Radiation Dose and Hazard Assessment

Fall, 2020

Kyoung-Jae Chung

Department of Nuclear Engineering

Seoul National University

Introduction

- Radiation dosimetry is the branch of science that attempts to quantitatively relate specific measurements made in a radiation field to physical, chemical, and/or biological changes that the radiation would produce in a target.
- Dosimetry is essential for quantifying the incidence of various biological changes as a function of the amount of radiation received (dose-effect relationships), for comparing different experiments, for monitoring the radiation exposure of individuals, and for surveillance of the environment.
- Understanding the activity in Becquerels is the first step to finding out about any
 possible biological effects, but does not tell us a great deal by itself. This is
 because, apart from the absolute amount of energy absorbed in the body, the
 biological effects are related to:
 - The size of the exposed area or body: for the same absolute amount of radiation, a larger body will feel less effect, so the measures of radiation exposure must be inherently about the exposure per kilogram of tissue.
 - The radiation type: some types of radiation are intrinsically more damaging than others.
 - The distribution of the dose: some tissues of the body are more sensitive to radiation than others.



Exposure

- Exposure is defined for gamma and X rays in terms of the amount of ionization they produce in air.
- Definition (ICRU, 1962): the quotient $\Delta Q/\Delta m$, where ΔQ is the sum of all charges of one sign produced in air when all the electrons liberated by photons in a mass Δm of air are completely stopped in air.
- The unit roentgen (R) is defined as

```
1 \text{ R} = 2.58 \times 10^{-4} \text{ C kg}^{-1}
```

Example

Show that 1 esu cm⁻³ in air at STP is equivalent to the definition (12.1) of 1 R of exposure.

Solution

Since the density of air at STP is 0.001293 g cm⁻³ and 1 esu = 3.34×10^{-10} C (Appendix B), we have

$$\frac{1 \text{ esu}}{\text{cm}^3} = \frac{3.34 \times 10^{-10} \text{ C}}{0.001293 \text{ g} \times 10^{-3} \text{ kg g}^{-1}} = 2.58 \times 10^{-4} \text{ C kg}^{-1}.$$
 (12.2)



Absorbed dose

- Radiation damage depends on the absorption of energy from the radiation and is approximately proportional to the mean concentration of absorbed energy in irradiated tissue. For this reason, the basic unit of radiation dose is expressed in terms of absorbed energy per unit mass of tissue.
- The unit of absorbed dose, J kg⁻¹, is called the gray (Gy).

1 Gy
$$\equiv \frac{1 \text{ J}}{\text{kg}} = \frac{10^7 \text{ erg}}{10^3 \text{ g}} = 10^4 \frac{\text{erg}}{\text{g}} = 100 \text{ rad}.$$

One can compute the absorbed dose in air when the exposure is 1 R. Photons produce secondary electrons in air, for which the average energy needed to make an ion pair is $W = 34 \text{ eV} \text{ ip}^{-1} = 34 \text{ J C}^{-1}$ (Sect. 10.1). Using a more precise W value,¹) one finds

$$1 R = \frac{2.58 \times 10^{-4} C}{\text{kg}} \times \frac{33.97 \text{ J}}{\text{C}} = 8.76 \times 10^{-3} \text{ J kg}^{-1}.$$
 (12.4)

Thus, an exposure of 1 R gives a dose in air of 8.76×10^{-3} Gy (= 0.876 rad). Calculations also show that a radiation exposure of 1 R would produce a dose of 9.5×10^{-3} Gy (= 0.95 rad) in soft tissue. This unit is called the rep ("roentgen-equivalent-physical") and was used in early radiation-protection work as a measure of the change produced in living tissue by radiation. The rep is no longer employed.



Dose equivalent

- It has long been recognized that the absorbed dose needed to achieve a given level of biological damage (e.g., 50% cell killing) is often different for different kinds of radiation.
- The dose equivalent *H* is defined as the product of the absorbed dose *D* and a dimensionless quality factor *Q*, which depends on LET:

H = QD

Table 12.1Dependence of Quality Factor Q on LET of Radiationas Formerly Recommended by ICRP, NCRP, and ICRU

LET (keV μ m $^{-1}$ in Water)	Q
3.5 or less	1
3.5–7.0	1–2
7.0–23	2–5
23–53	5-10
53–175	10-20
Gamma rays, X rays, electrons, positrons of any LET	1

Table 12.2Dependence of Quality Factor Q on LET as CurrentlyRecommended by ICRP, NCRP, and ICRU

LET, L (keV μ m $^{-1}$ in Water)	Q		
<10 10–100 >100	$\frac{1}{0.32L-2.2}\\ \frac{300}{\sqrt{L}}$		

• By the early 1990s, the ICRP and NCRP replaced the use of LET-dependent quality factors by radiation weighting factors, w, specified for radiation of a given type and energy. The quantity, H = wD, is then called the equivalent dose.



Equivalent dose

- It is often said that absorbed dose cannot be used to characterize the biological effects of radiation. In fact, absorbed dose cannot be used to characterize damage to any material. All it represents is how much energy has been absorbed by the medium and not what damage it has caused. In this respect, absorbed dose treats all types of radiation equally.
- Since dosimetry is primarily concerned with the safety of personnel, another quantity called the equivalent dose has been defined to characterize the damaging effects of radiation on tissues. **Table 14.1** Radiation Weighting Factors, w_R , from NCRP Report No. 116
- Unit: sievert (Sv), 1 Sv = 100 rem

 $H_{T.R} = w_R D_{T,R}$ X and γ rays, electrons, positrons, and muons 1 Neutrons, energy <10 keV 5 10 keV to 100 keV 10 >100 keV to 2 MeV 20 >2 MeV to 20 MeV 10 >20 MeV 5 Protons, other than recoil protons and energy 2^{*a*} >2 MeV Alpha particles, fission fragments, and nonrelativistic heavy nuclei 20

