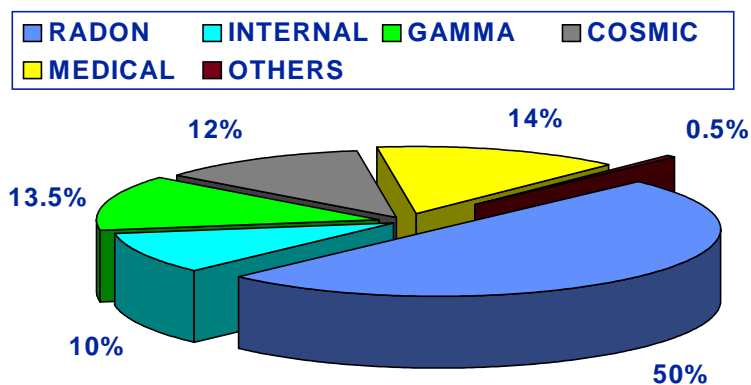




## 1. Introduction

Ionising radiations are a natural component of the environment in which we live. They come from constituents of the air we breathe, the ground we walk on and the food we eat. We are also bombarded by a never-ending stream of cosmic radiation from the sun and space. Today, we may also be exposed to varying levels of man-made radiation, the most significant of which is medical X-rays, and everyone appreciates the benefits that they have brought us.



*Background radiation amounts to 2.6 mSv/year of which 2.2 mSv/year comes from natural sources.*

You, by the nature of your work, may be exposed to higher levels of radiation than the general public, and an important principle of radiation protection is that the benefits of the work that you do should far outweigh any risks involved.

The purpose of these Web pages are to provide radiation workers at the University with useful information on ionising radiations and details of the procedures they should follow to ensure safe working practices and compliance with the law. If the procedures are strictly adhered to, then the risks associated with your work with ionising radiations and your exposures to them should be minimal.