



FORM EHS 10-8

INSTRUCTIONS FOR DECLARED PREGNANT WOMEN

I have received verbal instructions on radiation exposure monitoring requirements for declared pregnant women conducting activities involving sources of radiation, in accordance with the requirements of the Florida radiation safety program, the terms and conditions of the company's registration, and Chapter 64E-5, Florida Administrative Code, the state radiation control regulations.

I have been instructed to always wear my assigned radiation monitoring badge at waist level to estimate the embryo/fetus dose. I am aware that the fetal dose is not allowed to exceed 500 millirem during the entire pregnancy as a result of occupational radiation exposures (unless that dose has already been exceeded between the time of conception and submitting my declaration of pregnancy), and that meeting the lower dose limit may require a change in job or job responsibilities during my pregnancy. I understand that I must make every effort to maintain the fetal dose as low as reasonably achievable (ALARA), and I am aware that the Bureau of Radiation Control recommends that an embryo/fetus not receive more than 50 millirem in any one month. I understand that records of fetal dose are maintained with my occupational dose records.

The University Radiation Safety Officer has encouraged me to ask for additional information if needed, and to review information on the potential risks involved for pregnant women exposed to radiation, particularly U.S. Nuclear Regulatory Commission Regulatory Guides 8.13 and 3.36. I am aware that radiation safety specialists from the FDOH Bureau of Radiation Control are available to answer questions, and can be contacted at (850) 245-4888.

Signature

Printed Name

Date

RSO Signature

Date