

Name \_\_\_\_\_

Dosimetry service \_\_\_\_\_



# WEAR YOUR DOSEMETER

You should wear your dosimeter whenever you work with ionising radiations. If you have lost it or forgotten it tell your supervisor immediately. A replacement can then be issued or alternative arrangements made to assess your dose in places where you might be significantly exposed to ionising radiations (eg in a 'controlled area').

The Ionising Radiations Regulations 1999 require your employer to make sure your exposure is restricted as far as reasonably practicable and is kept below dose limits. If your dose exceeds the limits you will not be suspended from work unless the Appointed Doctor decides it is essential for your protection - this would be unusual. However, your employer must carry out a thorough investigation to find out why you received an over-exposure and stop it

from happening again.

Monitoring dose levels gives your employer regular information about the effectiveness of control measures - you can ask to see this information. Also, accurate long-term records give Appointed Doctors a clear picture of your exposure.

Your dosimeter records your exposure to external radiation but it can only do this if you wear it properly. It is in your own interest to wear your dosimeter correctly.

## DO

- Wear it properly (see your local procedures)
- Check your dosimeter can still be seen and hasn't fallen off

- Tell your supervisor immediately if you lose it or mislay it - even if you find it later
- Keep it away from hot pipes, corrosive chemicals and other things that might affect it
- Store it securely - see your employer's local rules
- Return it promptly at the correct time
- Always be sure you have a new dosimeter before you give up the old one
- Report faults immediately (eg part of the dosimeter is missing or electronic displays don't work)
- Tell your supervisor immediately if you think you may have received an unusual dose

# DON'T

- Damage the dosimeter
- Take it apart, except where instructed (eg to replace the film in a film badge dosimeter)
- Fix it where it could be covered by metal objects such as keys
- Store it in overalls, tool boxes or other places where it may be exposed to radiation accidentally
- Interfere with other people's dosimeters
- Wear a dosimeter which has been issued to someone else

This pocket card contains notes on good practice which are not compulsory but which you may find helpful in considering what you need to do.

# LEGAL REQUIREMENTS

If you are a classified person you *personally have a legal duty* under the Ionising Radiations Regulations 1999 to wear your dosimeter - if you fail to wear it HSE inspectors will treat this as a serious offence.

It is a serious offence to interfere with other people's dosimeters.  
**DON'T DO IT!**