

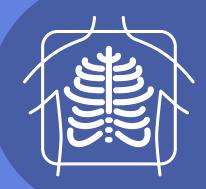
Working in a nuclear power station for 1 year you would receive the same radioactive dose as

DRINKING 144500 PINTS OF BEER

The average British drinker consumes 1,100 pints of beer per year.

This is equivalent to 3 pints per day





500 WRIST X-RAYS

Wrist fractures are the most common arm fracture in older adults estimated 2.4 to 10 per 1000 people per year.

14 HOLIDAYS TO CORNWALL

A 3 day holiday to St. Ives would cause you to receive 0.118 mSv of radiation





X CUPS OF COFFEE

The average coffee drinker consumes two 227-284ml cups of coffee each day.

170 TRIPS TO IBIZA

A round trip to Ibiza would cause you to receive more



References:

BBAS, A.A., IBRAHIM, A.M.K., KADHIM, M.J., 2015, MEASUREMENT OF RADIONUCLIDES IN IMPORTED COFFEE CONSUMED IN BASRA SOUTHERN OF IRAQ AND ESTIMATION OF ITS ANNUAL EFFECTIVE DOSE. BASRA: BAGHDAD SCIENCE JOURNAL. B. SKWARZEC, D. I. STRUMI\$SKA, A. BORY'O, J. FALANDYSZ, 2004. INTAKE OF 210PO, 234U AND 238U RADIONUCLIDES WITH BEER IN POLAND. (JOURNAL OF RADIOANALYTICAL AND NUCLEAR CHEMISTRY, VOL. 261, NO. 3 (2004) 661% 663). QDANSK: UNIVERSITY OF GDANSK.

THE BREWERS OF EUROPE, 2020, EUROPEAN BEER TRENDS: STATISTICS REPORT 2020 [ONLINE]. AVAILABLE FROM: HTTPS://BREWERSOFEUROPE.ORG/UPLOADS/MYCMS-FILES/DOCUMENTS/PUBLICATIONS/2020/EUROPEAN-BEER-TRENDS-2020.PDF
RADIOLOGYINFO, 2021. RADIATION DOSE TO ADULTS FROM COMMON IMAGING EXAMINATIONS. DOSE REFERENCE CARD (ONLINE). AVAILABLE FROM: HTTPS://WWW.ACR.ORG/-/MEDIA/ACR/FILES/RADIOLOGY-SAFETY/RADIATION-SAFETY/DOSEREFERENCE-CARD.PDF
MEYER H.R., EFFECTS OF COSMIC RADIATION ON AIRCREW. AVAILABLE FROM: EXISTING DATAHTTPS://WWW.ARPANSA.GOV.AU/UNDERSTANDING-RADIATION/RADIATION-SOURCES/MORE-RADIATION-SOURCES/FLYING-AND-HEALTH [ACCESSED 13]

BALLEY S., AIRCREW RADIATION EXPOSURE. AVAILABLE FROM: HTTP://WWW2.ANS.ORG/PUBS/MAGAZINES/NN/DOCS/2000-1-3.PDF [ACCESSED 13 DECEMBER 2021]
MEIER M.M. ET AL, 2020, RADIATION IN THE ATMOSPHERE—A HAZARD TO AVIATION SAFETY?. MDPI.
FEDERICO C.A. ET AL, EFFECTS OF COSMIC RADIATION IN AIRCRAFTS: A DISCUSSION ABOUT AIRCREW OVER SOUTH AMERICA, 2012, JOURNAL OF AEROSPACE TECHNOLOGY AND MANAGEMENT. AVAILABLE
FROM: HTTP://WWW.JATM.COM.BR/PAPERS/VOL4, MZ/JATNV4MZ_P219-225_EFFECTS_OF_COSMIC_RADIATION_IN_AIRCRAFTS_A_DISCUSSION_ABOUT_AIRCREW_OVER_SOUTH_AMERICA.PDF
CARIG MODELLING SOFTWARE: HTTPS://WWW.FAA.GOV/DATA_RESEARCH/RESEARCH/MED_HUMANFACS/AEROMEDICAL/
AVERAGE DOMESTIC HOLIDAY LENGTH IN FIGURE AND FROM 2010 TO 2018 [ONLINE] LONDON: VISITARITAIN AVAILABLE FROM: HTTPS://WWW.STATISTA_COM/STATISTICS/297354/A STATISTA, 2019, AVERAGE DOMESTIC HOLIDAY TRIP LENGTH IN ENGLAND FROM 2010 TO 2018 [ONLINE]. LONDON: VISITBRITAIN. AVAILABLE FROM: HTTPS://WWW.STATISTA.COM/STATISTICS/297354/AVERAGE-DOMESTIC-HOLIDAY-TRIP-LENGTH-IN-

ENGLAND [ACCESSED 3 DECEMBER 2021] Dose Coefficient: 6.7 x 10-6 msv B0-1H-1M-3 ICRP, 2018. Summary of ICRP recommendations on radon. Ottawa: International Commission on radiological protection.

ICRP, 2019, CALCULATING RADON DOSES [ONLINE]. OTTAWA: INTERNATIONAL COMMISSION ON RADIOLOGICAL PROTECTION. AVAILABLE FROM: HTTP://ICRPAEDIA.ORG/CALCULATING_RADON_DOSES [ACCESSED 3 DECEMBER 2021]
UK RADON LEVELS

UK HEALTH SECURITY AGENCY, 2007, UK MAPS OF RADON [ONLINE]. LONDON: UK HEALTH SECURITY AGENCY. AVAILABLE FROM: HTTPS://WWW.UKRADON.ORG/INFORMATION/UKMAPS [ACCESSED 3 DECEMBER 2021] HEALTH AND SAFETY EXECUTIVE, 2017, OCCUPATIONAL EXPOSURE TO IONISING RADIATION, LONDON, HSE.



