

# Contents

<b>Preface</b> .....	<b>vii</b>
Chapter 1	
<b>Fundamental Concepts</b> .....	<b>1</b>
1.1 Need for Radiation Protection .....	2
1.2 Ionizing Radiation and Injury .....	3
1.3 The Structure of Matter .....	4
1.3.1 Atomic Electrons .....	5
1.3.2 The Nucleus .....	7
1.4 Radioactive or Nuclear Decay .....	8
1.4.1 Alpha Decay .....	8
1.4.2 Beta Decay .....	8
1.4.3 Gamma or Isomeric Decay .....	10
1.5 Direct and Indirect Ionization .....	11
1.5.1 General Interaction Mechanisms .....	11
1.5.2 Linear Energy Transfer .....	14
1.6 Interaction of Directly Ionizing Particles .....	14
1.6.1 Alpha Particles .....	14
1.6.2 Electrons .....	16
1.7 Interaction of Indirectly Ionizing Particles .....	17
1.7.1 Photons .....	18
1.7.2 Neutrons .....	21
1.8 Review Questions .....	24
1.9 Problems .....	25
Chapter 2	
<b>Detectors</b> .....	<b>27</b>
2.1 Gas-Filled Detectors .....	28
2.1.1 Ionization Chambers .....	29
2.1.1.1 Principles of Operation .....	30
2.1.1.2 Electron Movement to Collector .....	30
2.1.2 Geiger Counters .....	31
2.1.2.1 Principles of Operation .....	32
2.1.2.2 Count Method .....	33
2.1.2.3 Quenching .....	34
2.1.2.4 Resolving Time .....	35
2.1.3 Proportional Counters .....	35
2.1.3.1 Principles of Operation .....	36
2.1.3.2 Physical Characteristics .....	36
2.1.3.3 Filling Gas .....	37
2.1.3.4 Resolving Time .....	37
2.1.4 Windowless Gas Flow Counters .....	37

2.2	Solid State Detectors .....	40
2.2.1	Scintillation Detectors .....	40
2.2.1.1	Principles of Operation .....	41
2.2.1.2	Light Collection .....	45
2.2.1.3	Resolving Time .....	46
2.2.1.4	Remarks .....	46
2.2.2	Semiconductor Detectors .....	47
2.2.2.1	Principles of Operation .....	47
2.2.2.2	Types of Junction Semiconductors Detectors .....	49
2.2.2.3	Operating Characteristics of Junction Detectors .....	53
2.3	Review Questions .....	57
2.4	Problems .....	58
Chapter 3		
<b>Units Associated with Radiation Protection</b>		<b>59</b>
3.1	Exposure .....	59
3.2	Absorbed Dose .....	61
3.3	Kerma .....	62
3.4	Relative Biological Effectiveness and Radiation Protection .....	63
3.5	Equivalent Dose and Effective Dose .....	65
3.6	Other Dosimetric Quantities .....	67
3.7	Review Questions .....	69
3.8	Problems .....	70
Chapter 4		
<b>Biological Effects and Effective/Equivalent Dose Limits</b>		<b>71</b>
4.1	Regulatory Agencies .....	73
4.2	Occupational Exposure .....	74
4.3	Biological Factors .....	74
4.4	Manifestation of Overexposure in Adults .....	77
4.5	Recommendations for Effective/Equivalent Dose Limitations .....	78
4.6	Use of Effective/Equivalent Dose Limits .....	82
4.7	Review Questions .....	83
4.8	Problems .....	84
Chapter 5		
<b>Common Survey and Calibration Instruments</b>		<b>85</b>
5.1	Survey Monitors .....	85
5.1.1	Characteristics of an Effective Survey Instrument .....	86
5.1.2	Energy Characteristics .....	86
5.1.3	Ionization Chamber Survey Monitors .....	87
5.1.3.1	“Cutie Pie” Monitors .....	88
5.1.3.2	Digital Ionization Chamber Monitors .....	89
5.1.4	Geiger-Müller Monitors .....	89

