TABLE 44-C

RECOMMENDED PERMISSIBLE DOSE TO BODY ORGANS
OF OCCUPATIONAL WORKERS EXPOSED TO IONIZING RADIATION

Body Organ	*Max Dose Equivalent Any 13 Weeks*[a] *(rem/13 weeks)*	*Average Dose Equivalent in One Year*[b] *(rem/year)*	*Accumulated Dose Equivalent to Age (N ≥ 18) years (rem)*
Blood-forming organs	3	5	5(N-18)
Total body	3[h]	5[h]	5(N-18)[h]
Head and trunk	3	5	5(N-18)
Gonads	3[h]	5[h]	5(N-18)[h]
Lenses of Eyes	3[h]	5[h]	5(N-18)[h]
Skin	8[c] 10[d h]	30[h]	30(N-18)[h]
Thyroid	8[c h] 10[f]	30[h]	30(N-18)
Feet, ankles, hands, and forearms	20[c] 25[d h]	75[h]	75(N-18)
Bone	30/4n[g]	30/n[g h]	(30/n) (N-18)[g]
Other single organs	4[c] 5[f]	15[e]	15(N-18)

NOTES

[a] These values may be used for accumulated short term exposures in any 13-week interval

[b] These values may be used for a planned emergency exposure

[c] Permissible dose for internal radiation, recommendation of ICRP

[d] Recommendations for NCRP and FRC

[e] Permissible dose for internal radiation, recommendation of ICRP and NCRP

[f] Recommendation of FRC

[g] This n is the relative damage factor, which is 1 for radium isotopes and gamma radiation and 5 for all radionuclides in bone

[h] Maximum Permissible Body Burdens and Maximum Permissible Concentrations of Radionuclides in Air and Water for Occupational Exposure " NCRP-NBS Handbook 69 (June 5, 1959)

These values are from National Committee on Radiation Protection (NCRP) International Commission on Radiological Protection (ICRP), and Federal Radiation Council (FRC), and are in addition to doses from medical and from background exposure

Adapted from A H Snell, Nuclear Instruments and Their Uses, *New York, N Y , John Wiley & Sons, Inc , 1962*

0524 These are consistent with the Radiation Protection Guides recommended by the Federal Radiation Council The latest standards may be obtained by communicating with the closest AEC office

As these standards represent maximum values, personnel who are working with radiation should nevertheless avoid unnecessary exposure and should work toward zero exposure It is particularly important that