

Badge #

Series #

**RADIATION WORKER REGISTRATION FORM**

Last Name:

First Name:

MI

Sex:

Date of Birth:

Employer:

Start Date:

Status (Employee, Student, Visitor, etc.):

Work Phone:

Campus Mailing Address:

Job Title:

Name of Department:

Previously badged at  
AU/AU Health?Hand that will most likely  
handle radiation sources:

Ring Size?

YES

LEFT

Small

Med.

Large

NO

RIGHT

Routine functions of your position (Indicate job duties as related to work done with radiation sources):

I use clinical radiopharmaceuticals

I operate research x-ray systems

I operate DEXA

I operate research irradiators

I operate fluoroscopy systems

I operate general purpose x-ray systems

I operate CT Scanners

I operate therapeutic x-ray systems

I use research radionuclides (list):

Radiation Safety Training (List radiation safety training you have had. Note the title, date, durations, and location.):

Previously badged at another institution? (If yes, see back of form.)

YES

NO

Signature:

Date:

(If you are completing this form electronically, enter your AU/AU Health e-mail address in the signature block.)

If you have worn a dosimeter (radiation badge) previously at another institution, complete the following portion of this form and sign.

Name & Address of Employer: \_\_\_\_\_ Dates From-To (mm/dd/yy): \_\_\_\_\_ External Dose, if known (rem): \_\_\_\_\_

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Name & Address of Employer: \_\_\_\_\_ Dates From-To (mm/dd/yy): \_\_\_\_\_ External Dose, if known (rem): \_\_\_\_\_

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Name & Address of Employer: \_\_\_\_\_ Dates From-To (mm/dd/yy): \_\_\_\_\_ External Dose, if known (rem): \_\_\_\_\_

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I declare this information to be true to the best of my knowledge and authorize the Radiation Safety Office to use copies of this information for purposes of acquiring exposure history records.

Signature: \_\_\_\_\_ Date:

(If you are completing this form electronically, enter your AU/AU Health e-mail address in the signature block.)

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How to submit this form:

- Print the form and submit via campus mail to Teresa Johnson, CI-1004, or
- Attach the form to an e-mail message and send it to Teresa Johnson, TJOHNS45@augusta.edu, or
- Hand-deliver to the Radiation Safety Office in the CI building.

Call Teresa Johnson, 706-721-9830, for assistance.

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Radiation Safety Office Use Only

Training: Adequate Required Video  
Dosimetry: MWB MRL MRR BIO

Comments:

Spare Badge # \_\_\_\_\_ Spare Ring Badge # \_\_\_\_\_ Date:

Approved: \_\_\_\_\_ Date: \_\_\_\_\_

## Pregnant Radiation Worker Guide

This guide provides information that you should know about the radiation exposure of pregnant women. In particular, radiation protection regulations allow a woman to decide whether she wants to formally declare her pregnancy to her employer, thereby taking advantage of the special dose limits provided to protect the developing embryo/fetus. This guide provides information to help women make informed decisions on whether or not to declare pregnancy. The information is provided in the form questions and answers.

### **MAKING THE DECISION TO DECLARE PREGNANCY**

*1. If I become pregnant, am I required to inform my employer of my pregnancy for radiation protection purposes?*

No. It is your choice whether to declare your pregnancy to your employer. If you choose to declare your pregnancy, a lower radiation dose limit will apply to you. If you choose not to declare your pregnancy, you will continue to be subject to the same radiation dose limits that apply to non-pregnant workers even if you are visibly pregnant.

*2. If I inform my employer in writing of my pregnancy, what happens?*

The amount of radiation that you will be allowed to receive will decrease because there is a lower dose limit for the embryo/fetus of female workers who have formally declared their pregnancy in writing. Ordinarily, the radiation dose limit for a worker is 5 rem (50 millisieverts) in a year. But if you declare in writing that you are pregnant, the dose to the Embryo/fetus is generally limited to 0.5 rem (5 millisieverts) during the nine month pregnancy, which is one-tenth of the dose limit that an adult worker may receive in a year. In addition, your employer must make an effort to avoid substantial variation above a uniform monthly dose rate so that all the dose received does not occur during a particular time of the pregnancy. Although unlikely, this may mean that if you declare your pregnancy, you may not be permitted to perform some of your normal job functions and you may not be able to have emergency response responsibilities.

*3. Why do the regulations have a lower dose limit for a woman who has declared her pregnancy than for a normal worker?*

The purpose of the lower limit is to protect the embryo/fetus. Scientific advisory groups recommend that the dose before birth be limited to about 0.5 rem rather than the 5 rem (50 millisieverts) occupational annual dose limit because of the sensitivity of the embryo/fetus to radiation. Possible effects include deficiencies in the child's development, especially the child's neurological development, and an increase in the risk of cancer.

