



**Nuclear Energy Worker Designation – Female  
Radiation Protection Service**

As required by the Radiation Protection Regulations of the Canadian Nuclear Safety Commission (CNSC), this information is being provided to all staff designated as "Nuclear Energy Worker". The regulation requires the University to designate users of nuclear materials as "Nuclear Energy Workers" if there is a reasonable probability of receiving an effective dose greater than that allowed to members of the general public (1 mSv per annum whole body). In the course of your work with radiation, you may be exposed to ionizing radiation. In addition to the risk to your body, the radiation may affect the embryos and fetuses, and breastfed infants. The following documents regarding the radiation risks are provided for your information:

- Health Physics Society Position Statement on Radiation Risk in Perspective
- Radiation Protection Regulations

The effective dose limits for Nuclear Energy Workers per the Radiation Protection Regulations are:

- 50 mSv for any one-year dosimetry period, but must not surpass 100 mSv for any 5 year dosimetry period
- 500 mSv for the skin for a one-year dosimetry period
- 500 mSv for the hands and feet 500 mSv for a one-year dosimetry period

Embryos and fetuses are more sensitive to radiation at the beginning of the pregnancy. You have the right to accommodations to reduce radiation exposure if you are pregnant or breastfeeding. After being informed, in writing, that a female nuclear energy worker is pregnant or she is breastfeeding, the University of Toronto will make all possible accommodations that will not result in costs or business inconvenience constituting undue hardship, to reduce their radiation exposure. The effective dose limit from the moment of informing the Designated RSO to the remaining of the pregnancy is 4 mSv.

The University of Toronto stresses adherence to the ALARA policy of maintaining doses As Low As Reasonably Achievable. All radiation programs designed for the safety of the worker by ensuring that the potential for exposure is minimized. You will be informed of the dose received on an annual basis.

During an emergency, saving a life takes precedence over radiation exposure. During actions required to minimize the dose consequences for members of the public, your effective dose may be as high as 100 mSv and your equivalent dose as high as 1000 mSv. During actions required to prevent critical injuries, or could significantly affect people and the environment, your effective dose limit may be as high as 500 mSv and the equivalent dose as high as 5000 mSv.

The Radiation Protection Service (RPS) is available to answer any questions which you may have:

- Manager & Designated Radiation Safety Officer                      416-978-6846
- Health & Safety Officer    416-946-3265

**DECLARATION**

I have read the information provided regarding my designation as a Nuclear Energy Worker, as defined by the regulations. I understand the risks, my obligations, and the radiation dose limits that are associated with being designated a Nuclear Energy Worker. I confirm my acceptance of this designation:

Print Name: \_\_\_\_\_ Department: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Approved by the EHS Radiation Protection Service:**

Print Name: \_\_\_\_\_ Signature: \_\_\_\_\_

Date: \_\_\_\_\_