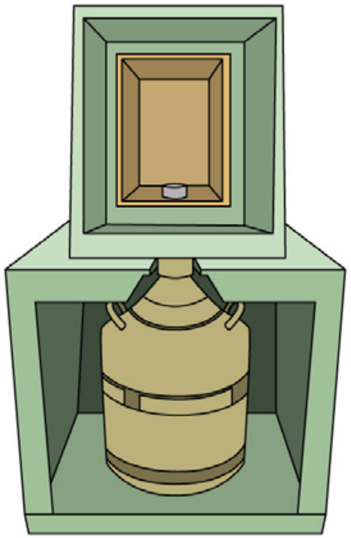
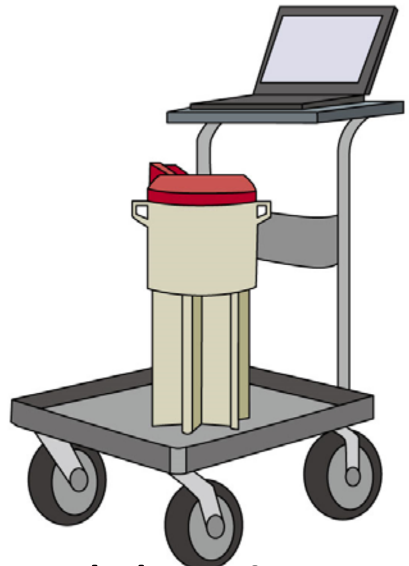
Various Measuring Instruments



Ge Semiconductor Detector

Used to measure radioactivity in foods or soil; Effective in measuring low levels of radioactivity concentrations

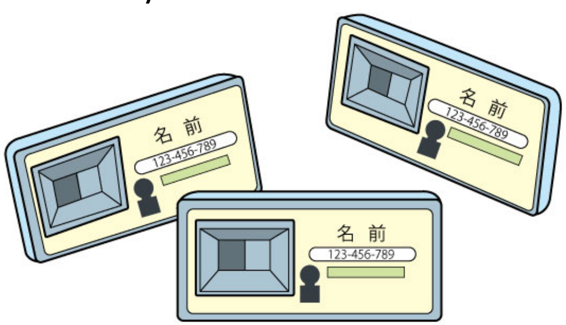


NaI (TI) Food Monitor

Suitable for efficient radioactivity measurement of foods, etc.

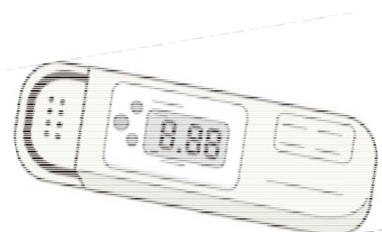
Whole-body Counter

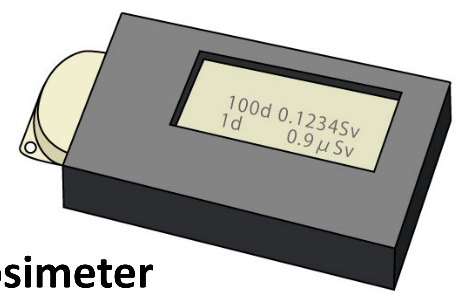
Assess accumulation of γ-ray nuclides in the body using numerous scintillation counters or the like



Integrating Personal Dosimeter

Worn on the trunk of the body for 1-3 months to measure cumulative exposure doses during that period





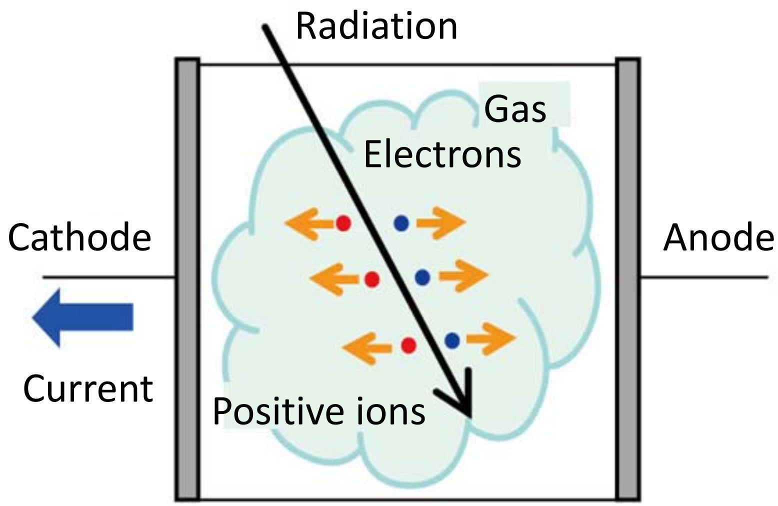
Electronic Personal Dosimeter

Equipped with a device to display dose rates or cumulative doses during a certain period of time and thus convenient for measuring and managing exposure doses of temporary visitors to radiation handling facilities

Principles of Radiation Measurement

Measurements are carried out utilizing the interaction between radiation and substances.

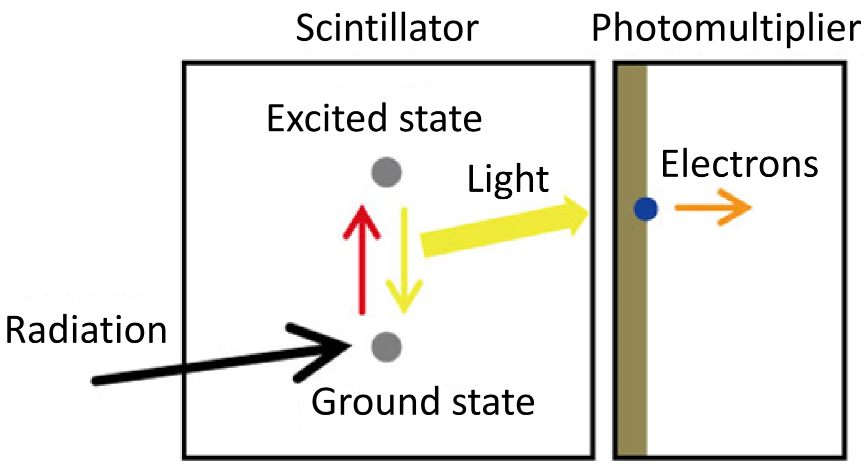
Ionization (with gas atoms)



- Detectors are filled with gases such as inert gases or air.
- When radiation passes through gas, molecules are ionized, creating positive ions and electrons.
- Positive ions and electrons are drawn toward the electrodes and are converted into electric signals for measurement.

GM counter survey meters, ionization chambers, etc.

