



POLICY ON DECLARED PREGNANT RADIATION WORKERS

General Information

To assure compliance with the U.S. Nuclear Regulatory Commission (NRC) and Minnesota Department of Health (MDH) regulations pertaining to declared pregnant radiation workers, the All-University Radiation Protection Advisory Committee has adopted the following policy:

At the time of employment and on an annual basis thereafter, all personnel who work with sources of ionizing radiation will be informed of the recommendations of the NRC and MDH relative to the control of radiation exposure received by declared pregnant women. The supervisor (radioactive materials permit holder, x-ray equipment registrant or designate) will be responsible for conducting this training, which should include an explanation of the category of "declared pregnant radiation worker". In the event that a worker declares pregnancy (in writing to her supervisor), the supervisor or his/her designate shall contact the Dept. of Radiation Safety (DRS) at 626-6002 to arrange for the completion of specific training.

Responsibilities of Supervisor

- New employee training and annual refresher training shall provide information on the "declared pregnant" category of radiation worker and the reason why the NRC and State of Minnesota radiation protection rules recommend that a pregnant woman declare pregnancy. MDH Regulatory Guide, "Instructions Concerning Prenatal Radiation Exposure" will be used in this training. During these training sessions the supervisor needs to inform all staff members that the guide contains information concerning prenatal radiation exposure and that specific steps must be followed once a worker declares her pregnancy.
- Following declaration of pregnancy, contact the DRS to schedule a training session to be attended by you and the pregnant worker (contact the DRS if you need a declaration form).

NOTE: Prior to the training session, the supervisor and the pregnant worker must read the MDH Regulatory Guide, "Instructions Concerning Prenatal Radiation Exposure".

The training session will include a review of this guide and of the precautions and procedures to be followed to assure that the worker's radiation dose is maintained within 500 mrem (total effective dose equivalent = summation of external and internal dose) for the entire 9 month gestation period. Also, the work assignment during pregnancy should be such that the pregnant woman does not exceed 50 mrem/month for each month following the declaration of pregnancy.

NOTE: If the pregnant woman agrees, the supervisor may wish to assign her to duties that do not involve occupational radiation exposure. This is especially true if she has been involved in protocols that may present a potential for internal uptake of radioactive material (some chemical forms of I-125, S-35, C-14, and H-3).

- A signed record of the above training shall be kept on file by the supervisor and a copy retained by the DRS.
- A dosimeter will be issued to the worker. The supervisor will assure that the dosimeter is returned to the DRS for processing on a monthly basis.
- If required, assure that bioassay samples and counts (urine analysis and/or thyroid count) are completed on the required monthly schedule. Notify the DRS in the event of any radioactive materials spill, and arrange for appropriate bioassay monitoring for the pregnant person.

Responsibilities of the "Declared Pregnant Worker"

- Complete and sign the "Declaration of Pregnancy" form, and give it to your supervisor.
- Read MDH Regulatory Guide, "Instructions Concerning Prenatal Radiation Exposure". Attend training provided by the DRS on precautions to be followed or changes in work assignment to assure that radiation exposure is maintained below 500 mrem for the entire gestation period, and 50 mrem/month during pregnancy.
- Complete and sign the dosimeter request card (available from the DRS). Be sure to exchange the dosimeter on the monthly change schedule, and return the used dosimeter to the DRS. After completion of the pregnancy term, be sure to return the last month's dosimeter.
- If potentially volatile radioactive materials will be handled by you, submit a monthly urine sample and/or report to the DRS for a thyroid count on a monthly basis. The DRS staff can assist you in determining if a radioactive material presents a volatility concern.