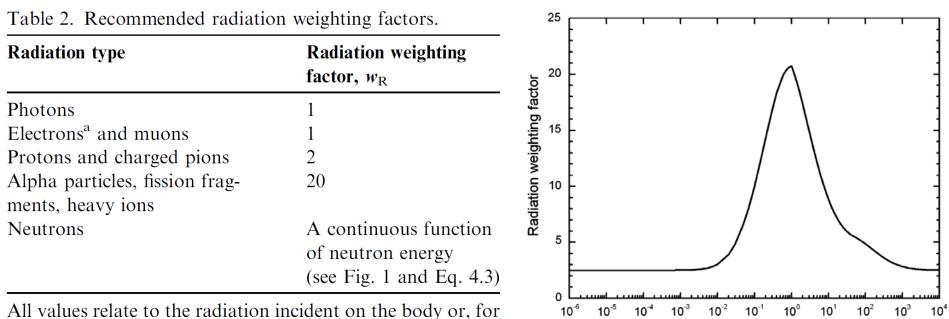
Radiation

^{*a*} ICRP Publication 60 recommends $w_{\rm R} = 5$.

WR

$$H_T = \sum_R w_R D_{T,R}$$

Radiation weighting factor (ICRP Publication 103)



All values relate to the radiation incident on the body or, for internal radiation sources, emitted from the incorporated radionuclide(s).

Fig. 1. Radiation weighting factor, w_R , for neutrons versus neutron energy.

Neutron energy / MeV

$$w_{\rm R} = \begin{cases} 2.5 + 18.2e^{-[\ln (E_{\rm n})]^2/6}, & E_{\rm n} < 1 \text{ MeV} \\ 5.0 + 17.0e^{-[\ln (2E_{\rm n})]^2/6}, & 1 \text{ MeV} \leqslant E_{\rm n} \leqslant 50 \text{ MeV} \\ 2.5 + 3.25e^{-[\ln (0.04E_{\rm n})]^2/6}, & E_{\rm n} > 50 \text{ MeV} \end{cases}$$
(4.3)



Equivalent dose

Example:

In a mixed radiation environment, a person receives a dose of 20 mGy of γ -rays and 2 mGy of electrons. Calculate the total equivalent dose received by the person.

Solution:

As the source is external, we can take $N_R = 1$, and the weighting factors for the two radiation types as given in Table 11.2.1 are

 $w_{\gamma} = 1$ and $w_e = 1$.

The equivalent doses due to γ -rays and electrons are calculated as follows:

$$H_{T,\gamma} = w_{\gamma} \cdot D_{T,\gamma}$$

= (1)(20)
= 20 mSv.
$$H_{T,e} = w_e \cdot D_{T,e}$$

= (1)(2)
= 2 mSv.

The total dose received by the person is then sum of these individual doses:

$$H_T = H_{T,\gamma} + H_T$$
$$= 20 + 2$$
$$= 22 \text{ mSv}$$

',e

Introduction to Nuclear Engineering, Fall 2020



Effective dose

The equivalent dose can be used for one tissue type only, as it does not address the sensitivity of different tissue types to the same type of radiation. The question is, how can we determine the whole-body equivalent dose to estimate the level of risk in a certain radiation environment? Or, how can we estimate the wholebody dose if the dose received by a particular organ is known? This is done by using the quantity called effective dose as defined by the relation

$$E = \sum_{T} w_{T} H_{T}$$

• For uniform whole-body irradiation

$$E = \sum_{T} w_T H_T = H_T \sum_{T} w_T = H_T$$

ICRP Publication 103

Table 3. Recommended tissue weighting factors.

Tissue	w _T	$\sum w_{\mathbf{T}}$
Bone-marrow (red), Colon, Lung, Stomach,	0.12	0.72
Breast, Remainder tissues*		
Gonads	0.08	0.08
Bladder, Oesophagus, Liver, Thyroid	0.04	0.16
Bone surface, Brain, Salivary glands, Skin	0.01	0.04
	Total	1.00

* Remainder tissues: Adrenals, Extrathoracic (ET) region, Gall bladder, Heart, Kidneys, Lymphatic nodes, Muscle, Oral mucosa, Pancreas, Prostate (3), Small intestine, Spleen, Thymus, Uterus/cervix (2).



Effective dose

Example:

During a CT scan of the stomach that had to be repeated several times, a patient receives a total absorbed dose of 0.3 Gy. Compute the total effective dose received by the patient.

Solution:

Since a CT scan is performed with x-rays, the radiation weighting factor $w_R = 1$. The equivalent dose received by the patient's stomach is

$$H_{T,R} = w_R \cdot D_{T,R}$$

= (1)(0.3)
= 0.3 Sv.

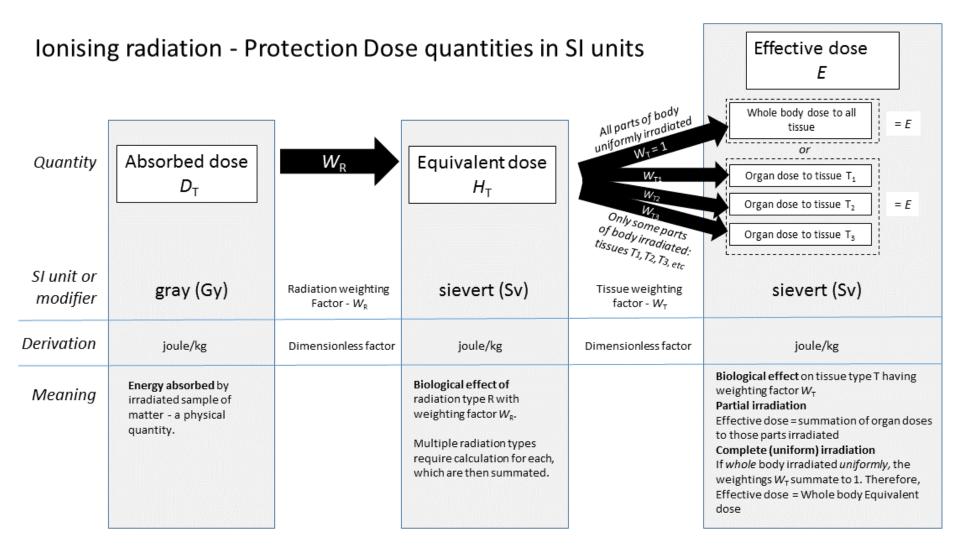
The tissue weighting factor for the stomach is $w_T = 0.12$, as given in Table 11.2.2. The effective dose is then given by

 $E = w_T \cdot H_{T,R}$ = (1)(0.3) = 0.3 Sv = 36 mSv.