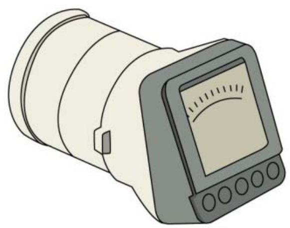
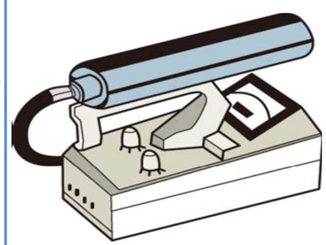
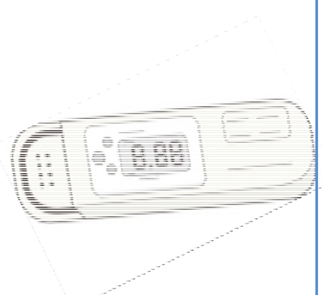
Excitation



- When radiation passes through a scintillator, molecules are excited, but they return to their original state (ground state).
- Light emitted in the process is amplified and converted into a current for measurement.

NaI (TI) scintillation survey meter, etc.

Instruments for Measuring External Exposure

Type		Purpose	
GM counter survey meter (ionization)		Contamination detection	Has a thin entrance window and can detect β-particles efficiently; Suitable for detecting surface contamination
Ionization chamber survey meter (ionization)		γ-ray ambient dose rate	Most accurate but unable to measure low dose rates like a scintillation type can
NaI (Tl) scintillation survey meter (excitation)		γ-ray ambient dose rate	Accurate and very sensitive; Suitable for measuring γ-ray ambient dose rates from the environment level up to around 10μSv/h
Personal dosimeter (light-stimulated luminescence dosimeter, luminescent glass dosimeter, electronic dosimeter, etc.) (excitation)		Personal dose Cumulative dose	Worn on the trunk of the body to measure personal dose equivalent of the relevant person's exposure while it is worn; A direct-reading type and types with alarm functions are also available.

Methods of Measuring Doses

Example: NaI (Tl) scintillation survey meter (TCS-171)

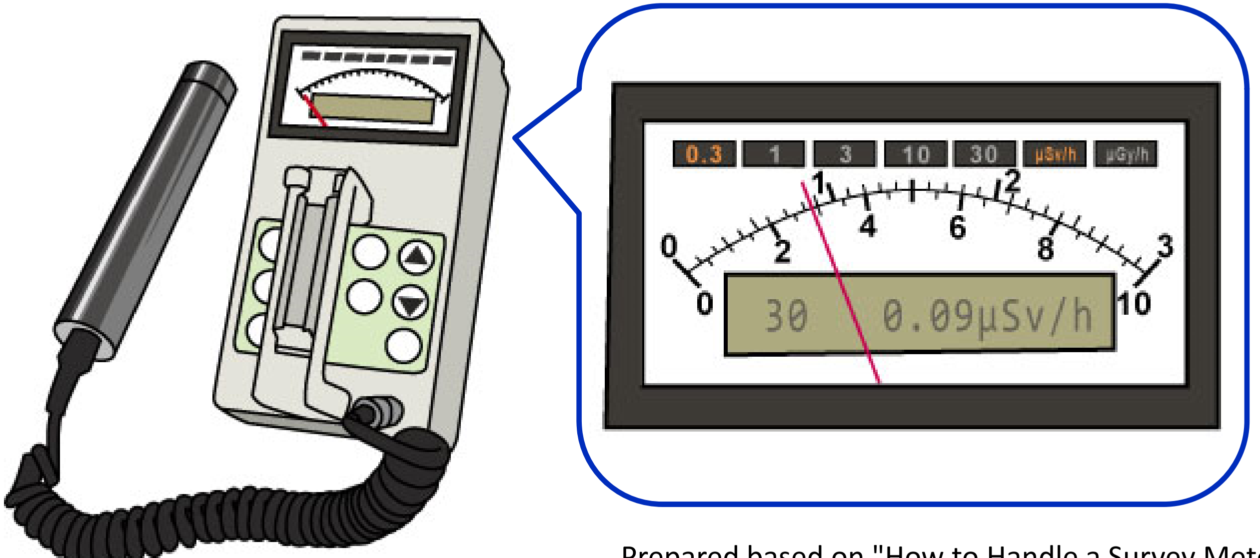
(i) Background measurement

(ii) Field measurement

- Range (the reading is indicated near the center of the scale)
- Adjustment of time constant (the value is to be read when a period of time three times the time constant elapses)

(iii) Dose calculation

- Reading × Calibration constant = Dose (μSv/h)



How to interpret the readings

0.3, 3, 30 μSv/h in the upper row
1, 10 μSv/h in the lower row

- The photo shows a range of 0.3 μSv/h.
- Read the value in the upper row
- The needle pointing at 0.92

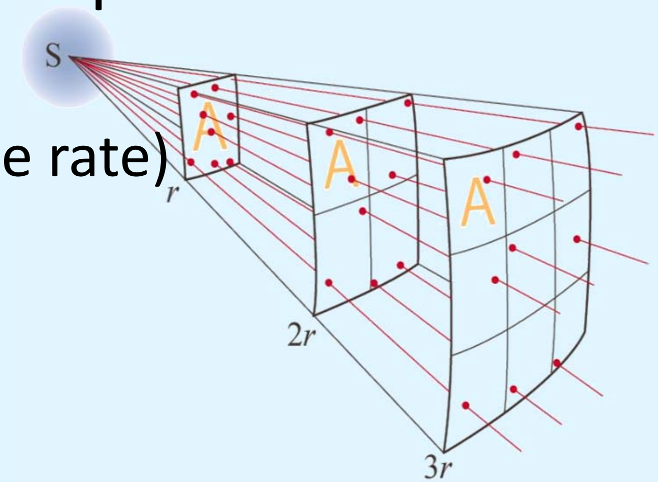
The reading at 0.092 μSv/h

For example, when the calibration constant is 0.95
Dose＝0.092×0.95＝0.087 μSv/h

Prepared based on "How to Handle a Survey Meter" on the website of the Prime Minister's Office

Characteristics of External Exposure Doses

1) **Distance**: Dose rates are inversely proportional to the distance squared.



