

RADIATION FUNDAMENTALS

10 Golden Rules

Ten Golden Rules – Rule 1

- Understand the nature of the hazard and get practical training.

Ten Golden Rules – Rule 2

- Plan ahead to minimize time spent handling radioactivity.

Ten Golden Rules – Rule 3

- Distance yourself appropriately from sources of radiation.

Ten Golden Rules – Rule 4

- Use appropriate shielding for radiation.

Ten Golden Rules – Rule 5

- Contain radioactive materials within defined work area.

Ten Golden Rules – Rule 6

- Wear appropriate protective clothing and dosimeters.

Ten Golden Rules – Rule 7

- Monitor the work area frequently for contamination control.
 - In the event of a spill follow the prepared contingency plan.
 - Verbally warn all people in the vicinity.
 - Restrict unnecessary movement into and through area.
 - Report the spill to the Laboratory Supervisor/ Adviser.
 - Treat contaminated personnel first.
 - Follow clean-up protocol .

Ten Golden Rules – Rule 8

- Follow the local rules and safe ways of working.

Ten Golden Rules – Rule 9

- Minimize accumulation of waste and dispose of it by appropriate routes.

Ten Golden Rules – Rule 10

- After completion of work, monitor yourself, wash and monitor again.