The usual effective dose received during a typical CT scan of the abdomen is around 10 mSv, which means that this patient received more than three times the usual dose.



Relationships of protection dose quantities in SI units

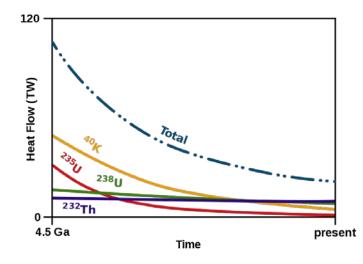


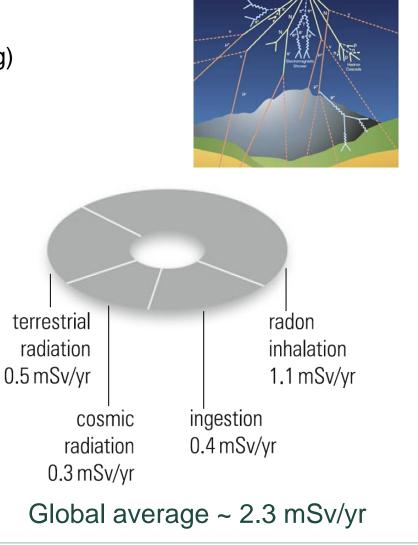


Exposures from the natural environment

- Cosmic rays
- Terrestrial radiation (from the Earth's crust)
- Incorporation (eating, drinking, and breathing)

Radionuclide Half-life (y)		Natural abundance (%)	Mass fraction of the element per 1 Bq kg ⁻¹ of the radionuclide		
⁴⁰ K ²³² Th ²³⁸ U ²²⁶ Ra	$\begin{array}{c} 1.25\times 10^9 \\ 1.41\times 10^{10} \\ 4.47\times 10^9 \\ 1600 \end{array}$	$0.0117 \ \sim 100 \ 99.28 \ \sim 100$	$\begin{array}{c} 3.2\times 10^{-5} \\ 2.5\times 10^{-7} \\ 8.1\times 10^{-8} \\ 2.7\times 10^{-14} \end{array}$		







Exposures from man-made sources (excluding smoking)

Source of dose	Approximate annual dose (mSv)
Medical X-ray diagnostics	1.9
Other nuclear medicine	0.05
Science and research	under 0.01
Occupational exposure	0.03
Reactor accident in Chernobyl (only 1986, figure for Western Europe)	0.5
Sum (without Chernobyl)	2.0

 The world average of the whole-body exposure can be estimated to be about 4.3 mSv/yr: about 2.3 mSv/yr from the natural environment and about 2.0 mSv/yr from technical installations (mainly medicine).



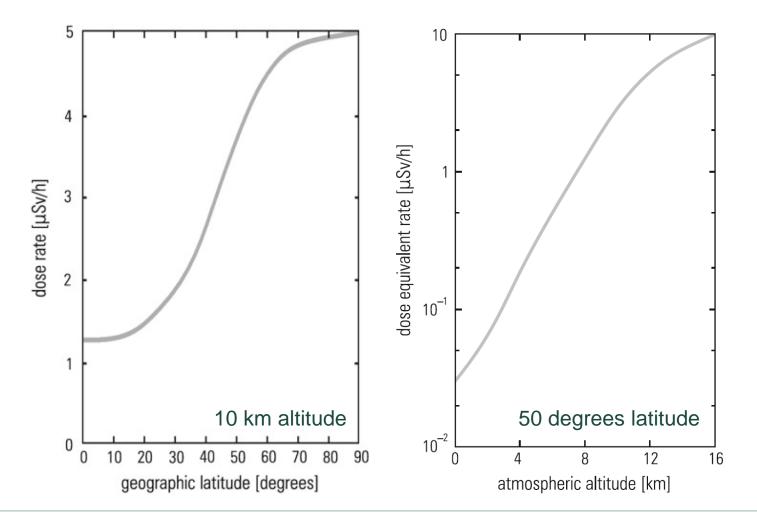
Typical dose rates or doses for some exposures (wholebody doses)

Type of exposure	Dose or dose rate		
X-ray exposure of teeth	10µSv		
Flight Frankfurt to New York	30 µSv		
X-ray examination of the chest	70 µSv		
Dose limit for general public for discharges from nuclear power plants	300 µSv/yr		
Normal smoker	500 µSv/yr		
Mammography	500 µSv		
γ -ray image of the thyroid gland	800 µSv		
Limit for a surveyed area	1 mSv/yr		
Heavy smoker (more than 20 cigarettes per day)	1 mSv/yr		
Natural radiation	2.3 mSv/yr		
Lower limit for a controlled area (see Appendix B)	6 mSv/yr		
Positron-emission tomography	8 mSv		
Computed tomography of the chest	10 mSv		
Limit for radiation-exposed workers in Europe	20 mSv/yr		
Limit for radiation-exposed workers in the USA	50 mSv/yr		
Limit for emergencies	50 mSv		
Maximum worker's dose over the whole life span	400 mSv		
Possible future round-trip to Mars (500 days)	1000 mSv		
Lethal dose	4000 mSv		



Exposures from air travel

 Personnel flying at altitudes of 10~12 km are exposed to an annual dose of 2.5 mSv (for 500 flight hours per year).