5.1.5	Scintillation Monitors .....	92
5.1.6	Proportional Survey Monitors .....	92
5.1.6.1	Neutron Monitoring .....	93
5.1.6.2	Low-Energy Particle Monitoring .....	95
5.1.7	Survey Instruments for Container Monitoring and Emergency Situations .....	95
5.2	Calibration Instruments for Radiation Sources .....	97
5.2.1	Precision Electrometer/Dosimeter .....	97
5.2.2	Non-invasive Quality Assurance Test System .....	98
5.2.3	Patient Air Kerma Monitors .....	100
5.2.4	Calibration of Radioactive Sources .....	101
5.2.5	Calibration of Survey Monitors .....	102
5.3	Review Questions .....	104
5.4	Problems .....	105
Chapter 6		
<b>Personnel Monitors</b> .....		<b>107</b>
6.1	General Characteristics .....	107
6.2	Delayed Readout Personnel Monitors .....	108
6.2.1	Film Badges .....	109
6.2.1.1	Advantages and Disadvantages .....	110
6.2.2	Thermoluminescent Dosimeters (TLDs) .....	111
6.2.2.1	Advantages and Disadvantages .....	112
6.2.3	Optically Stimulated Luminescence (OSL) .....	112
6.2.3.1	Advantages and Disadvantages .....	112
6.3	Immediate Readout Personnel Monitors .....	113
6.3.1	Solid State Devices .....	113
6.3.1.1	Advantages and Disadvantages .....	113
6.3.2	Ion Chamber Devices .....	114
6.3.2.1	Direct-Reading Monitors .....	114
6.3.2.2	Condenser-Type Pocket Chambers .....	115
6.3.2.3	Advantages and Disadvantages .....	115
6.4	Personal Alarm Dosimeters .....	116
6.4.1	Solid State Type Detectors .....	116
6.4.1.1	Advantages and Disadvantages .....	117
6.4.2	G-M Type Detectors .....	117
6.4.2.1	Advantages and Disadvantages .....	117
6.5	Personal Air Samplers .....	118
6.5.1	Advantages and Disadvantages .....	118
6.6	Other Personnel Monitoring Methods .....	119
6.7	Review Questions .....	119
6.8	Problems .....	120

## Chapter 7

<b>Practical Means of Radiation Protection</b>	<b>121</b>
7.1 Time .....	121
7.2 Distance .....	122
7.3 Shielding .....	126
7.3.1 Half-Value Layer .....	126
7.3.2 Tenth-Value Layer .....	133
7.3.3 Polyenergetic Beams of Photons .....	134
7.4 Review Questions .....	135
7.5 Problems .....	135

## Chapter 8

<b>Principles Governing Specific Devices: Good Working Habits</b>	<b>137</b>
8.1 Responsibility .....	137
8.2 Facility Design .....	138
8.3 Quality Assurance .....	138
8.4 Specific Recommendations for X-Ray Generating Equipment .....	142
8.4.1 Leakage, Beam Size Definition, and Beam Filtration .....	142
8.4.2 Control Devices .....	143
8.4.3 Protection of Patient and Operators .....	144
8.4.3.1 Protective Clothing .....	146
8.5 Specific Recommendations for Sealed Sources of Radioactivity .....	146
8.5.1 Collimated Sealed Sources .....	146
8.5.2 Noncollimated Sealed Sources .....	147
8.6 Specific Recommendations for Particle Accelerators .....	148
8.7 Specific Recommendations for Neutron Generators .....	149
8.8 Specific Recommendations for Unsealed Sources of Radioactivity .....	149
8.8.1 Common External Sources of Irradiation .....	150
8.8.2 Protection from External Sources of Irradiation .....	150
8.8.3 Common Internal Sources of Irradiation .....	152
8.8.4 Common Methods of Acquiring Internal Irradiation Sources .....	154
8.8.4.1 Inhalation .....	154
8.8.4.2 Ingestion .....	156
8.8.4.3 Absorption .....	157
8.8.5 Protection from Internal Sources of Irradiation .....	157
8.8.6 Specific Contamination Control Devices .....	159
8.8.6.1 Shields .....	159
8.8.6.2 Remote Handling Equipment .....	160
8.8.6.3 Decontamination Equipment .....	161
8.8.7 Management of Accidents .....	162
8.8.7.1 Confinement .....	162
8.8.7.2 Area Decontamination .....	162
8.8.7.3 Personnel Decontamination .....	163
8.9 Review Questions .....	164
8.10 Problems .....	166

