

Contents

Preface	iii
Executive Summary	1
1. Introduction	9
1.1 Purpose and Radiation Protection Principles	9
1.2 Audience	10
1.3 Basis of the Recommendations	11
1.4 Radiation Quantities Used in this Report	11
1.5 Additions to NCRP (1993) Recommendations	12
1.6 Comparison with ICRP (2007) Recommendations	13
1.7 Protection Approach for Nonhuman Biota	14
2. Ethical Foundation for the System of Radiation Protection	15
2.1 Moral Significance	15
2.2 Ethical Theories, Ethical Principles, and the Radiation Protection Principles	16
2.2.1 Ethical Theories	16
2.2.2 Ethical Principles	16
2.2.3 Ethics and the Radiation Protection Principles ..	17
3. The System of Radiation Protection	19
3.1 Exposure Situations	19
3.2 Categories of Exposure	21
3.2.1 Occupational Exposure	21
3.2.2 Public Exposure	21
3.2.3 Medical Exposure	22
3.2.4 Exposure of Emergency Workers	22
3.2.5 Exposure of Nonhuman Biota	23
3.3 Radiation Protection Principles	23
3.3.1 Justification	23
3.3.1.1 Addition or Removal of a Source	24
3.3.1.2 Medical Exposure of Patients	25
3.3.1.3 Exposure of Nonhuman Biota	26
3.3.2 Optimization of Protection	27
3.3.2.1 Public Exposure	29
3.3.2.2 Medical Exposure of the Patient	30
3.3.2.3 Exposure of Emergency Workers	32
3.3.2.4 Exposure of Nonhuman Biota	32
3.3.3 Numeric Protection Criteria	32

	3.3.3.1	Use of Dose Limits	33
	3.3.3.2	Occupational Exposure	34
	3.3.3.3	Public Exposure	34
	3.3.3.4	Medical Exposure	36
	3.3.3.5	Exposure of Emergency Workers	36
	3.3.3.6	Exposure of Nonhuman Biota	36
3.4		Radiation Protection Culture	37
4.		Basis of the Recommendations	39
4.1		Stochastic Effects in Humans	39
4.2		Effects in Humans Other Than Cancer	44
4.3		Psychosocial Effects	45
4.4		Effects in Nonhuman Biota	45
5.		Numeric Protection Criteria	47
5.1		Introduction	47
5.2		Occupational Exposure	48
	5.2.1	Protection Against Stochastic Effects	48
	5.2.1.1	Unique Circumstances of Exposure ..	49
	5.2.1.2	Unique Circumstances of Exposure for Medical Staff	50
	5.2.1.3	Embryo or Fetus	51
	5.2.1.4	Solar and Galactic Cosmic Radiation ..	52
	5.2.1.5	NORM	52
	5.2.1.6	Radon	52
	5.2.1.7	Crew Members in NASA Space Activities	54
	5.2.2	Protection Against Adverse Tissue Reactions ..	55
	5.2.2.1	Skin, Including Extremities	55
	5.2.2.2	Lens of the Eye	56
5.3		Public Exposure	57
	5.3.1	Protection Against Stochastic Effects	57
	5.3.1.1	Radioactive Material Not Previously Subject to Control	59
	5.3.1.1.1	Radioactive Material in the Environment	59
	5.3.1.1.2	Radioactive Material Introduced Intentionally or by Accident	60
	5.3.1.2	Radon in Dwellings and Workplaces ..	61
	5.3.2	Protection Against Adverse Tissue Reactions ..	62
	5.3.2.1	Skin, Including Extremities	62
	5.3.2.2	Lens of the Eye	62
5.4		Medical Exposure	63
	5.4.1	General	63
	5.4.2	Comforters and Caregivers	63

5.4.3	Biomedical Research Subjects	64
5.5	Exposure of Emergency Workers	66
5.5.1	General	66
5.5.2	Protection Based on Preventing Acute Life- Threatening Effects	67
5.5.3	Protection Based on Stochastic Effects	68
5.6	Exposure of Nonhuman Biota	69
Appendix A. Definitions for the Radiation Quantities Used in Numeric Protection Criteria 72		
A.1	Mean Absorbed Dose in an Organ or Tissue (organ dose)	72
A.1.1	Energy Imparted by Ionizing Radiation	72
A.1.2	Absorbed Dose at a Point	72
A.1.3	Absorbed-Dose Rate	72
A.1.4	Mean Absorbed Dose in an Organ or Tissue (human exposure)	73
A.2	Radiation-Weighted Absorbed Dose	73
A.3	Equivalent Dose (stochastic effects)	74
A.3.1	Equivalent Dose	74
A.3.2	Radiation Weighting Factors	74
A.4	Effective Dose (stochastic effects)	76
A.4.1	Effective Dose	76
A.4.2	Tissue Weighting Factors	76
A.4.3	Determination of Effective Dose in Practice	77
A.5	Activity Concentration in Air (stochastic effects, radon)	78
Abbreviations, Acronyms and Symbols		80
Glossary		81
References		89
Council Committee Members		96
The NCRP		109
NCRP Publications		120