Exposures from smoking

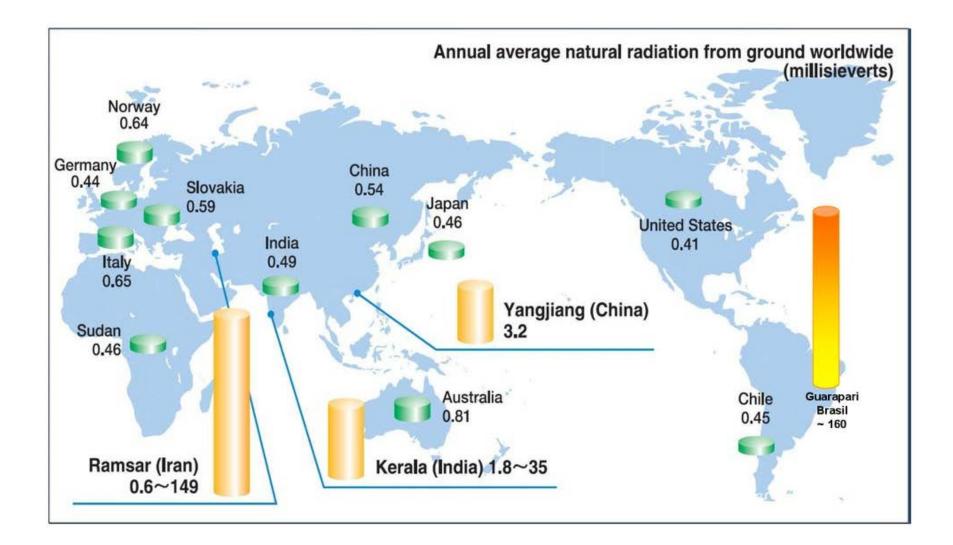
- It is well known that smoking has adverse effects on health, but it is less widely known that radioactive exposures play a significant part in the negative effects.
- Radioactive isotopes, particularly radioactive lead-210 (²¹⁰Pb) enter the tobacco plant via its roots from the soil, and also radon (²²²Rn) will enter the tobacco leaves from the air. This eventually leads to significant exposures of the lungs.
- The isotopes ²¹⁰Pb and ²²²Rn decay after a number of radioactive transmutations into the radioisotope polonium (²¹⁰Po) ending eventually in stable lead (²⁰⁶Pb).
- Smokers are victims of the fact that tar is sticky: these radioisotopes tend to stick to the airborne droplets of tar in the smoke.







