

Comparative Radiation Dose Table (in milliRems – mR)

<u>Yearly</u> Radiation Doses		<u>Instantaneous</u> Common Doses from Medical Procedures	
mR/year		mR	
3-5	One yearly round trip air flight from NYC to LA	8	One chest X ray
100	Annual dose limit for members of the public from licensed activities	70	One mammogram
~ 120	Estimated dose received over a one year period by a worker at the former Wolff-Alport site*	300	One X ray of the abdomen
360	Living for one year in NYC – Average dose to public from all sources** <i>This includes altitude, natural background, medical procedures and fallout from past weapons testing and Chernobyl</i>	310	One renal nuclear medicine procedure
600	Living for one year in Denver, Colorado - Average dose to public from all sources. <i>This includes altitude, natural background, medical procedures and fallout from past weapons testing and Chernobyl</i>	3000	One CT head scan
5000	Occupational Annual Dose Limit for a radiation worker at a licensed facility	5000	CAT scan of whole body

* Estimated dose based on preliminary field survey readings and observed work routines during a period of 2 days in May 2007.

** National Council of Radiation Protection and Measurements (NCRP) Report No. 93, Sept 1987