

Proper Care and Use of Personal Dosimeters



What's a Dosimeter?

Your dosimeter measures the amount of radiation to which you are exposed. Common types of personal dosimeters include thermoluminescent dosimeters (TLDs) and optically stimulated luminescent (OSL) dosimeters.

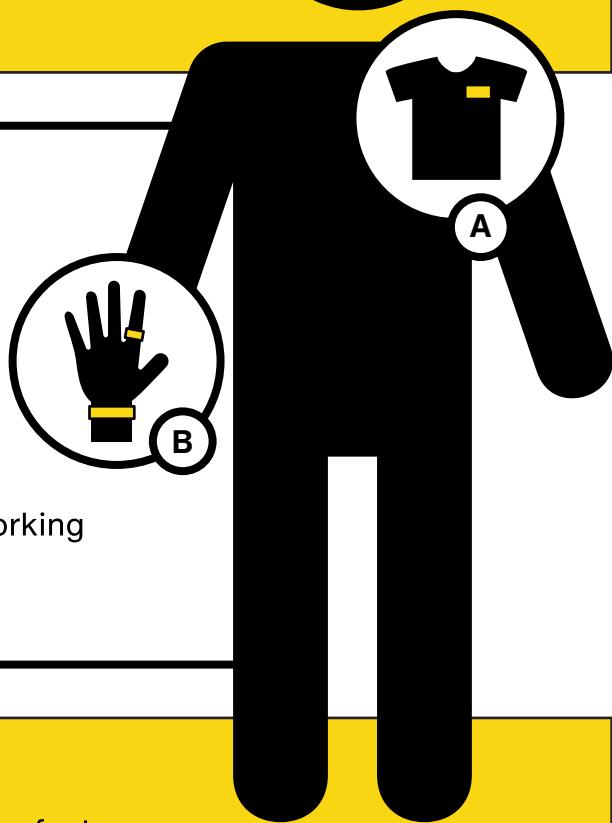
Handling

- Always follow manufacturer recommendations for the care and use of your dosimeter.
- Avoid exposing your dosimeter to high temperatures, water, direct sunlight or fluorescent light.
- Change the dosimeter plaques in a clean, dry area away from direct light, and avoid direct skin contact.



Wearing

- Attach whole-body dosimeters (see **A**) between the waist and neck and extremity dosimeters (see **B**) should be worn facing the source of radiation.
- Wear a second dosimeter on the area of your body likely to receive the highest dose. In these special cases, arrangements must be made with the dosimetry service provider to ensure proper dose assignment.
- If you lose or damage your dosimeter, you should stop working with radiation until you receive a replacement.
- *Do not share your dosimeter.*



Storage

- Always store your dosimeter as recommended by the manufacturer.
- Keep extra dosimeters as replacements for lost or damaged ones and for visitors.
- When not in use, dosimeters are best stored in a low-radiation background area and protected from direct light and heat.

Contact the CNSC at cnsc.info.ccsn@canada.ca or 1-888-229-2672 or nuclearsafety.gc.ca