



PROPER CARE AND USE OF PERSONAL DOSIMETERS

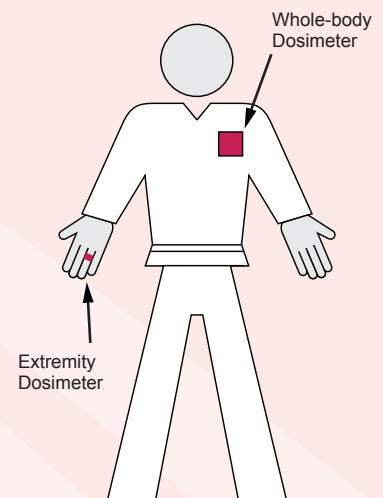
This poster gives useful tips for the proper handling, wearing and storage of whole-body and extremity dosimeters. These are commonly referred to as thermoluminescent dosimeters (TLDs) or optically stimulated luminescent (OSL) dosimeters. Your dosimeter measures the amount of radiation to which you are exposed.

Handling

1. Follow manufacturer recommendations for the care and use of your dosimeter. Do not expose the dosimeter to high temperatures, water, direct sunlight or fluorescent light.
2. Change the dosimeter plaques in a clean, dry area away from direct light, and avoid direct skin contact, if necessary.

Wearing

3. Clip your whole-body dosimeter firmly to your clothing between your waist and neck.
4. Extremity dosimeters should be worn facing the source of radiation.
5. If necessary, wear a second dosimeter on the area of your body most likely to receive the highest dose. In these cases, special arrangements must be made with the dosimetry service provider to ensure doses are assigned properly.
6. If you lose or damage your dosimeter, you should stop working with radiation until you receive a replacement.
7. Do not share your dosimeter.



Storage

8. Store your dosimeter in a manner recommended by the manufacturer when not in use.
9. It is good practice to keep extra dosimeters as replacements for lost or damaged ones and for visitors.
10. When not in use, dosimeters are best stored in a low-radiation background area. Dosimeters should be protected from direct light and heat.

For more information, contact:

Directorate of Nuclear Substance Regulation
 Canadian Nuclear Safety Commission
 P.O. Box 1046, Station B
 Ottawa, ON K1P 5S9
 Telephone: 1-888-229-2672
 Fax: 613-995-5086

nuclearsafety.gc.ca



Canadian Nuclear
 Safety Commission

Commission canadienne
 de sûreté nucléaire

Canada