## Pregnant Radiation Worker Guide

### *4. What effects on development can be caused by radiation exposure?*

The effects of large doses of radiation on human development are quite evident and easily measurable, whereas at low doses the effects are not evident or measurable and therefore must be inferred. For example, studies of the effects of radiation on animals and humans demonstrate clearly and conclusively that large doses of radiation - such as 100 rem (1 sievert) - cause serious developmental defects in many of the body's organs when the radiation is delivered during the period of rapid organ development.

The developing human brain has been shown to be especially sensitive to radiation. Mental retardation has been observed in the survivors of the atomic bombing in Japan in utero during sensitive periods. Additionally, some other groups exposed to radiation in utero have shown lower than average intelligence scores and poor performance in school.

The sensitivity of the brain undoubtedly reflects its structural complexity and its long developmental period (and hence long sensitive period.) The most sensitive period is during the 8th to 15th weeks of gestation followed by a substantially less sensitive period for the 2 months after the 15th week. There is no known effect on the embryo/fetus' developing brain during the first two months of pregnancy or the last three months of pregnancy.

No developmental effects caused by radiation have been observed in human groups at doses at or below the 5 rem (50 millisievert) occupational dose limit. Scientists are uncertain whether there are developmental effects at doses below 5 rems (50 millisieverts). It may be that the effects are present but are too mild to measure because of the normal variability from one person to the next and because the tools to measure the effects are not sensitive enough. Or, it may be that there is some threshold dose below which there are no developmental effects whatsoever.

In view of the possibility of developmental effects, even if very mild, at doses below 5 rem (50 millisieverts), scientific advisory groups consider it prudent to limit the dose to the embryo/fetus to 0.5 rem (5 millisieverts). At doses greater than 5 rem (50 millisieverts), such as might be received during an accident or during emergency response activities, the possibility of developmental effects increases.

### *5. How much will the risk of cancer be increased?*

Radiation exposure has been found to increase the risk of cancer in many studies of adult human and animal groups. At doses below the occupational dose limit, an increase in cancer incidence has not been proven, but is presumed to exist even if it is too small to be measured. The question here is whether the embryo/fetus is more sensitive to radiation than an adult. While evidence for increased sensitivity of the embryo/fetus to cancer induction from radiation exposure is inconclusive, it is prudent to assume that there is some increased sensitivity. Scientific advisory groups assume that radiation exposure

## Pregnant Radiation Worker Guide

before birth may be 2 or 3 times more likely to cause cancer over a person's lifetime than the same amount of radiation received as an adult.

*6. How does the risk to the embryo/fetus from occupational radiation exposure compare to other avoidable risks?*

The risk to the embryo/fetus from 0.5 rem or even 5 rem of radiation exposure is relatively small compared to some other avoidable risks. Of particular concern is excessive consumption of alcohol during pregnancy. The U.S. Public Health Service has concluded that heavy alcohol consumption during pregnancy (three drinks per day and above) is the leading known cause of mental retardation. Children whose mothers drank heavily during pregnancy may exhibit developmental problems such as hyperactivity, distractibility, short attention spans, language difficulties, and delayed maturation, even when their intelligence is normal.

In studies tracking the development of children born to light or moderate drinkers, researchers have, also, correlated their mothers' drinking patterns during pregnancy with low birth weight, decreased attention spans, delayed reaction times, and lower IQ scores at age 4 years. Youngsters whose mothers averaged three drinks per day during pregnancy were likely to have IQs averaging five points lower than normal.

Cigarette smoking may, also, harm the unborn. There is a direct correlation between the amount of smoking during pregnancy and the frequency of spontaneous abortion and fetal death. Children of mothers who smoke while pregnant are more likely to have impaired intellectual and physical growth. Maternal smoking has, also, been associated with such behavioral problems in offspring as lack of self-control, irritability, hyperactivity and disinterest. Long-term studies indicate that these children perform less well than matched youngsters of nonsmokers on tests of cognitive, psychomotor, language and general academic functioning.

Alcohol and smoking are only examples of other risks in pregnancy. Many other toxic agents and drugs, also, present risk. In addition, many factors that cannot be controlled present risk. There is an increased risk in pregnancy with increasing maternal age. Maternal disease may be an important risk factor. Malnutrition, toxemia, and congenital rubella may be associated with birth defects. Maternal diabetes and high blood pressure have been associated with problems in the newborn. In addition, many birth defects and developmental problems occur without an obvious cause and without any obvious risk factors. For example, viruses that we may not even be aware of can cause defects, and defects can arise from spontaneous random errors in cell reproduction. But these are things that we cannot do anything about.