$$I = \frac{k}{r^2}$$

I : Radiation intensity (dose rate)

r : Distance

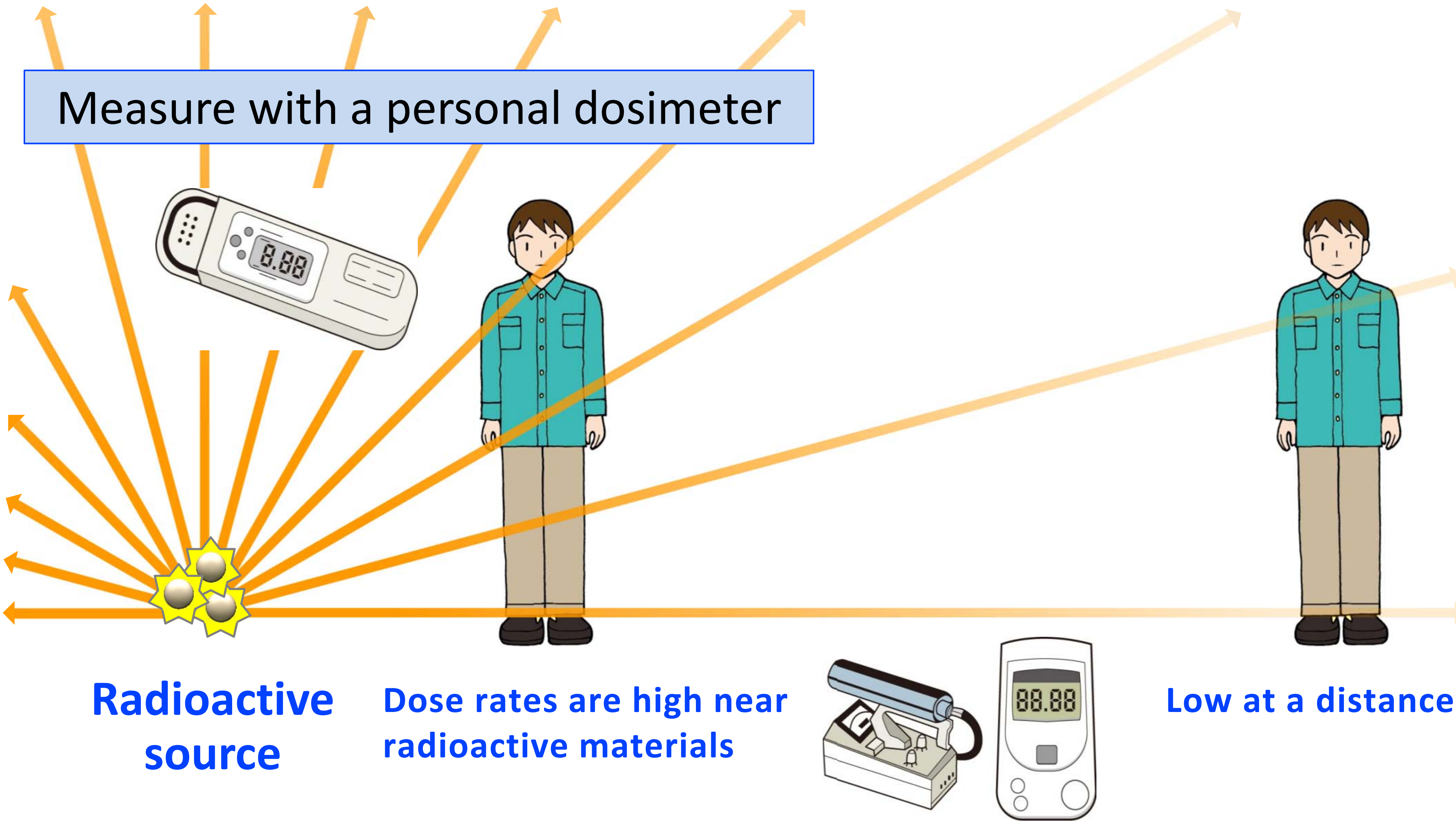
k : Constant

2) **Time**: Doses are proportional to the time of exposure provided the dose rates are the same.

(Total) dose (microsieverts) = Dose rate (microsieverts/h) × Time

Dose Measurement and Calculation

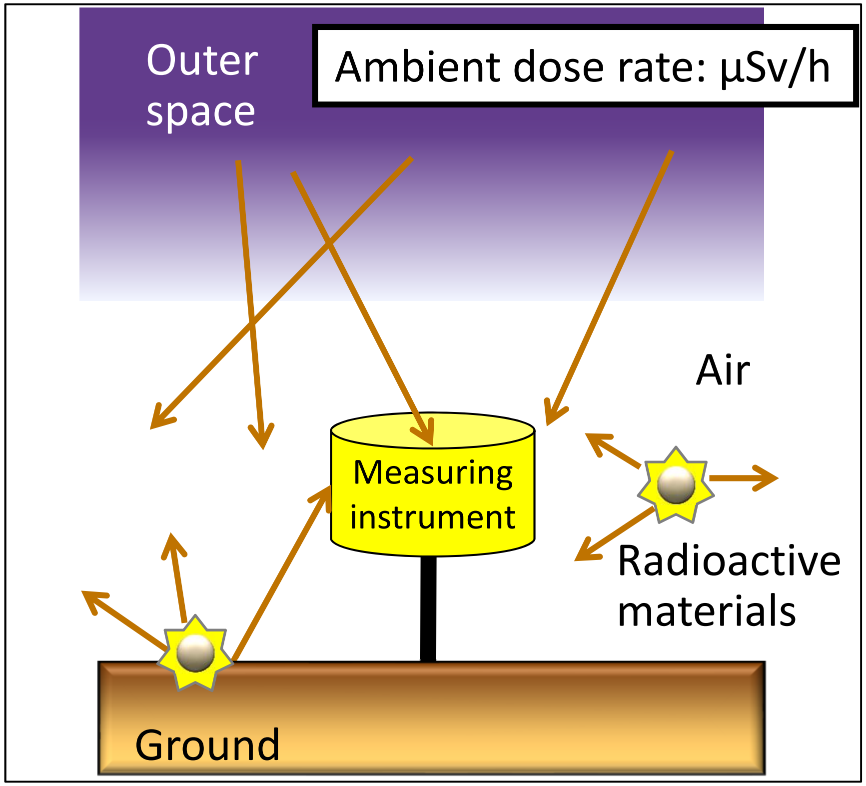
External Exposure (Measurement)

