

How to Reduce Exposure to Radiation Time, Distance and Shielding

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Division of Environmental Health
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Because exposure to ionizing radiation carries a risk, should we avoid it entirely? Even if we wanted to, this would be impossible. Radiation has always been present in the environment and in our bodies. We can however avoid undue exposure and minimize the exposures from radiations we cannot altogether avoid.

ALARA

The guiding principle behind radiation protection is that radiation exposures should be kept "As Low As Reasonably Achievable (ALARA)," economic and social factors being taken into account. This common-sense approach means that radiation doses for both workers and the public are typically kept lower than their regulatory limits.

Time, Distance, and Shielding

How do you protect yourself? There are three concepts in basic radiation protection. They are:



