

INTERNATIONAL RECOMMENDATIONS FOR
X-RAY AND RADIUM PROTECTIONREVISED BY THE INTERNATIONAL X-RAY AND RADIUM PROTECTION
COMMISSION AT THE FOURTH INTERNATIONAL CONGRESS
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INTERNATIONAL RECOMMENDATIONS

1. The dangers of over exposure to X rays and radium can be avoided by the provision of adequate protection and suitable working conditions. It is the duty of those in charge of X-ray and radium departments to ensure such conditions for their personnel. The known effects to be guarded against are:—

- (a) Injuries to the superficial tissues.
- (b) Derangements of internal organs and changes in the blood.

The evidence at present available appears to suggest that under satisfactory working conditions a person in normal health can tolerate exposure to X rays to an extent of about 0.2 international röntgens (r) per day. On the basis of continuous irradiation during a working day of seven hours, this figure corresponds to a dosage rate of 10^{-8} r per second. The protective values given in these recommendations are generally in harmony with this figure under average conditions. No similar tolerance dose is at present available in the case of radium gamma rays.

I. WORKING HOURS, ETC.

2. The following working hours, etc., are recommended for whole-time X-ray and radium workers:—

- (a) Not more than seven working hours a day in temperate or cold climates. For workers in tropical climates shorter hours may be desirable.
- (b) Not more than five working days a week. The off-days to be spent as much as possible out of doors.
- (c) Not less than four weeks holiday a year, preferably consecutively.
- (d) Whole-time workers in hospital X-ray and radium departments should not be called upon for other hospital service.
- (e) X-ray, and particularly radium workers, should be systematically submitted, both on entry and subsequently at least twice a year, to expert medical, general and blood examinations. These examinations will determine the acceptance, refusal, limitation or termination of such occupation.

II. GENERAL X-RAY AND RADIUM RECOMMENDATIONS

3. X-ray departments should not be situated below ground floor level.