## Pregnant Radiation Worker Guide

### *7. What if I decide that I do not want any radiation exposure at all during my pregnancy?*

You may ask your employer for a job that does not involve any exposure to occupational radiation at all, but your employer may not have such a position or may not be willing to provide you with a job involving no radiation exposure. Even if you receive no occupational exposure at all, you will receive a dose of approximately 0.3 rem (3 millisieverts) during pregnancy from unavoidable natural background radiation.

### *8. What effect will formally declaring my pregnancy have on my job status?*

Only your employer can tell you what effect a declaration of pregnancy will have on your job status. As part of your radiation safety training, your employer should tell you its policies with respect to the job status of declared pregnant women. In addition, we recommend that, before you declare your pregnancy, you talk to your employer and ask what a declaration of pregnancy would mean specifically for you and your job status. However, if you do not declare your pregnancy, the lower exposure limit of 0.5 rem (5 millisieverts) does not apply. It is most likely that your employer will tell you that you can continue to perform your job with no changes and still meet the regulatory limit for exposure to declared pregnant women. A large majority of employees (greater than 90%) receive, in nine months, occupational radiation doses that are below the 0.5 rem (5 millisieverts) limit for a declared pregnant women.

If the dose you currently receive is above the 0.5 rem (5 millisievert) dose allowed for a declared pregnant woman, it is quite likely that your employer can and will make a reasonable accommodation that will allow you to continue performing your current job, for example, by having another qualified employee perform a small part of the job that accounts for much of the radiation exposure. (Note: Very few workers at AU/AUMC/AU Health receive more than 0.5 rem (5 milliseivert) per year).

On the other hand, it is possible, although not common, that your employer will conclude that there is no reasonable accommodation that can be made without undue hardship that would allow you to do your job and remain within the dose limits for a declared pregnant woman. In these few instances, your employer may conclude that you can no longer be permitted to do your current job, that you must be removed from your job, and that there is no other job available for someone with your training and job skills.

If your employer concludes that you must be removed from your current job in order to comply with the lower dose limits for declared pregnant women, you may be concerned about what will happen to you and your job. The answer to that depends on your particular situation. (Note: This scenario is very unlikely at AU/AUMC/AU Health).

## Pregnant Radiation Worker Guide

### *9. What information must I provide in my declaration of pregnancy?*

You must provide your name, a written statement that you are pregnant, the estimated date of conception (only the month and year need be given), and the date that you give the letter to your employer. A sample form letter that you can use is included at the end of these questions and answers. You may use the sample form letter or write your own letter.

### *10. To declare my pregnancy, do I have to have documented medical proof that I am pregnant?*

No. No proof is necessary.

### *11. Can I tell my employer orally rather than in writing that I am pregnant?*

No, regulations require that the statement must be in writing. An oral statement is the same as not telling your employer that you are pregnant.

### *12. If I have not declared my pregnancy in writing, but my employer notices that I am pregnant, do the lower dose limits apply?*

No, the lower dose limits for pregnant women apply only if you have declared your pregnancy in writing. The choice of whether to declare your pregnancy and thereby work under the lower dose limits is your choice, not your employer's. Your employer may not remove you from a specific job because you appear pregnant.

### *13. If I am planning to become pregnant, but am not yet pregnant, and I inform my employer of that in writing, do the lower dose limits apply?*

No, the lower limits apply only if you declare that you are already pregnant.

### *14. What if I have a miscarriage or find out I am not pregnant?*

If you have declared your pregnancy in writing, you should promptly inform your employer that you are no longer pregnant. The regulations do not require the revocation of a declaration be in writing, but we recommend that you revoke the declaration in writing to avoid confusion. Also, your employer may insist upon a written revocation for its own protection. If you have not declared your pregnancy in writing there is no need to inform your employer of your new, non-pregnant status. If you have a miscarriage and become pregnant again before you have revoked your original declaration of pregnancy, you should submit a new declaration of pregnancy because the date of conception has changed.

## Pregnant Radiation Worker Guide

### *15. How long is the lower dose limit in effect?*

The dose to the embryo/fetus must be limited until (1) your employer knows you have given birth, (2) you inform your employer in writing that you are no longer pregnant, or (3) you inform your employer in writing that you no longer wish to be considered pregnant.

### *16. If I have declared my pregnancy in writing, can I revoke my declaration of pregnancy even if I am still pregnant?*

Yes you may. The choice is entirely yours. A worker may withdraw her declaration of pregnancy at any time for any reason by notifying her employer in writing. A sample form letter that you can use is included at the end of these questions and answers. You may use the sample form letter or write your own letter. Once the declaration is withdrawn, the lower dose limit for the embryo/fetus no longer applies, and the supplemental dosimetry will be discontinued.

### *17. What if I work under contract and my employer is not AU/AUMC/AU Health?*

The regulations state that you should formally declare your pregnancy to your employer in writing. You can ask your employer to give a copy of your declaration to the AU/AUMC/AU Health Radiation Safety Officer, or you may give a copy of your written statement directly to the AU/AUMC/AU Health Radiation Safety Officer.

