

For approximately the last 11 years the **NRRPT** has been including a questionnaire “How Did You Prepare for the Exam” along with the exam material and have asked the candidates to complete the questionnaire. Over the years we have compared the successful individuals to the answers to the questions to try and come up with correlations between success and the candidates history and we have found that the only item that had a direct correlation to success was the quantity of time spent studying. The successful candidates typically had greater than 200 study hours put in. Below are some of the questions that were asked.

1. Did you attend a preparation course or on line training of any kind?
2. Study hours put in?
3. Previous nuclear experience (Nuclear Power, DOE, Military, Medical etc.)?

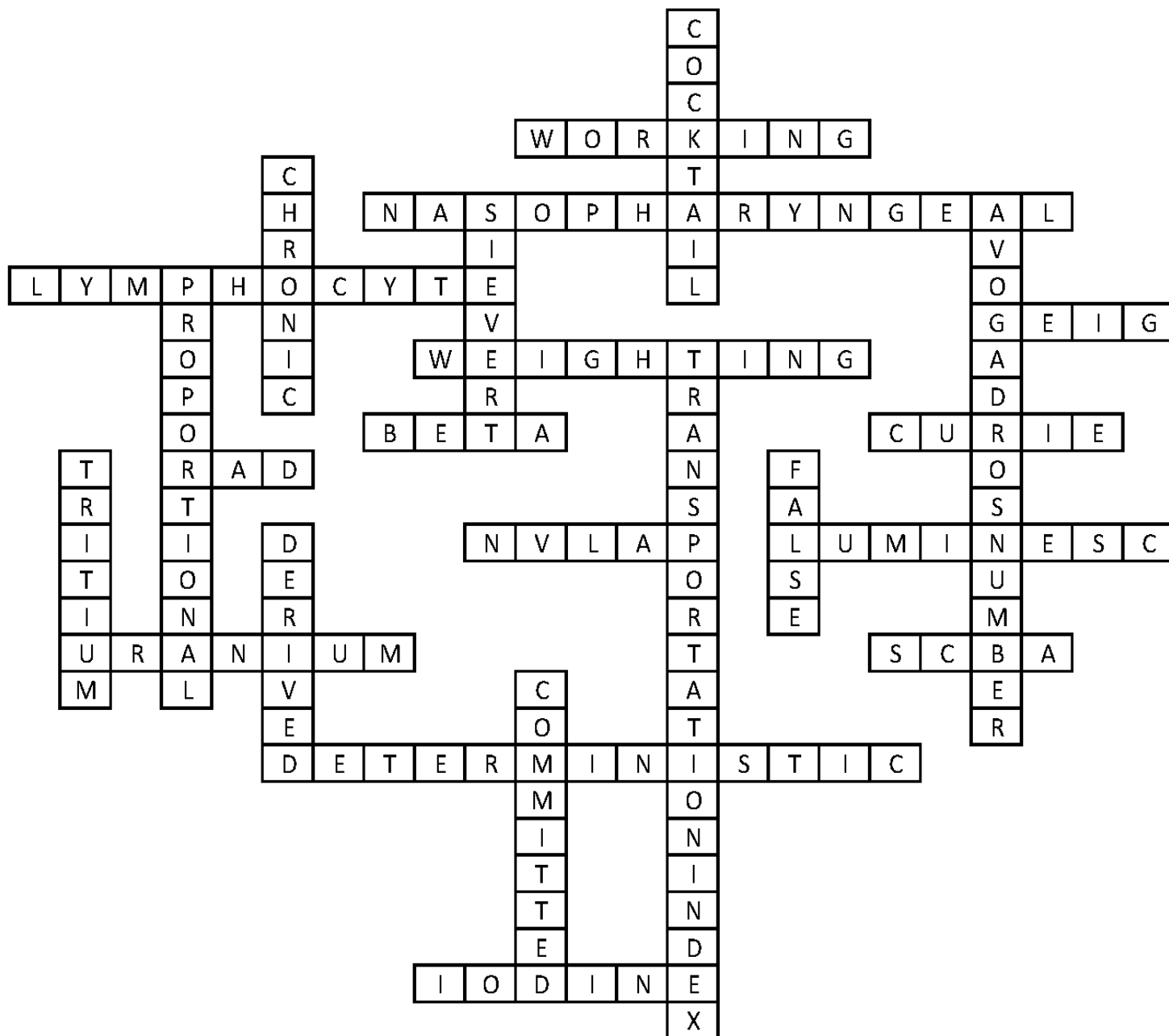
The Board and Panel would encourage any candidate that is preparing for the **NRRPT** exam to put in the study time. Below is a consolidated list of study material that would help you prepare for the US exam. This is not the all-inclusive list that can be found on the NRRPT web site, but it does cover a large portion of the material that will be covered by the exam.

1. 10CFR20
2. 10CFR835
3. 10CFR34
4. 10CFR35
5. 49CFR173
6. Problem Solving Guide “Math”
7. One of the Health Physics Technician Training Books

**NOTE:** If you choose to attend one of the **NRRPT** preparation classes, I would recommend doing it as near as possible to when you plan to sit for the exam.

# Rad Crossword Puzzle

## Solution



**FYI: the Member Emeritus Application Form has been revised. Please use the form on next page if you wish to apply for Emeritus status!**



## NRRPT MEMBER EMERITUS APPLICATION

Member Emeritus is an award that may be given to registered member who has made sustained and substantial contributions to the Registry and is retired from active employment as a Registered Radiation Protection Technologist.

Send application to: NRRPT  
P.O. Box 3084  
Westerly, RI 02891

The Awards Committee will review the application and make a recommend to the Board of Directors. The applicant will be informed of the Board of Directors' decision.

### Applicant's Information

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Year Registered: \_\_\_\_\_ Year Retired: \_\_\_\_\_

Contribution to the Registry: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I certify that the information provided is accurate and complete.

\_\_\_\_\_

Applicant's Signature

Date

\_\_\_\_\_

### Office Use

Awards Committee Recommendation: Approve \_\_\_\_\_ Disapprove \_\_\_\_\_

Board of Directors' decision: Approve \_\_\_\_\_ Disapprove \_\_\_\_\_

Date: \_\_\_\_\_



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### Cabrera Services

Shannan Ryll  
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860-569-0277 (fax)  
[sryll@cabreraservices.com](mailto:sryll@cabreraservices.com)  
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- Expertise in securing site closure/release;
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## General Engineering Laboratories, LLC

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## Master-Lee Decon Services

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## MJW Technical Services

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