These everyday activities have the equivalent radioactive dose as living within 1 km of a nuclear power station for:

DRINKING A PINT OF BEER

The average British drinker consumes 1,100 pints of beer per year. This is equivalent to 3 pints per day.



15 DAYS

36.5 DAYS



WRIST X-RAY

Wrist fractures are the most common arm fracture in older adults estimated 2.4 to 10 per 1000 people per year.

HOLIDAY TO CORNWALL

A 3 day holiday to St. Ives would cause you to receive more radiation than nearly 4 years living near a power station



3 YEARS 8 MONTHS

146 DAYS



DRINKING COFFEE

The average coffee drinker consumes two 227- 284ml cups of coffee each day.

TRIP TO IBIZA

You would receive more radiation during your flights than you would living near a power station for almost 100 days.



DAYS

References:

IAS, A.A., IBRAHIM, A.M.K., KADHIM, M.J., 2015, MEASUREMENT OF RADIONUCLIDES IN IMPORTED COFFEE CONSUMED IN BASRA SOUTHERN OF IRAQ AND ESTIMATION OF ITS ANNUAL EFFECTIVE DOSE. BASRA: BAGHDAD SCIENCE JOURNAL.

B. SKWARZEC, D. I. STRUMI\$SKA, A. BORY'O, J. FALANDYSZ, 2004. INTAKE OF 210PO, 234U AND 238U RADIONUCLIDES WITH BEER IN POLAND. (JOURNAL OF RADIOANALYTICAL AND NUCLEAR CHEMISTRY, VOL. 261, NO. 3 (2004)
6618653). GDAMSK: UNIVERSITY OF GDAMSK.
HEE BREWERS OF EUROPE, 2020, EUROPEAN BEER TRENDS: STATISTICS REPORT 2020 [CUNCINE]. AVAILABLE FROM: HTTPS://BREWERSOFEUROPE.ORG/UPLOADS/MYCMS-FILES/DOCUMENTS/PUBLICATIONS/2020/EUROPEAN-BEER-TRENDS-2020.PDI
RADIOLOGYINFO, 2021. RADIATION DOSE TO ADULTS FROM COMMON IMAGING EXAMINATIONS. DOSE REFERENCE CARD [ONLINE]. AVAILABLE FROM: HTTPS://WWW.ACR.ORG/-/MEDIA/ACR/FILES/RADIOLOGY-SAFETY/RADIATION-SAFETY/DOSE-

BAILEY S., AIRCREW RADIATION EXPOSURE. AVAILABLE FROM: HTTP://WWW2.ANS.ORG/PUBS/MAGAZINES/NN/DOCS/2000-1-3.PDF [ACCESSED 13 DECEMBER 2021]

MEIER M.M. ET AL, 2020, RADIATION IN THE ATMOSPHERE—A HAZARD TO AVIATION SAFETY?. MDPI.
FEDERICO C.A. ET AL, EFFECTS OF COSMIC RADIATION IN AIRCRAFTS: A DISCUSSION ABOUT AIRCREW OVER SOUTH AMERICA, 2012, JOURNAL OF AEROSPACE TECHNOLOGY AND MANAGEMENT. AVAILABLE
FROM: HTTP://WWW.JATM.COM.BR/PAPERS/VOL4_N2/JATMV4N2_P219-225_EFFECTS_OF_COSMIC_RADIATION_IN_AIRCRAFTS_A_DISCUSSION_ABOUT_AIRCREW_OVER_SOUTH_AMERICA.PDF CARIG MODELLING SOFTWARE: HTTPS://WWW.FAA.GOV/DATA_RESEARCH/RESEARCH/MED_HUMANFACS/AEROMEDICAL/
AVERAGE DOMESTIC HOLIDAY LENGTH OF 3.34 DAYS
STATISTA, 2019, AVERAGE DOMESTIC HOLIDAY TRIP LENGTH IN ENGLAND FROM 2010 TO 2018 [ONLINE]. LONDON: VISITBRITAIN. AVAILABLE FROM: HTTPS://WWW.STATISTA.COM/STATISTICS/297354/AVERAGE-DOMESTIC-HOLIDAY-TRIP-LENGTH-INENGLAND [ACCESSED 3 DECEMBER 2021]

IOSE COEFFICIENT: 6.7 X 10-6 MSV BQ-IH-1M-3 CRP, 2018. SUMMARY OF ICRP RECOMMENDATIONS ON RADON. OTTAWA: INTERNATIONAL COMMISSION ON RADIOLOGICAL PROTECTION.

UK HEALTH SECURITY AGENCY, 2007, UK MAPS OF RADON [ONLINE]. LONDON: UK HEALTH SECURITY AGENCY. AVAILABLE FROM: HTTPS://WWW.UKRADON.ORG/INFORMATION/UKMAPS [ACCESSED 3 DECEMBER 2021] HEALTH AND SAFETY EXECUTIVE, 2017, OCCUPATIONAL EXPOSURE TO IONISING RADIATION, LONDON, HSE.

ICRP, 2019, CALCULATING RADON DOSES [ONLINE]. OTTAWA: INTERNATIONAL COMMISSION ON RADIOLOGICAL PROTECTION. AVAILABLE FROM: HTTP://ICRPAEDIA.ORG/CALCULATING_RADON_DOSES [ACCESSED 3 DECEMBER 2021]
UK RADON LEVELS
UK HEALTH SECURITY AGENCY, 2007, UK MAPS OF RADON [ONLINE]. LONDON: UK HEALTH SECURITY AGENCY. AVAILABLE FROM: HTTPS://WWW.UKRADON.ORG/INFORMATION/UKMAPS [ACCESSED 3 DECEMBER 2021]