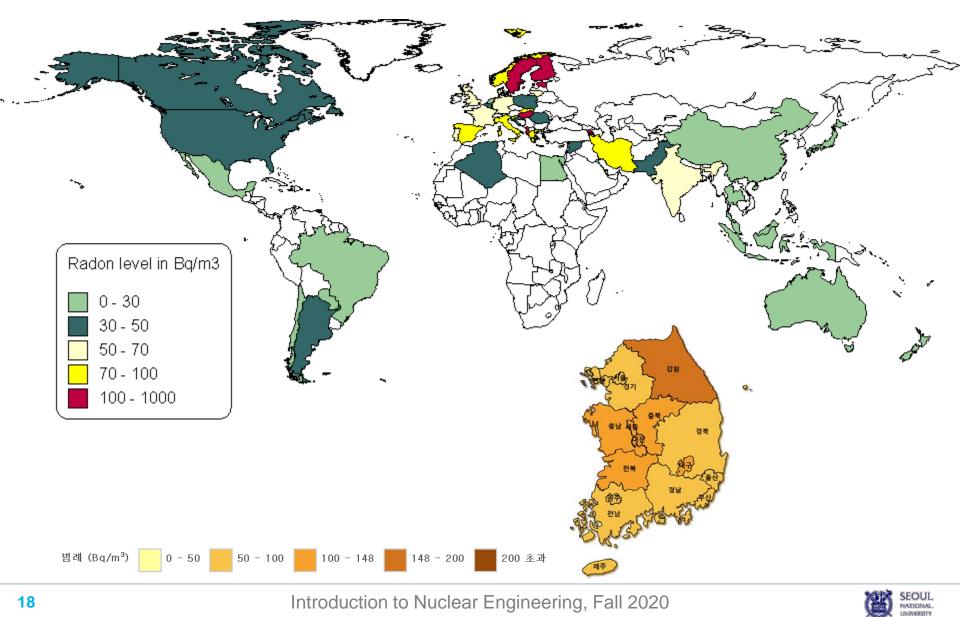
Background radiation in the world



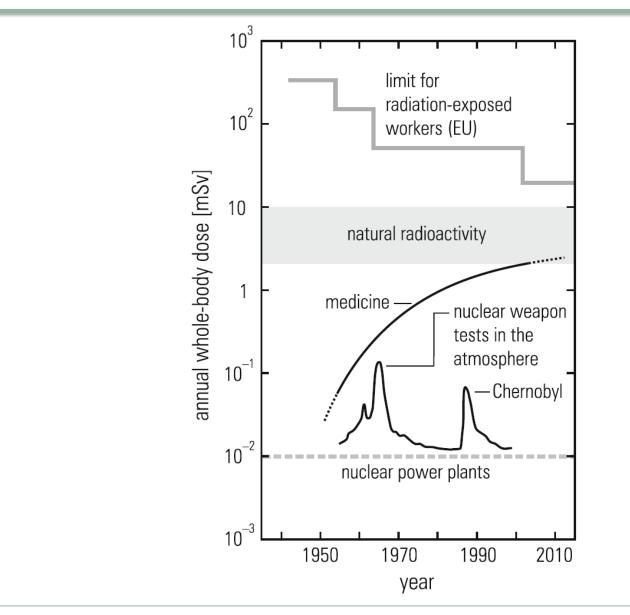




World radon map

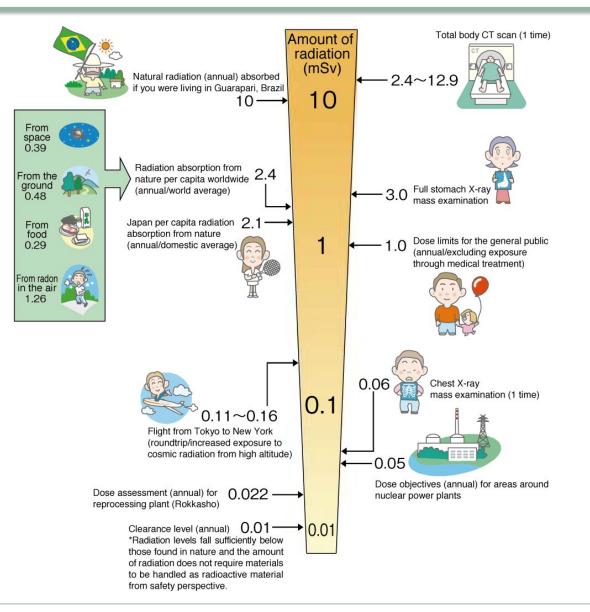


Annual dose (Western Europe)





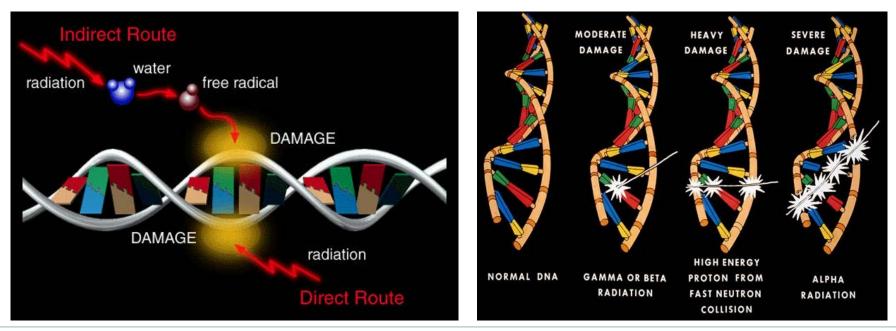
Radiation in daily life





Radiation damage

- Any radiation exposure can potentially have negative effects on health. This can be considered as the basic principle of radiation protection.
- The biological effect of ionizing radiation is a consequence of the energy transfer, by ionization and excitation, to cells in the body.
- Factors of radiation effects on individual cells: (1) the dose rate, (2) the collisional stopping power (LET, linear energy transfer), and others such as the state of the cell's life cycle, the exposure time, age, general health, and nutritional status.



Introduction to Nuclear Engineering, Fall 2020



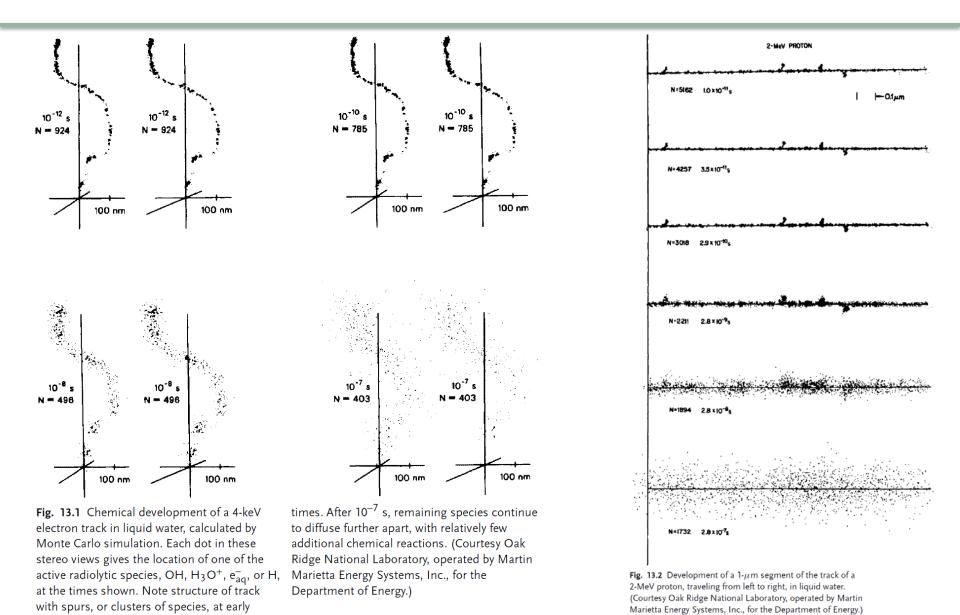
Time frame for radiation effects

Times	Events
Physical stage $\lesssim 10^{-15}$ s	Formation of H ₂ O ⁺ , H ₂ O [*] , and subexcitation electrons, e^- , in local track regions ($\leq 0.1 \ \mu$ m)
Prechemical stage $\sim 10^{-15}$ s to $\sim 10^{-12}$ s	Three initial species replaced by H_3O^+ , OH, e_{aq}^- , H, and H_2
Chemical stage $\sim 10^{-12}$ s to $\sim 10^{-6}$ s	The four species H ₃ O ⁺ , OH, e ⁻ _{aq} , and H diffuse and either react with one another or become widely separated. Intratrack reactions essentially complete by ~10 ⁻⁶ s
Biological stages	
$\lesssim 10^{-3}$ s	Radical reactions with biological molecules complete
$\lesssim 1 \text{ s}$	Biochemical changes
Minutes	Cell division affected
Days	Gastrointestinal and central nervous system changes
Weeks	Lung fibrosis develops
Years	Cataracts and cancer may appear; genetic effects in offspring

