

Protecting Against Radiation Exposure

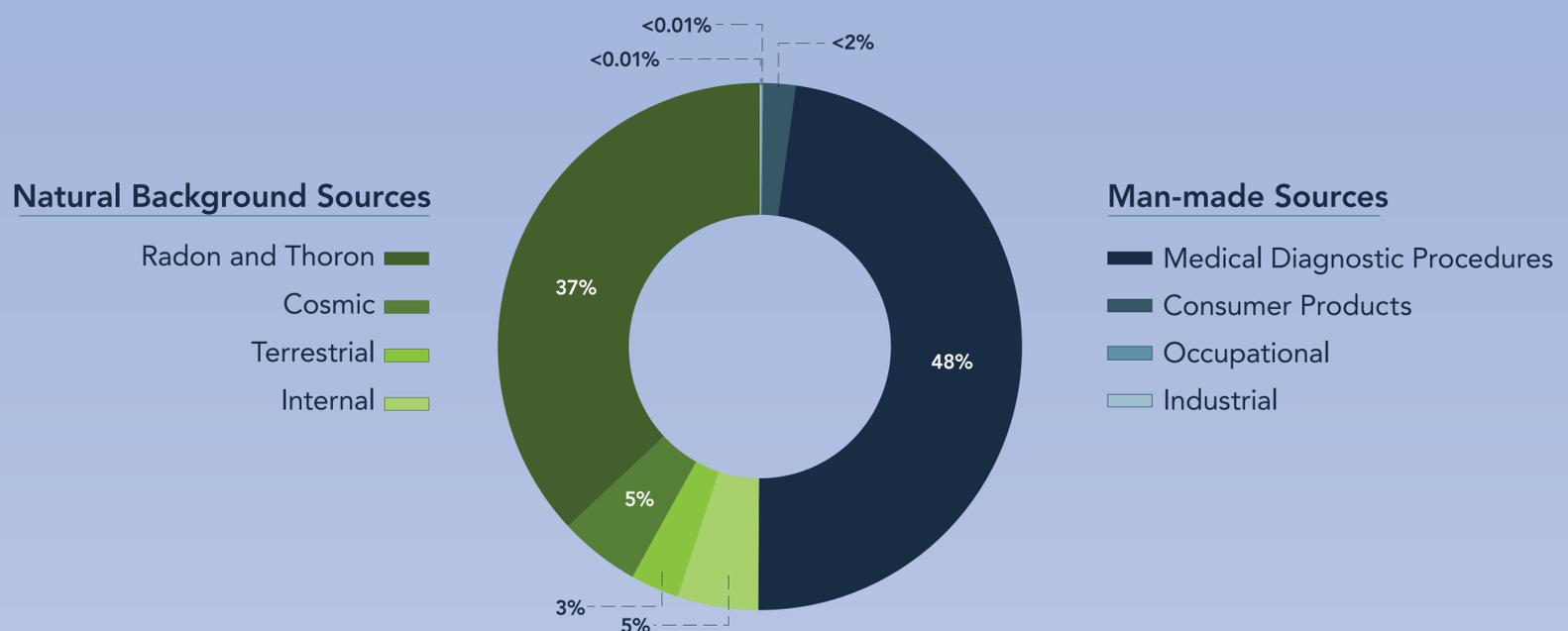


Putting Exposure into Perspective



Sources of Radiation Exposure for the Average Person in the U.S.

Average Dose = 620 mrem/year



Additional Protection

- **Minimize Time:** The less time exposed, the lower the dose received.
- **Maximize Distance:** The further from the source, the lower the dose received (double the distance and it is 1/4 the exposure rate).
- **Use Shielding:** Different types of materials provide shielding from radiation (depending on the type of radiation, protective materials include wax bricks, lead, concrete, plastic, paper, and aluminum).

