

# ABCs

## FOR A RADIATION SAFETY CULTURE™



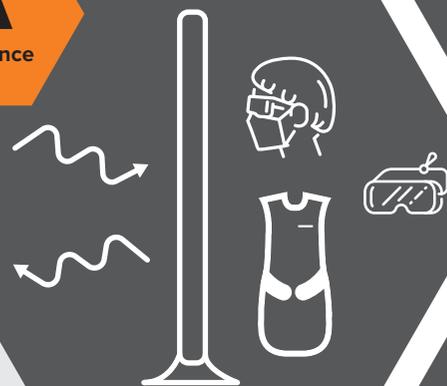
### A Avoidance

#### 1 Use protective clothing and shielding screens

Protective clothing and devices are your first defense against radiation exposure.

The most common protective clothing and devices available are; lead aprons, thyroid collars, glasses, ceiling suspended screens and table-mounted lead curtains.

Another equally important tool for helping you instantly avoid unnecessary radiation exposure is the RaySafe i3. With the information it provides, you know when to take action to reduce your dose.



### B Behavior

#### 2 Watch your habits when near radiation

Paying attention in and around a radiation source is your second line of defense. With correct behavior, you can reduce your dose, as well as the patient's. Good radiology behavior suggests:

- Increasing your distance from the source, whenever possible
- Reducing the exposure time
- Knowing your equipment and using appropriate exposure techniques
  - Positioning yourself in a low scatter area-scattered radiation is lower on the detector side
  - Keeping the X-ray tube under the patient table



### 3

#### 3 Know and control your X-ray exposure

The fact is, when you know your exposure level you have a better chance of controlling it. One device that gives you this exposure insight is the RaySafe i3 provides you with constant, real-time radiation exposure information.

Proper training, keeping doses As Low As Reasonably Achievable (ALARA) and real-time personal dose feedback are all extremely effective ways to control and minimize harmful radiation effects.



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