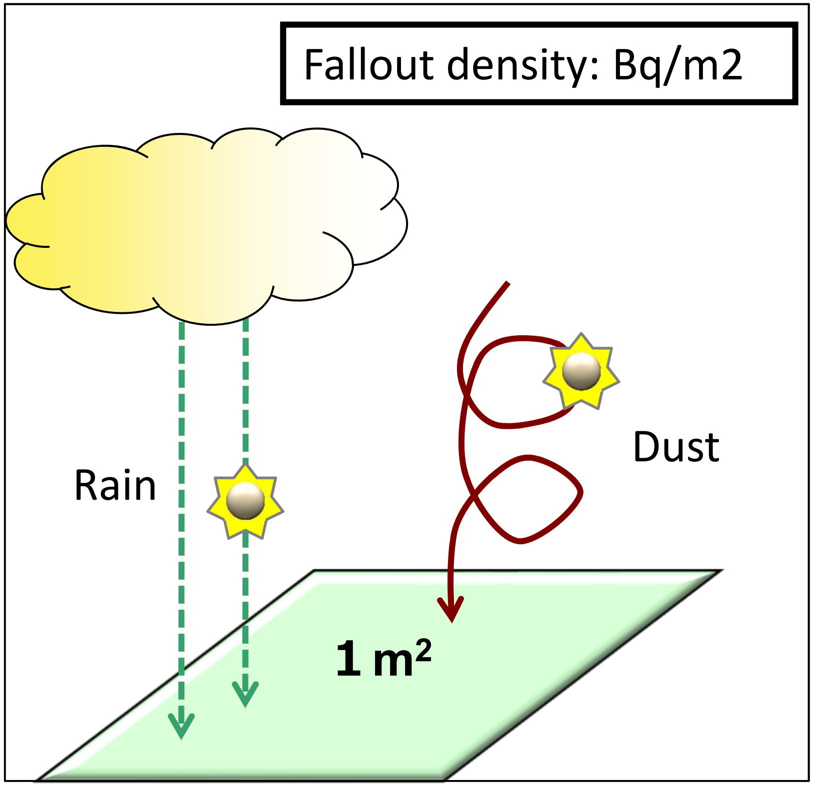


Survey meter measurement: Ambient dose rate (microsieverts/h) multiplied by the time spent in the relevant location roughly shows an external exposure dose.

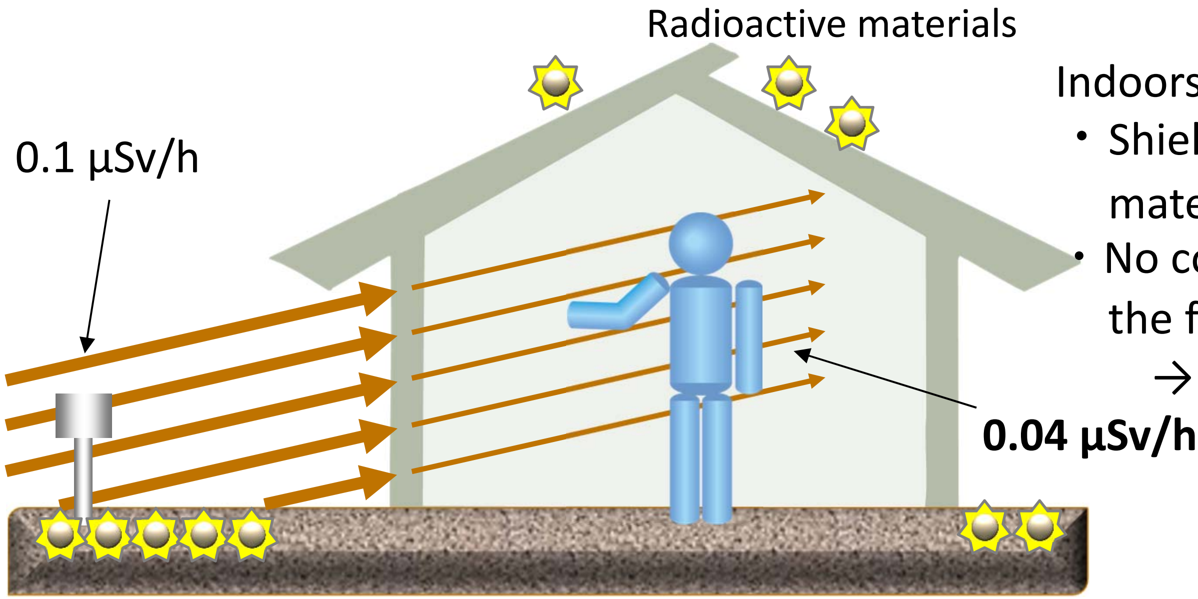
Measurement of Environmental Radiation and Radioactivity

- Ambient dose rate shows measured amount of γ-rays in the air.
  Indicated in microsieverts per hour (μSv/h)
- Fallout density is the amount of radioactive materials that have deposited (or descended) per unit area in a certain period of time.
  e.g., becquerels per squared meter (Bq/m2)





Shielding and Reduction Coefficient



Indoors
- Shielding by building materials
- No contamination under the floor
  → Reduced dose rate

Location	Reduction coefficient*
Wooden house (one or two stories)	**0.4**
Block or brick house (one or two stories)	**0.2**
The first and second floors of a building (three or four stories) with each floor 450-900m^2 wide	**0.05**
Upper floors of a building with each floor 900m^2 or wider	**0.01**

* The ratio of doses in a building when assuming that a dose outdoors at a sufficient distance from the building is 1

Source: "Disaster Prevention Countermeasures for Nuclear Facilities, etc." (June 1980 (partly revised in August 2010)), Nuclear Safety Commission

Additional Exposure Doses after an Accident (Example of Calculation)

It is important to subtract values in normal times.

Dose rate (increase due to an accident: μSv/h)

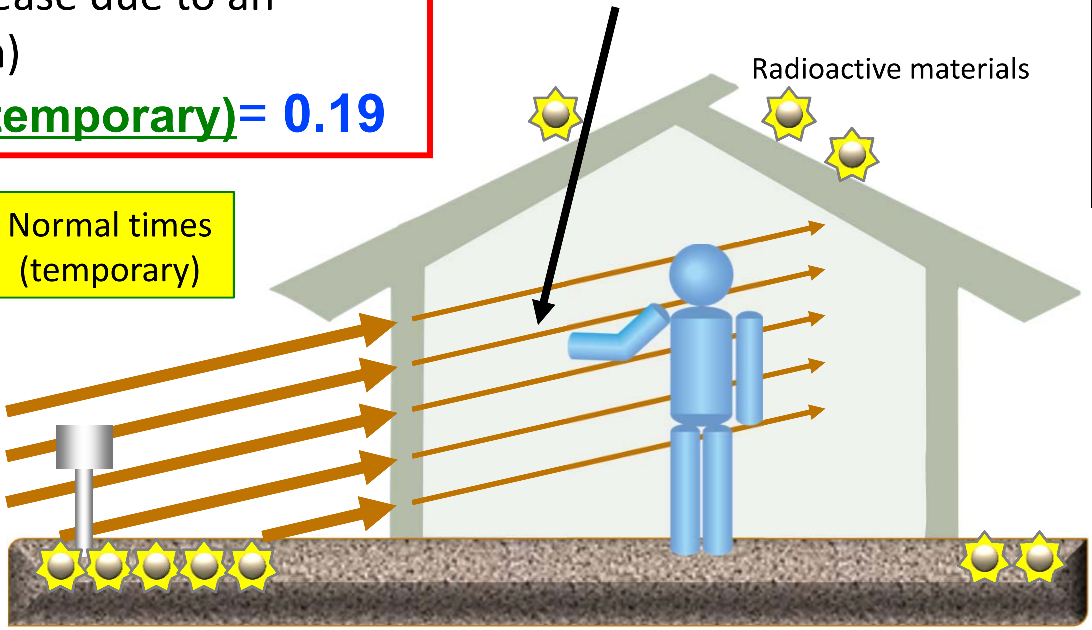
0.23 – <u>0.04(temporary)</u>= 0.19

Actual measurement (example)

Normal times (temporary)

Reduction coefficient: **0.4**

When the time staying outdoors/indoors is 8 hours/16 hours



Derived from an accident

0.19 × **8 hours** (outdoors)

\+

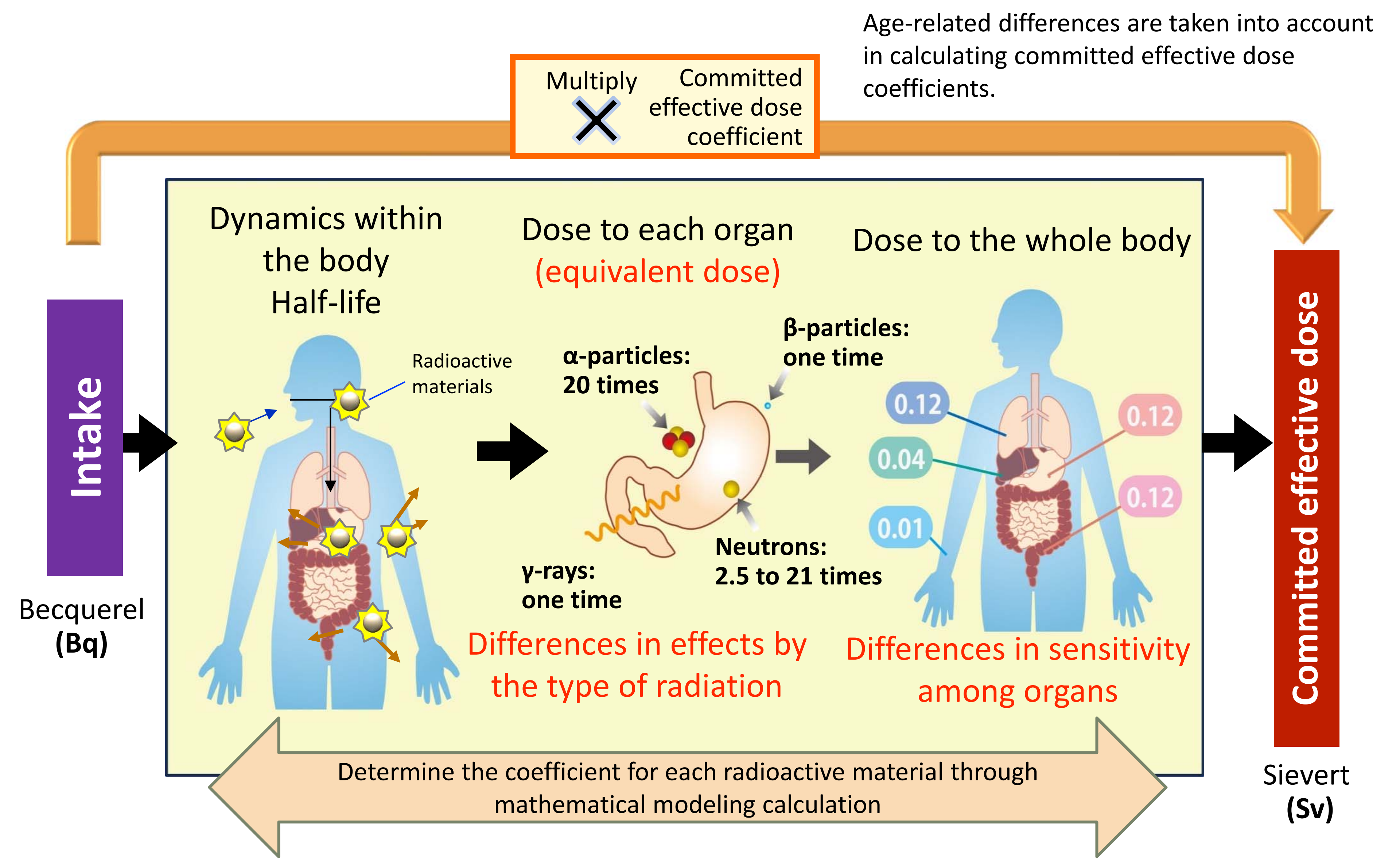
0.19 × **0.4** × **16 hours** (indoors)

(μSv/day)

× 365 days ≒1,000μSv/year

≒ <u>1.0 mSv/year</u>

Calculation of Internal Exposure Doses



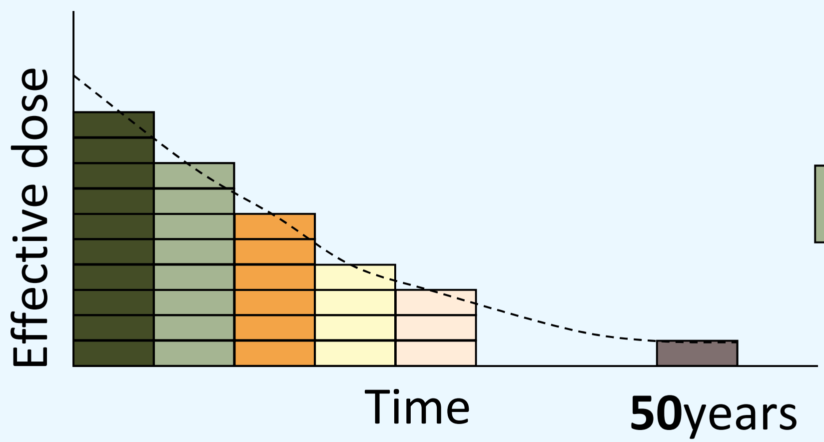
Committed Effective Doses

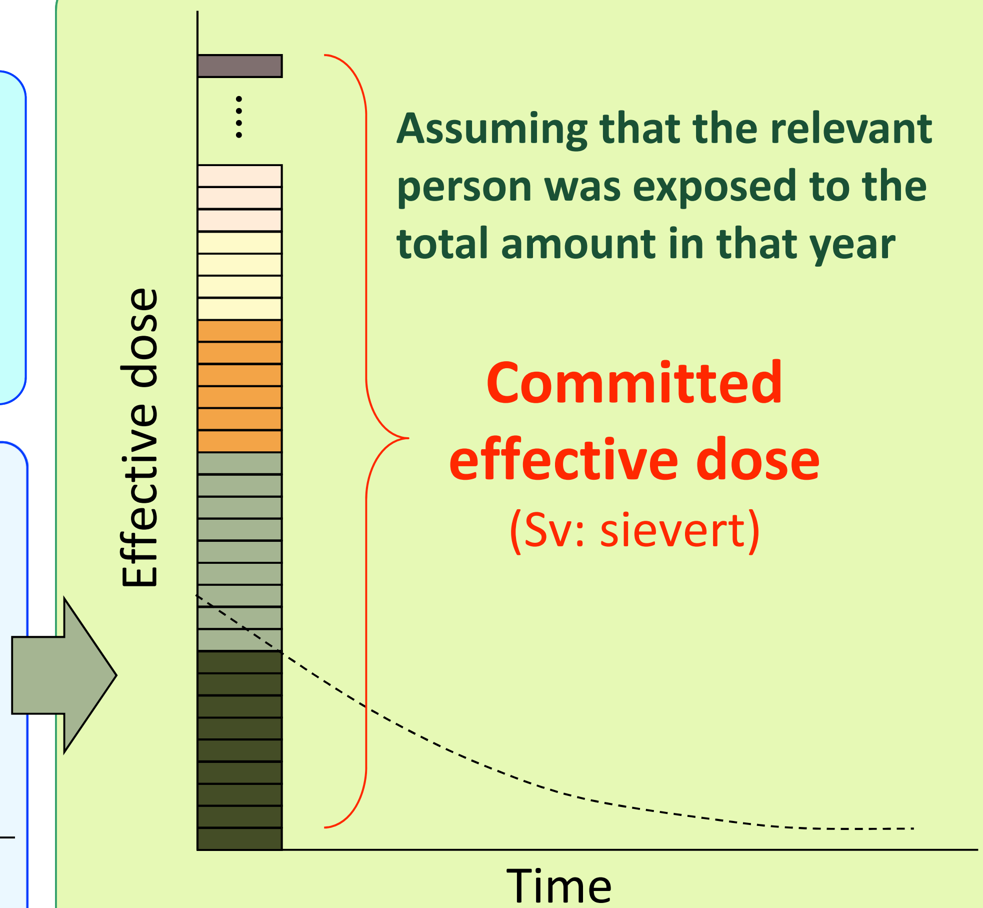
Exposure dose estimating how much radiation a person will be exposed to in lifetime from a single intake of radioactive materials

Calculation of internal exposure

Integrating future doses

- Public (adult): 50 years after intake
- Children: up to age 70 after intake





Conversion Factors to Effective Doses

Committed effective dose coefficients (μSv/Bq) (ingestion)

	Strontium-90	Iodine-131	Cesium-134	Cesium-137	Plutonium-239	Tritium*
Three months old	0.23	0.18	0.026	0.021	4.2	0.000064
One year old	0.073	0.18	0.016	0.012	0.42	0.000048
Five years old	0.047	0.10	0.013	0.0096	0.33	0.000031
Ten years old	0.06	0.052	0.014	0.01	0.27	0.000023
Fifteen years old	0.08	0.034	0.019	0.013	0.24	0.000018
Adult	0.028	0.022	0.019	0.013	0.25	0.000018

μSv/Bq: microsieverts/becquerel

*Tissue free water tritium

Source: ICRP Publication 119, Compendium of Dose Coefficients based on ICRP Publication 60, 2012, International Commission on Radiological Protection (ICRP)

Exposure Doses from Foods (Example of Calculation)

(e.g.) An adult consumed 0.5 kg of foods containing **100 Bq/kg** of **Cesium-137**

$$100\ (\mathrm{Bq/kg}) \times 0.5\ (\mathrm{kg}) \times 0.013\ (\mu\mathrm{Sv/Bq}) = 0.65\ \mu\mathrm{Sv}$$

$$= 0.00065\ \mathrm{mSv}$$

Committed effective dose coefficients (μSv/Bq)

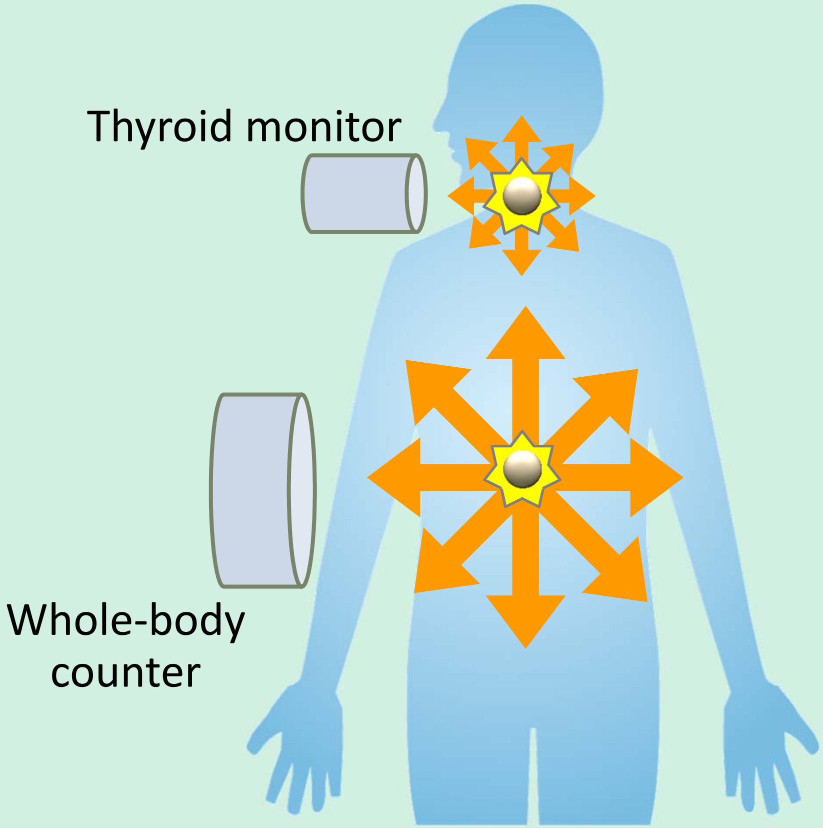
	Iodine-131	Cesium-137
Three months old	0.18	0.021
One year old	0.18	0.012
Five years old	0.10	0.0096
Adult	0.022	0.013

Bq: becquerels; μSv: microsieverts; mSv: millisieverts

Source: ICRP Publication 119, Compendium of Dose Coefficients based on ICRP Publication 60, 2012, International Commission on Radiological Protection (ICRP)

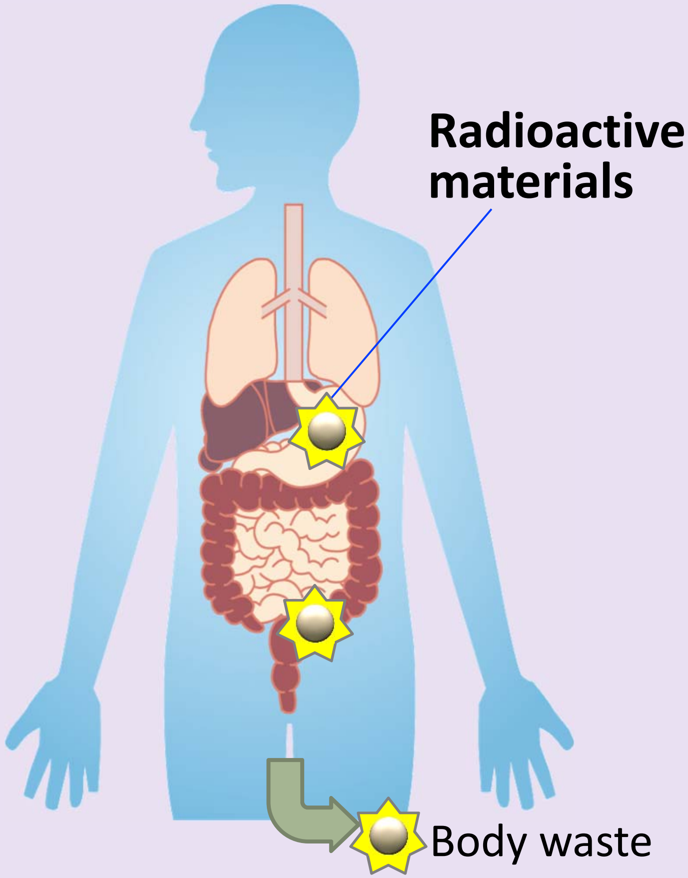
Methods of Measuring Radioactivity for Estimation of Intake

Direct counting



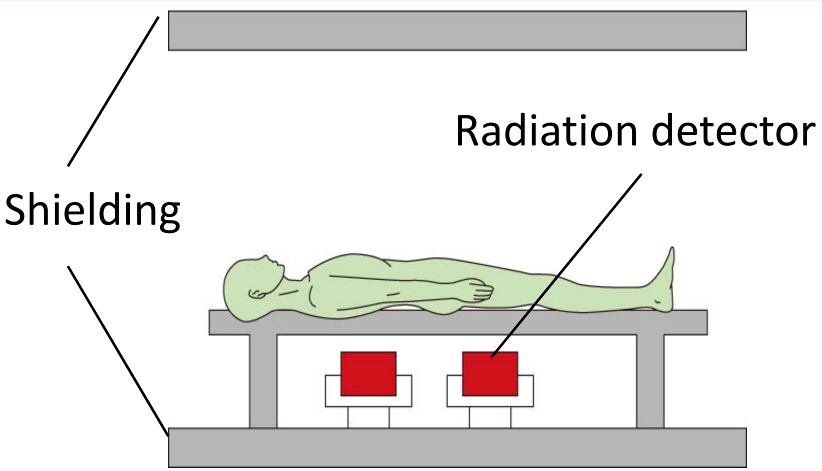
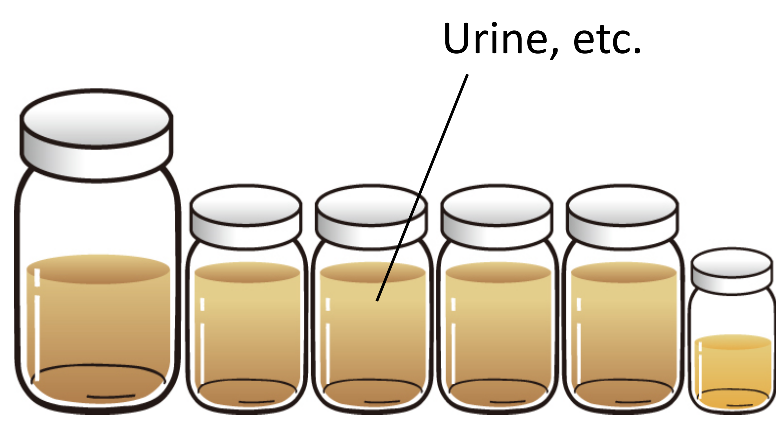
Measure radiation from radioactive materials in the body

Bioassay



Measure radioactive materials contained in body waste

Comparison of Methods of Assessing Internal Radioactivity

Direct counting	Bioassay
Directly measure the human body	Indirect measurement
Need to spare time to receive direct measurements	Submit samples (urine, feces, etc.)
Mainly target materials that emit γ-rays	Able to measure all radioactive materials
Short measuring time using the apparatus	Chemical analysis takes time.
Accurate dose assessment	Large margin of error in results of dose assessment
	