## Chapter 9

<b>Radionuclides and the Law</b>	<b>167</b>
9.1 Licensing .....	167
9.1.1 Nuclear Regulatory Commission .....	168
9.1.2 Radiation Control for Health and Safety Act of 1968 .....	168
9.1.3 Authorization .....	169
9.2 Record Keeping .....	171
9.3 Area Posting and Radionuclide Labeling .....	172
9.4 Storage and Delivery .....	174
9.5 Transport .....	175
9.6 Radionuclides and Animals .....	177
9.7 Waste Disposal .....	177
9.8 Review Questions .....	179
9.9 Problems .....	180

## Chapter 10

<b>Shielding from External Radiation</b>	<b>181</b>
10.1 Protection from External Unsealed $\gamma$ -Ray Photons .....	182
10.2 Protection from Sources of X-Ray and Annihilation Photons .....	186
10.2.1 Primary Barriers .....	186
10.2.1.1 Weekly Work Load W .....	186
10.2.1.2 Use Factor U .....	186
10.2.1.3 Occupancy Factor T .....	187
10.2.1.4 Photon Energy .....	187
10.2.2 Scattered Radiation .....	189
10.2.3 Leakage Radiation .....	192
10.2.3.1 Scattered Radiation from CT Units .....	195
10.2.4 Special Considerations for PET Units .....	197
10.2.5 Barriers Against Neutron Generation by Linear Accelerators .....	197
10.2.6 Special Recommendations for Dental and Veterinary Units .....	198
10.3 Barriers for Sealed-Sources .....	198
10.4 Collimation .....	199
10.5 Review Questions .....	202
10.6 Problems .....	204

## Chapter 11

<b>Internal Dosimetry</b>	<b>205</b>
11.1 Mean Absorbed Dose .....	205
11.2 Effective Half-Life .....	211
11.3 Accumulated Activity and Residence Time .....	213
11.4 Use of the MIRD Tables .....	219
11.5 Review Questions .....	221
11.6 Problems .....	222

Chapter 12	
<b>Absorbed Dose from External Photons</b>	<b>223</b>
12.1 Kerma and Absorbed Dose in Air .....	223
12.2 Absorbed Dose to a Small Mass of Tissue Exposed in Free Space .....	224
12.2.1 $A_{eq}$ and $r_{eq}$ .....	225
12.2.2 $f$ Factor .....	225
12.3 The Bragg-Gray Principle .....	226
12.4 Other Absorbed Dose Calculation Methods .....	230
12.5 Absorbed Dose in Selected Diagnostic X-Ray Procedures .....	230
12.6 Conclusions .....	233
12.7 Review Questions .....	234
12.8 Problems .....	234
Appendix A .....	235
<b>The Units of Physics</b>	<b>235</b>
Appendix B .....	239
<b>The Roentgen and the Rad</b>	<b>239</b>
B.1 The Roentgen .....	239
B.2 The Rad .....	239
B.3 Equivalence between Roentgen and Rad .....	240
Appendix C .....	241
<b>Logarithms</b>	<b>241</b>
Appendix D .....	243
<b>Greek Alphabet</b>	<b>243</b>
<b>Glossary</b> .....	<b>245</b>
<b>References</b> .....	<b>281</b>
<b>Answers to Problems</b> .....	<b>293</b>
<b>Index</b> .....	<b>297</b>