Table 13.1 Time Frame for Effects of Ionizing Radiation



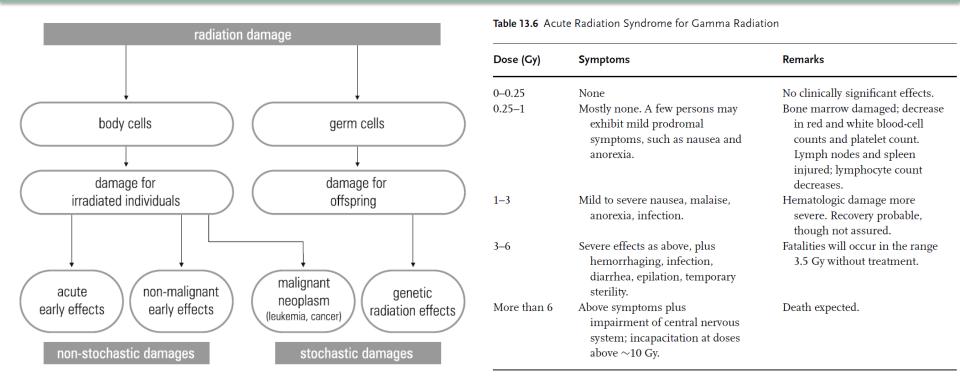
Examples of charged-particle tracks in water



Introduction to Nuclear Engineering, Fall 2020



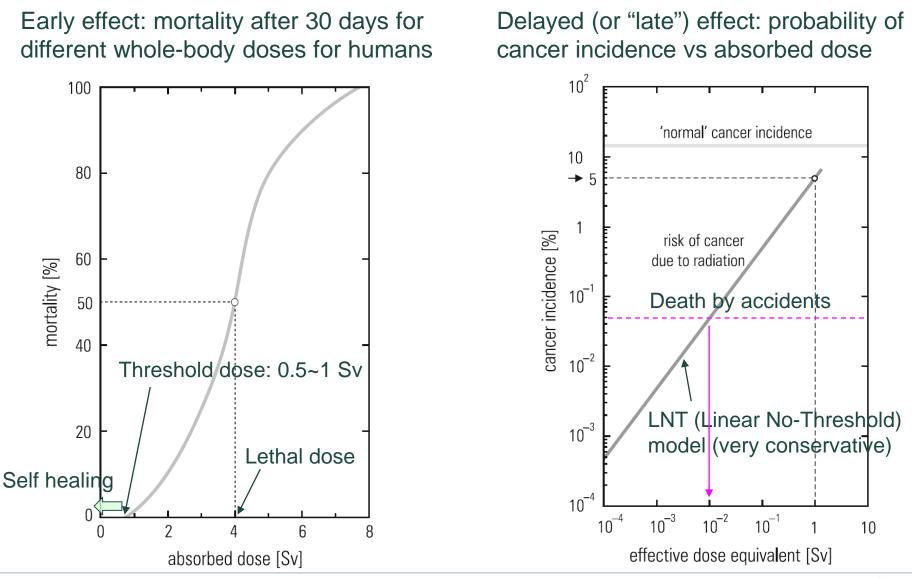
Acute radiation syndrome



 An acute, whole-body, gamma-ray dose of about 4 Gy without treatment would probably be fatal to about 50% of the persons exposed. This dose is known as the LD50—that is, the dose that is lethal to 50% of a population. More specifically, it is also sometimes called the LD50/30, indicating that the fatalities occur within 30 days.



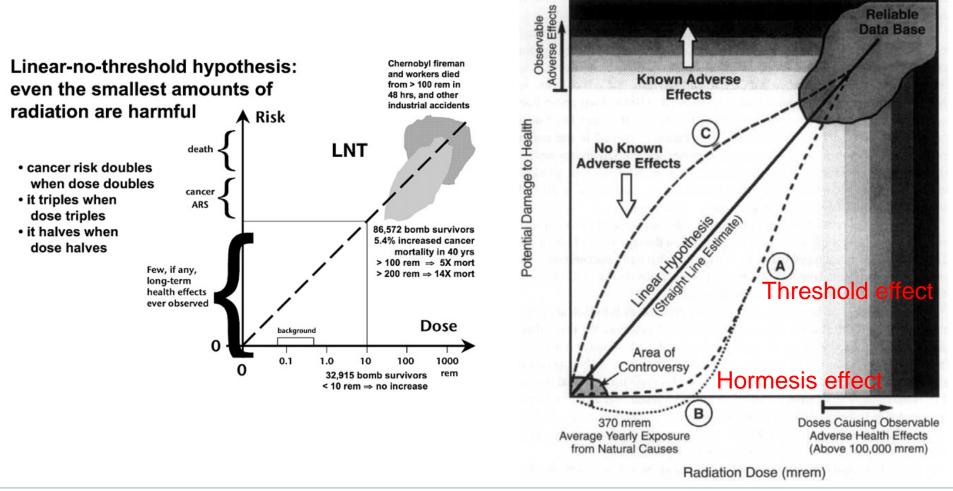
Effects of radiation on human death and cancer incidence



Introduction to Nuclear Engineering, Fall 2020

Models for determining the human health effects of radiation dose

- Clear evidence for the radiation dose greater than 100 mSv.
- There are still debates for the effect of radiation dose under 100 mSv.

