

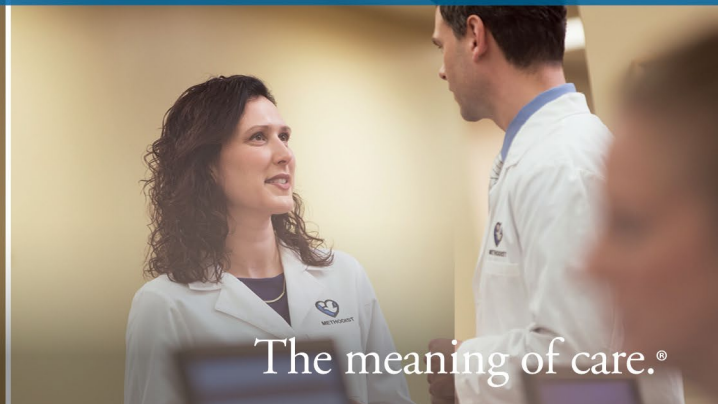
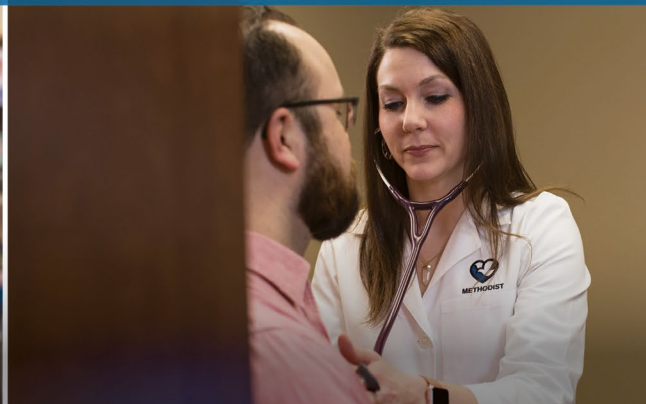


A friendly message from your RSO

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The meaning of care.®



- ALARA stands for “as low as reasonably achievable”. ALARA means avoiding exposure to radiation that does not have a direct benefit to you, even if the dose is small. To do this, you can use three basic protective measures in radiation safety:
 - **Time**
 - **Distance**
 - **Shielding**



- A radiation dosimeter or badge does not provide protection, but detects and measures radiation that you have been exposed to
- Individuals are **required** to obtain and wear radiation badges to monitor exposure if they:
 - Operate fluoroscopic x-ray units or work in areas where fluoroscopic x-ray units are used
 - Operate therapeutic x-ray units
 - Administer radiopharmaceuticals to patients
- If you meet one of these criteria, and are not badged, please contact me! (contact at end of slides)



- When should a dosimeter badge be worn?
 - Wear your badge every day while working
 - Place badge in a radiation-free area after working hours
 - Do not remove the badge from your workplace
 - Place the badge in the neck or chest area, facing the radiation source



- Regarding radiation monitoring, there are a few points that Landauer Academy does not properly stress. If you have a radiation monitor for work assignments:

Annually, you will receive a “Form 5 – Annual” report. This report summarizes your past year’s exposure, and your lifetime exposure. A similar form, “Form 5 – Termination”, is to be provided if you stop working at Methodist. If you don’t get one, please ask for it.

Also, if you are simply curious, please ask and a report can be furnished at any time.



- Multiple Employers? Do you provide services all across Omaha, or Nebraska, or Iowa?

You cannot wear your Methodist Badge at another institution.

If at any time you enroll in, or are already enrolled, in another institution's monitoring program before terminating at Methodist, you are required to notify the Radiation Safety Officer (contact at end of slides)



- Declaring a Pregnancy
 - If you are a radiation worker and you wish to receive a fetal monitoring device, you have to formally “Declare” your pregnancy. Ask your supervisor, or reach out directly to me for the proper documentation.
 - You are not obligated to declare your pregnancy/receive fetal monitoring. It is completely voluntary.
 - Declaring your pregnancy means that you and your supervisor agree to a reduced occupational exposure limit of 500 mrem (vs 5000 mrem) during gestation, tied to the fetal badge.
 - While rare, if the fetal badge is at risk of approaching 500 mrem, alternative work assignments and/or leave will need to be explored.