Instruments for Measuring Internal Exposure

Stand-up whole-body counter

Scanning bed whole-body counter

Chair whole-body counter

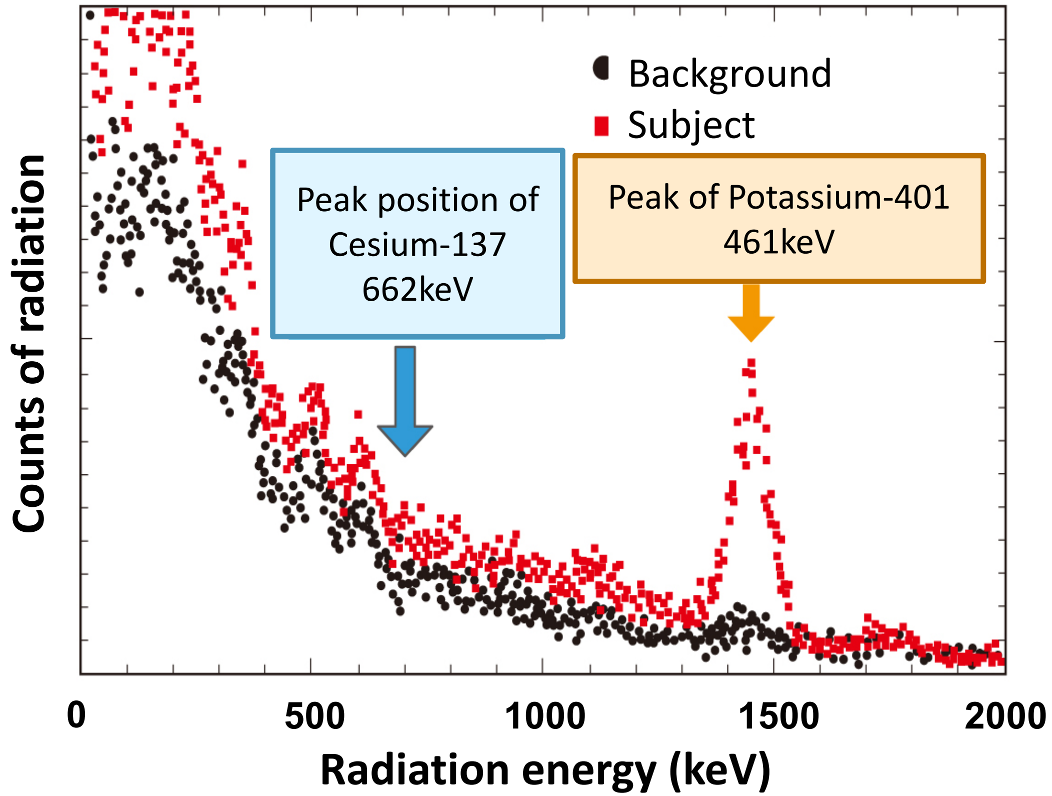
Thyroid monitor

O Detector

Dose Measurement and Calculation

Data on Internal Exposure Measured by Direct Counting

Whole-body counter

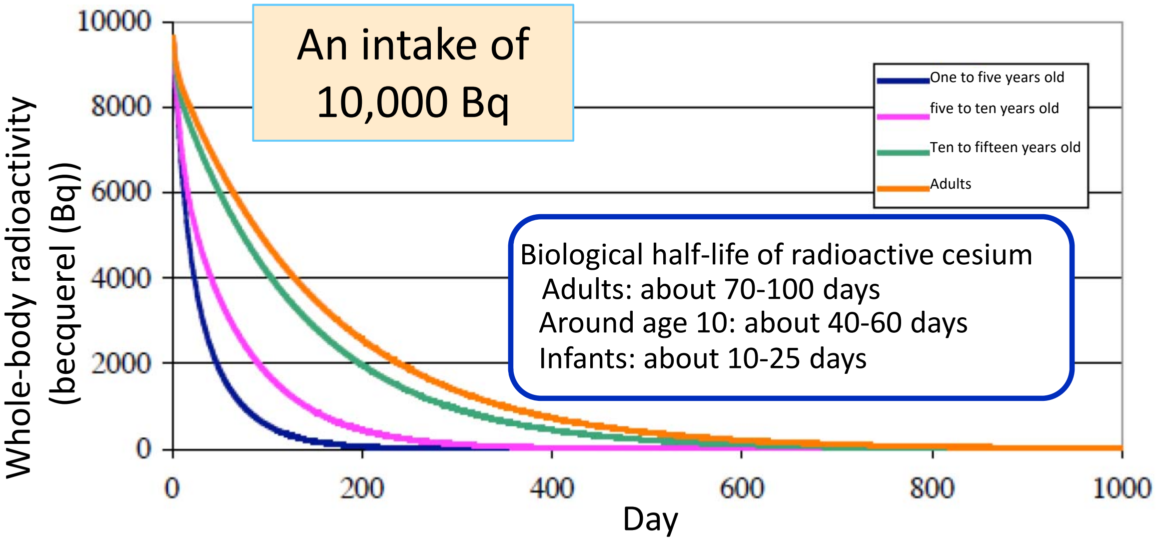


Measure radiation emitted from within the body ⇒ Measure internal radioactivity for each radioactive material

The amount of potassium in the body is around 2 g per 1 kg of body weight, and approx. 0.01% of that amount is radioactive potassium (Potassium-40)

keV: kilo electron volts

Internal Radioactivity and Dose Assessment

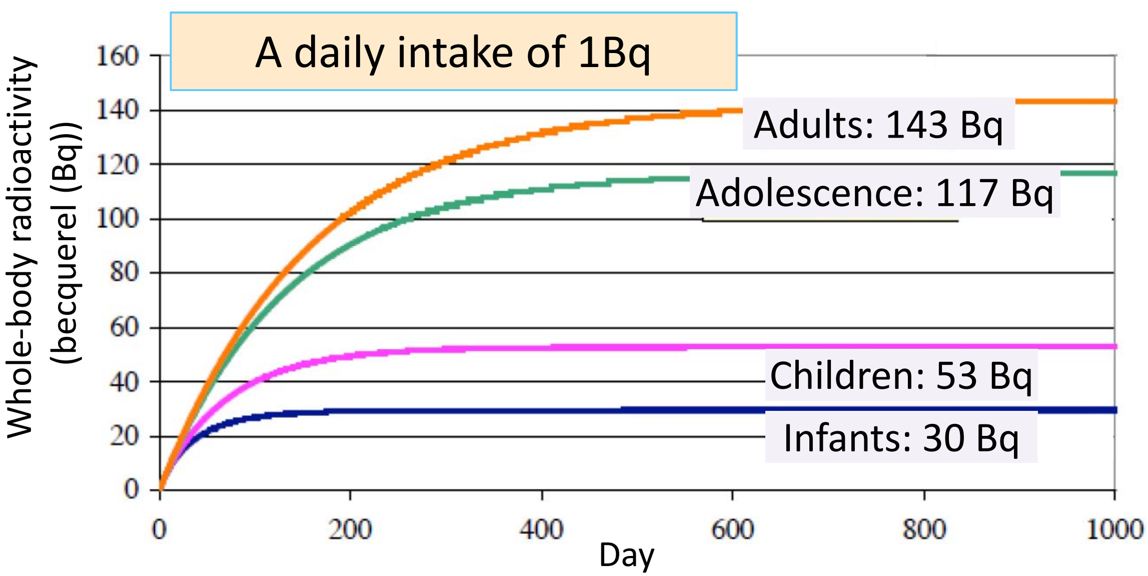


The younger a person is, the faster the metabolism.

↓

Estimation of initial exposure

- will be effective for no longer than around a year even for adults.
- will be effective for up to around half a year for children.



The younger a person is, the smaller the amount of radioactive materials remaining in the body.

↓

In estimating additional exposure through ingestion,

- finite values are unlikely to be obtained for children.
- it is more reasonable to examine adults in order to detect trace intake.

Source: Modified from a material released for the Japan Society of Radiation Safety Management Symposium in Miyazaki (June 29, 2012)