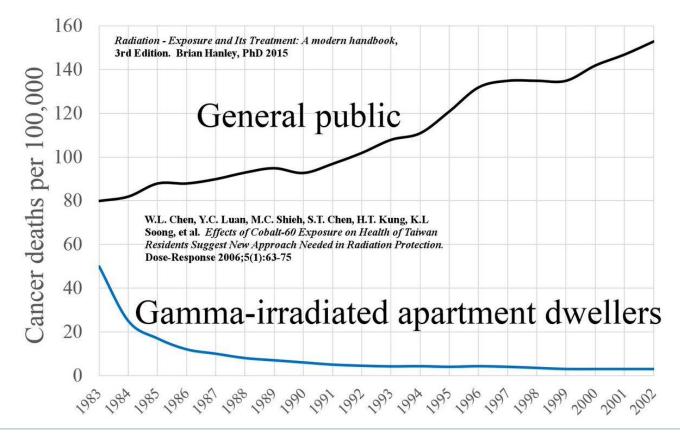


Introduction to Nuclear Engineering, Fall 2020



Evidence of hormesis

 In Taiwan in the early 1980s, radioactive cobalt-60 (half-life 5.3 years) was accidentally included in some steel building materials, and these materials were then used to build 1,700 apartments. Over the course of two decades, some 10, 000 people occupied these apartments, receiving doses between a few mSv per year and a few tens of mSv per year (average total dose ~ 0.4 Sv).

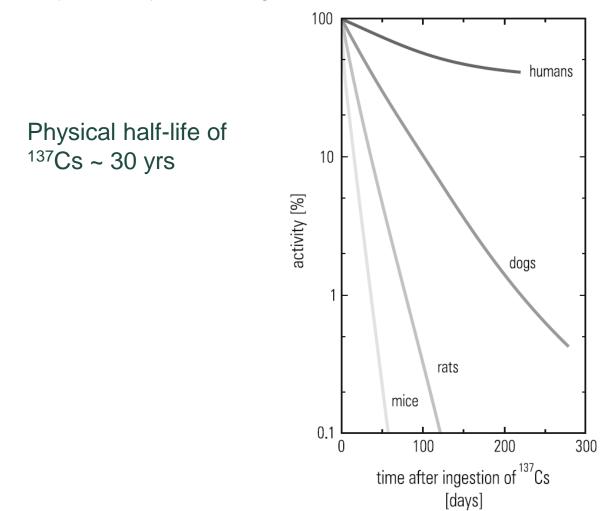






Biological half-life

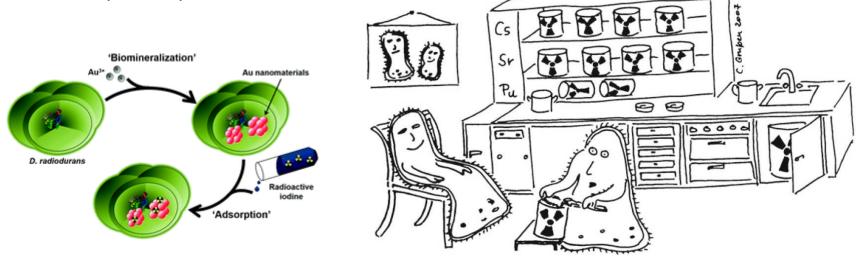
• The human body will have some ability to excrete incorporated material, and this ability will vary according to the substance involved.





Radiation resistance

- The lethal dose, remembering that doses are inherently per-kilogram measures, for all mammals is about the same (humans: 4 Sv, dogs: 4 Sv, monkeys: 5 Sv, rabbits: 8 Sv, marmots: 10 Sv).
- In contrast to that, spiders (with a lethal dose of 1,000 Sv) and viruses (2,000 Sv) are much more resistant against ionizing radiation.
- The bacteria deinococcus radiodurans and deinococcus radiophilus can survive enormous doses (30,000 Sv) because of their extraordinary ability to repair radiation damage. They have even been found in the hot reactor cores of nuclear power plants.



"So, Deino, shall we have some delicious caesium-137 for dessert?"



Principles of radiation protection (ICRP Publication 103)

- Principle of Justification: Any decision that alters the radiation exposure situation should do more good than harm.
 - This means that, by introducing a new radiation source, by reducing existing exposure, or by reducing the risk of potential exposure, one should achieve sufficient individual or societal benefit to offset the detriment it causes.
- Principle of Optimization of Protection: The likelihood of incurring exposure, the number of people exposed, and the magnitude of their individual doses should all be kept as low as reasonably achievable, taking into account economic and societal factors.
 - This means that the level of protection should be the best under the prevailing circumstances, maximizing the margin of benefit over harm. In order to avoid severely inequitable outcomes of this optimization procedure, there should be restrictions on the doses or risks to individuals from a particular source (dose or risk constraints and reference levels).
- Principle of Application of Dose Limits: The total dose to any individual from regulated sources in planned exposure situations other than medical exposure of patients should not exceed the appropriate limits specified by the Commission.



Exposure limit

• The principal recommendations from NCRP Report No. 116 and ICRP Publication 60 are summarized in Table 14.4.

Table 14.4 Exposure Limits from NCRP Report No. 116 and ICRP Publication 60

	NCRP-116	ICRP-60
Occupational Exposure		
Effective Dose		
Annual	50 mSv	50 mSv
Cumulative	$10 \text{ mSv} \times \text{age}$ (y)	100 mSv in 5 y
Equivalent Dose		
Annual	150 mSv lens of eye;	150 mSv lens of eye;
	500 mSv skin, hands, feet	500 mSv skin, hands, feet
Exposure of Public		
Effective Dose		
Annual	1 mSv if continuous	1 mSv; higher if needed, provided
	5 mSv if infrequent	5-y annual average ≼1 mSv
Equivalent Dose	-	
Annual	15 mSv lens of eye;	15 mSv lens of eye;
	50 mSv skin, hands, feet	50 mSv skin, hands, feet



Exposure limit (ICRP Publication 103)

(244) For occupational exposure in planned exposure situations, the Commission continues to recommend that the limit should be expressed as an effective dose of 20 mSv per year, averaged over defined 5 year periods (100 mSv in 5 years), with the further provision that the effective dose should not exceed 50 mSv in any single year.

