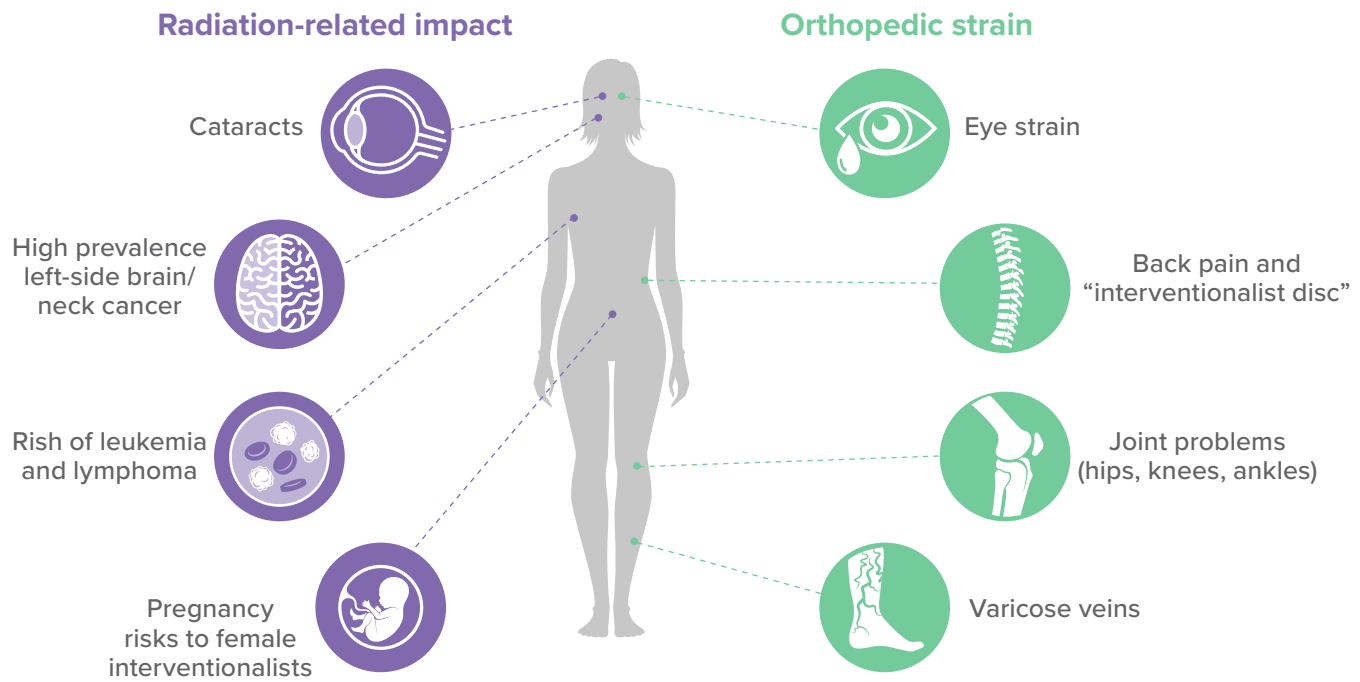


Reduce radiation exposure with behavior modification

Be aware of the risks of exposure and the steps you can take to control it. These steps involve modifying your behavior, being aware of the risks and using tools that allow you to see immediate exposure changes.

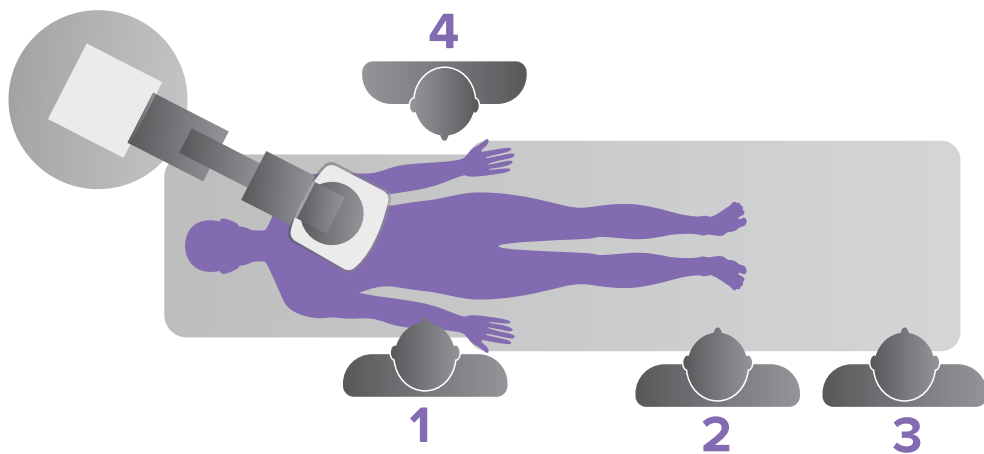
Radiation exposure risks



Location matters:

Personnel location relative to the radiation source changes radiation exposure.¹

Position	1	2	3	4
Head level	18.6	7.86	0.543	73.3
Thyroid level	26.2	12.6	0.746	87.2



1. Böttcher H et al. Strahlenexposition des Personals im Herzkatheterlabor. Z Med Phys 2003; 13: 251–256

Chambers CE et al. Radiation safety program for the cardiac catheterization laboratory. Catheter Cardiovasc Interv. 2011 Mar 1;77(4):546-56

IAEA 10 pearls on radiation production of staff in fluoroscopy <https://rpop.iaea.org/RPOP/RPoP/Content/AdditionalResources/Posters/fluoroscopy-posters.htm>.

Guidelines to manage radiation dose exposure

- Follow ALARA Guidelines
- Time
 - Minimize radiation exposure time
- Distance
 - Maximize distance from radiation source
 - As distance doubles, exposure is decreased by a factor of 4
- Shielding
 - Use shielding best practices
 - Use lead aprons, thyroid collars, radiation glasses and moveable shields to absorb radiation
 - Wear dosimeters to monitor radiation exposure

Procedural best practices for reducing radiation exposure

- Unessential staff should leave the room during exposure
- Keep hands out of radiation beam
- Keep movable shields in the optimal position at all times
- Maximize distance between operator and radiation source
- Take a step back when imaging

The i3 Real-time dosimeter allows you to see live dose rate, and changes, immediately. Watch the display to see what happens when you modify your behavior.

Visit our websites to watch videos, learn more about the risks of radiation exposure and see how the RaySafe i3 can help you now.

RaySafe.com/i3 or landauer.com/real-time-radiation-monitoring

