

No. _____

**Application for Change in Individual Radiation
Exposure Management Standards**

_____/_____/_____(Year/Month/Day)

To: Radiation-Safety Supervisor
High Energy Accelerator Research Organization

Affiliation: _____

Position: _____

Name: _____

I hereby request a change to the personal radiation exposure management standards, based on the regulations of KEK, for the period specified below.

Period: from ____/____/_____(Year/Month/Day) to ____/____/_____(Year/Month/Day)

Reason: ☐ Pregnancy
☐ No intention to become pregnant or diagnosed as incapable
☐ Other (_____)
☐ Cancellation of changes made for the above reason

[Optional field]

(1) Have you reported the above reason to your immediate supervisor? [1]

☐ I have reported it. ☐ Not reported.

(2) Do you want consultation on radiation exposure, etc?

☐ I wish to consult. (Preferred date/time _____)

☐ I do not wish to consult.

(3) Free description field for questions, etc.

Individual Radiation Exposure Management at KEK

The dose limits for individuals at KEK [for a one-year period starting April 1, or for a three-month period starting April 1, July 1, October 1, or January 1] are as follows:

Radiation workers	Effective dose:	
	Male	20 mSv/year
	Female ^[1]	6 mSv/year
		2 mSv/3 months
		Internal Exposure 1 mSv/pregnancy period ^[2]
	Equivalent dose:	
	Female abdominal surface	2 mSv/pregnancy period ^[2]
	Eye lens	50 mSv/year, 100mSv/5years
	Skin	300 mSv/year
	Emergency exposure (only once in a lifetime)	100 mSv
General public		100 μ Sv/work

[1] Not applicable to those who submit written notification declaring no intention to become pregnant or diagnosed as incapable

[2] Applies from the time the individual notifies Radiation Safety Supervisor of pregnancy until childbirth.

The KEK sets **management upper limits for radiation exposure** so as to keep the exposure doses of radiation workers as low as reasonably achievable. For individuals requesting changes to their personal exposure management standards, the management targets for occupational exposure will be adjusted according to factors such as the nature of the radiation work.

		Male	Female	During pregnancy
Management Upper Limits of Occupational Exposure	Per day	0.5 mSv	0.3 mSv	0.1 mSv
	Per week	1.0 mSv	0.5 mSv	0.2 mSv
Management Upper Limits for Annual Effective Dose	Per year	7.0 mSv	2.0 mSv	0.7 mSv

In addition to personal dosimeters, supplemental dosimeters such as alarm meters and electronic pocket dosimeters capable of monitoring low doses are available. These can be borrowed anytime from Radiation Reception (Ext. 3500). The alarm threshold for cumulative dose can be adjusted as needed; please inform staff when borrowing the device.

If you wish to consult regarding radiation exposure or radiation work, please contact the Radiation Control Office or the Health Consultation Office (Ext. 5600).