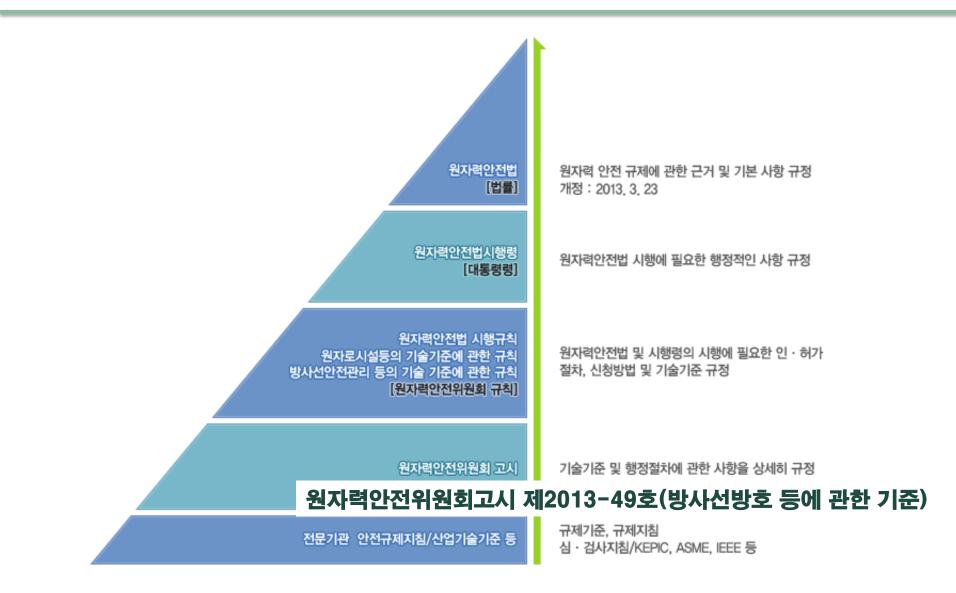
(245) For public exposure in planned exposure situations, the Commission continues to recommend that the limit should be expressed as an effective dose of 1 mSv in a year. However, in special circumstances a higher value of effective dose could be allowed in a single year, provided that the average over defined 5-year periods does not exceed 1 mSv per year.

Type of limit	Occupational	Public
Effective dose	20 mSv per year, averaged over defined periods of 5 years ^e	1 mSv in a year ^f
Annual equivalent dose in:		
Lens of the eye ^b	150 mSv	15 mSv
Skin ^{c,d}	500 mSv	50 mSv
Hands and feet	500 mSv	_

Table 6. Recommended dose limits in planned exposure situations^a.



우리나라의 방사선 안전 규제: 원자력안전위원회





원자력안전위원회 고시 제2013-49호

<u>방사선 가중치¹(제2조제5호</u>관련)

종류 및 에너지 범위	방사선 가중치(W _R)
o광자(전에너지)	1
○전자 및 뮤온(전에너지) ²	1
○중성자, 에너지 < 10 keV	5
10 keV - 100 keV	10
100 keV – 2 MeV	20
2 MeV - 20 MeV	10
> 20 MeV	5
○반조양자이외의 양자 (에너지>2 MeV)	5
○알파입자, 핵분열 파편, 무거운 원자핵	20

<u>조직 가중치¹(제2조제6호 관련)</u>

조직 또는 장기	조직가중치(W _T)	조직 또는 장기	조직가중치(W _T)
생식선	0.20	간	0.05
골수(적색)	0.12	식 도	0.05
대 장	0.12	갑상선	0.05
폐	0.12	피 부	0.01
위	0.12	뼈표면	0.01
방 광	0.05	기타 조직	0.05 ^{2.3}
유 방	0.05		

[별표 3] <u>방사성물질의 연간섭취한도, 유도공기중농도 및 배출관리기준</u>

(제6조, 제7조, 제8조 및 제16조 관련)

1 란	2 란	3 란	4 란	5 란	6 란	7 란	8 란
	훕		입		섭		취
쳅 중		연간	유도	배기중의		연간	배수증의 배
	화학적 형태	섭취한도	공기중농도	배출관리기준	화학적 형태	섭취한도	출관리기준
		Bq	Bq/m ³	Bq/m ³		Bq	Bq/m ³
Hydro gen							
H-3	G. 삼중수소가 결합된 물 (꾀부흡수 포함)	1E+09	3E+05	3E+03	삼중수소가 결합 된 물	1E+09	4E+07
	G, 유기적으로 결합된 삼중수소	5E+08	2E+05	2E+03	유기적으로 결합 된 삼중수소	5E+08	2E+07
	G, 원소상태의 삼중수소	1E+13	5E+09	4E+07	2 8012		
	G, 삼중수소가 결합된 메탄	1E+11	5E+07	4E+05			
Beryllium							
Be-7	M, 기타 모든 화함물	5E+08	2E+05	1E+03	모든 화함물	7E+08	2E+07
	S, 산화물, 할로겐화물 및 질산 염	4E+08	2E+05	1E+03			
Be-10	M, Be-7과 동일	3E+06	1E+03	8E+00	Be-7과 동일	2E+07	6E+05
	S, Be-7과 동일	1E+06	4E+02	2E+00			
Carbon							
C-11	G, 중기	6E+09	3E+06	2E+04	표지 유기화함물	8E+08	3E+07
	G, 이산화물	9E+09	4E+06	3E+04			
	G 일산화물	2E+10	7E+06	6E+04			
C-14	G, 중기	3E+07	1E+04	1E+02	표지 유기화함물	3E+07	1E+06
	G, 이산화물	3E+09	1E+06	1E+04			
	G, 일산화물	3E+10	1E+07	9E+04			



Homework

 J. Turner, Atoms, Radiation, and Radiation Detection, Wiley (2007), chapter 14 Problems: 13, 14

