

## **CONTENTS**

FOREWORD	III
INTRODUCTION	1
CHAPTER I. Fundamentals of Physics	7
Energy	7
Matter	8
Radiation	16
CHAPTER II. Dose Units and Limits	34
The Rad	34
The Roentgen	34
The Rem	35
Maximum Permissible Dose	37
CHAPTER III. Radiation Measuring Instruments	40
Particle Counters	40
Dose-Measuring Devices	42
Calibration	47
CHAPTER IV. Principles of Radiation Protection	48
External Radiation Protection	48
Personal Contamination Control	61
Contamination Limits	67
Waste Disposal	69
CHAPTER V. Surveillance	71
Environmental Monitoring	71
Personnel Monitoring	78
Bioassay	79
Medical Supervision	80
APPENDIX I: Surface Contamination Limits Observed in Certain Countries	85
France	85
Poland	86
U.S.S.R	87
United Kingdom	88
United States	89
Appendix II: Dose Build-up Factors for Use in Calculating Gamma Ray Attenuation (Broad Beam)	91
INDEX	93