Notice to Employees

If you are a radiation worker in Nebraska, or frequent a restricted area (limited access due to potential radiation exposure), there is to be one of these Notices posted.

If you don't know where it is, ask your supervisor, or contact me--see end of presentation for contact info.

NEBRASKA

Good Life. Great Mission.

DEPT. OF HEALTH AND HUMAN SERVICES

Nebraska Department of Health and Human Services
Division of Public Health - Radiological Health
P.O. Box 95026
301 Centennial Mall South
Lincoln, Nebraska 68509-5026

Attachment 1

Form
NRH-3
EFFECTIVE 06-26-2021

NOTICE TO EMPLOYEES

Standards for Protection Against Radiation; Notices,
Instructions and Reports to Workers; Inspections

In Title 180, Regulations for Control of Radiation, the Nebraska Department of Health and Human Services has established standards for your protection against radiation hazards and has established certain provisions for the options of workers engaged in work under an Department license or registration.

YOUR EMPLOYER'S RESPONSIBILITY:

Your Employer is Required to:

1. Apply these regulations to work involving sources of radiation.
2. Post or otherwise make available to you a copy of Title 180, Regulations for Control of Radiation, and the operating procedures which apply to work you are engaged in, and explain their provisions to you.
3. Post any Notice of Violation involving radiological working conditions, proposed imposition of civil penalties or orders.

YOUR RESPONSIBILITY AS A WORKER:

You should familiarize yourself with those provisions of Title 180, Regulations for Control of Radiation and operating procedures which apply to the work in which you are engaged. You should observe their provisions for your own protection and protection of your co-workers.

WHAT IS COVERED BY THESE REGULATIONS:

1. Limits on exposure to radiation and radioactive material in restricted and unrestricted areas;
2. Measures to be taken after accidental exposure;
3. Personnel monitoring, surveys and equipment;
4. Caution signs, labels, and safety interlock equipment;
5. Exposure records and reports; and
6. Options for workers regarding Department inspections; and
7. Related matters.

REPORTS ON YOUR RADIATION EXPOSURE HISTORY:

1. The Title 180, Regulations for Control of Radiation require that your employer give you a written report if you receive an exposure in excess of any applicable limit as set forth in the regulations or in any license. The basic limits for exposure to employees are set forth in 180 NAC 4-005, 4-011 and 4-012. These sections specify limits on exposure to radiation and exposure to concentrations of radioactive material in air.
2. If you work where personnel monitoring is required:
 - (a) Upon your request, your employer must give you a written report of your radiation exposures upon termination of your employment; and
 - (b) Your employer must advise you annually of your exposure to radiation if you are required to be monitored.

INSPECTIONS:

All licensed or registered activities are subject to inspection by representatives of the Department of Health and Human Services, Division of Public Health, Radiological Health. In addition, any worker or representative of workers who believes that there is a violation of the Nebraska Radiation Control Act, the regulations issued, or the terms of the employer's license or registration with regard to radiological working conditions in which the worker is engaged, may request an inspection by sending a notice of the alleged violation to the Department of Health and Human Services, Division of Public Health, Radiological Health, P.O. Box 95026, 301 Centennial Mall South, Lincoln, Nebraska 68509-5026. The request must set forth the specific grounds for the notice, and must be signed by the worker as representative of the workers. During inspections, Department inspectors may confer privately with workers, and any worker may bring to the attention of the inspectors any past or present condition which the worker believes contributed to or caused any violation as described above.

POSTING REQUIREMENTS

Copies of this notice must be posted in a sufficient number of places in every establishment where employees are employed in activities licensed or registered, according to 180 NAC 2 and 180 NAC 3 by the Department of Health and Human Services, to permit employees working in or frequenting any portion of a restricted area to observe a copy on the way to or from their place of employment.



Thanks for your time and attention!

Please reach out with any questions, comments, or concerns:

402.354.2361

Spenser.Murphy@nmhs.org

Nebraska: <https://dhhs.ne.gov/Pages/Title-180.aspx>

Iowa: <https://hhs.iowa.gov/radiological-health>

Quiz

Click the **Quiz** button to edit this object

True or False? If you have a radiation monitor, you should receive a Form 5 – Annual report every year.

☐ True

☐ False