### *18. Can I tell my employer I am pregnant when I know I am not, in order to work under the lower dose limit?*

The purpose of this regulation is to allow a woman to choose a heightened level of protection from radiation exposure for the embryo/fetus during her pregnancy. That purpose would not be served by intentionally declaring yourself to be a pregnant woman when you know you are not pregnant. There are no regulatory requirements specifically addressing the actions your employer might take if you provide a false declaration. However, nothing in the regulations would prevent your employer from taking adverse action against you for deliberately lying.

## **STEPS TO REDUCE OCCUPATIONAL RADIATION DOSE**

### *19. What steps can I take to lower my radiation dose?*

Your employer should already have explained that to you as part of the instructions that must give to all workers. However, you should ask your supervisor or the radiation safety officer whether any additional steps can be taken.

The general principles for maintaining exposure to radiation as low as reasonable achievable are summarized below. You should already be applying these principles to your job.



# Pregnant Radiation Worker Guide

## External Radiation Exposure

External radiation is radiation you receive from radiation sources or radioactive materials that are outside your body. The basic principles for reducing external radiation exposure are time, distance, and shielding - decrease your time near radiation sources, increase your distance from the radiation source, and increase the shielding between yourself and the radiation source. You should work quickly and efficiently in a radiation area so that you are not exposed to the radiation any longer than necessary. As the distance is increased from the source of radiation, the dose decreases. When possible, you should work behind shielding. The shielding will absorb some of the radiation, thus reducing the amount that reaches you.

## Internal Radiation Exposure (if you work with radioactive materials)

Internal radiation is radiation you receive from radioactive materials that have gotten into your body, generally entering with the air you breathe, the food you eat, or the water you drink. Your employer will have specific procedures to minimize internal radiation exposure. Those procedures probably incorporate the following general precautions that should be taken when you are working with radioactive materials that are not encapsulated:

1. Wear lab coats or other protective clothing if there is a possibility of spills.
2. Use gloves while handling unencapsulated radioactive materials.
3. Wash hands after working with unencapsulated radioactive materials.
4. Do not eat, drink, smoke, or apply cosmetics in areas with unencapsulated radioactive material
5. Do not pipette radioactive solutions by mouth.

These basic principles should be incorporated into the specific methods and procedures for doing your individual work. Your employer should have trained you in those specific rules and procedures.

If you become pregnant, it is a good time to review the training materials on the methods and procedures that you were provided in your training. You can, also, talk to your supervisor about getting refresher training on how to keep radiation doses as low as reasonably achievable.

## ADDITIONAL INFORMATION

Contact the Radiation Safety Officer at (706) 721-9826, or visit the Radiation Safety Office in building CI.



**AUGUSTA**  
UNIVERSITY

## Inter-Office Communication

### MEMORANDUM

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TO: Radiation Safety Officer  
Radiation Safety Office  
Building CI-1002

FROM: \_\_\_\_\_

DATE: \_\_\_\_\_

SUBJECT: Declaration of Pregnancy for Radiation Safety Purposes

I voluntarily declare that I am pregnant and wish to take advantage of special radiation safety provisions for pregnant radiation workers.

I am \_\_\_\_\_ weeks pregnant. My expected delivery date is \_\_\_\_\_

I work in the following areas: \_\_\_\_\_

My supervisor is: \_\_\_\_\_

My campus address is: \_\_\_\_\_

My campus phone number is: \_\_\_\_\_

\_\_\_\_\_  
Signature



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## Inter-Office Communication

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*This section completed by worker.*

TO: Radiation Safety Officer  
Radiation Safety Office  
Building CI-1002

FROM: \_\_\_\_\_

DATE: \_\_\_\_\_

SUBJECT: Withdrawal of Declaration of Pregnancy

I withdraw my previous declaration of pregnancy. I understand that as a result of this notification, lower dose limits, supplemental fetal dosimeters, and any work restrictions established after my original declaration will be withdrawn.

\_\_\_\_\_  
Signature of Worker

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*This section completed by Radiation Safety Officer.*

TO: \_\_\_\_\_

FROM: Radiation Safety Officer  
Radiation Safety Office  
Building CI-1002

DATE: \_\_\_\_\_

SUBJECT: Acknowledgement of Withdrawal of Declaration of Pregnancy

I acknowledge the withdrawal of your declaration of pregnancy. As a result of your notification, lower dose limits, supplemental fetal dosimeters, and any work restrictions established as a result of your original declaration are withdrawn.

\_\_\_\_\_  
Signature of Radiation Safety Officer



## **Radiation Safety Office**

I have received a copy of the "Instruction Concerning Prenatal Radiation Exposure" and understand that I can contact the Radiation Safety Office if I have any questions regarding this material or if I desire more information.

Name:

Signature: