

Introductory Information

The Nuclear Regulatory Commission (NRC) has implement the revised Part 20 (Protection Against Ionizing Radiation) regulations of Title 10 Code of Federal Regulation on January 1, 1994. As part of this regulation, a new category of occupationally exposed individuals, the "declared" pregnant woman, has been established. The radiation dose limit for the declared pregnant woman is 500 mrem for the entire gestation period. Also, State of Minnesota rules require that following declaration of pregnancy the dose in any one month should not exceed 50 mrem. *Note: the NRC and the University do not require the occupationally exposed pregnant woman to declare pregnancy - under federal law a pregnant woman can choose to continue to receive occupational radiation exposure at the level allowed for adult workers. However, the NRC and State regulatory agencies recommend that the occupationally exposed pregnant woman "declare" pregnancy for the purposes of reducing the risk to the unborn child.* Once pregnancy has been "declared" in writing by the pregnant woman to her supervisor (Permit holder, registrant, or designate), the supervisor is required to contact the Radiation Protection Division (RPD) to arrange a training session. Both the declared pregnant worker and the supervisor must read NRC Regulatory Guide 8.13, "Instructions Concerning Prenatal Exposure" (Appendix S of the University Radiation Protection Manual) in preparation for this training session. The training will include a review of this guide and the RPD will provide training in precautions and procedures to follow to assure that the declared pregnant woman's radiation dose is maintained within the limits stated above. A record of this training, signed by the supervisor or designate and the declared pregnant woman shall be kept on file by the supervisor and a copy retained by the RPD. If the pregnant woman's work assignment involves the use of potentially volatile radioactive materials, it is recommended that the work assignment be changed to avoid this potential exposure. If the pregnant woman chooses to continue in a work assignment that involves a potentially volatile radionuclide and the potential for internal uptake exceeds 1% of the annual limit of intake for that radionuclide, monthly bioassay monitoring will be required for the pregnant woman. The RPD staff can assist in determining the need for bioassay monitoring. A film badge must be assigned to the declared pregnant woman (for x-ray workers, the film badge should be worn at the waist under the lead apron).

Declaration of Pregnancy (to be completed by radiation worker)

I, _____, on this date, _____, declare that I am pregnant. This declaration is in accordance with the recommendations of the NRC and the State of Minnesota radiation protection regulations. The estimated date of conception is _____.

This declaration is submitted to my supervisor (name), _____
(Radioactive Materials Permit Holder or designate), in accordance with the policy stated above.

Signature: _____ Date: _____

Training Documentation (to be completed by supervisor)

Permit Holder: _____ Telephone #: _____

Supervisor (if different): _____ Telephone #: _____

Pregnancy Declaration Received (date): _____ Appendix S (date read - sprvsr): _____

Appendix S (date read - worker): _____

Contact the RPD at 626-6002 to arrange for a training session to be attended by both the pregnant worker and the supervisor. Please bring this completed form to the training session.

RPD Training Session Date: Time: Place: