



## BASIC RADIATION PROTECTION TIPS

The foundational principle of radiation protection is the ALARA concept:

### As Low As Reasonably Achievable

ALARA refers to using the lowest possible exposure dose to produce a radiologic image.

In order to keep patient and personnel exposure to a minimum, one should:

1. Wear appropriate protective garments
  - Lead apron
  - Thyroid shield
    - Optional
      - Leaded glasses
      - Rolling curtain
      - Table curtain
      - Leaded procedure gloves
2. Maintain a maximum distance from the radiation source as possible
  - Inverse square law: doubling the distance from the radiation source quarters the radiation exposure to personnel
3. Use collimation, low dose and/or pulse when possible
  - Low dose in conjunction with pulse decreases radiation output by 60%
4. Use only registered radiologic technologists
  - Technologists should complete an accredited training program
  - They should be registered with the ARRT and be licensed with the state DOH
5. Do not lean on the C-arm



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