

SAMPLE HOSPITAL  
 ATTN: RSO  
 4242 MAIN STREET  
 SMALLVILLE, MA 01432

Report Date (YYYY-MM-DD)	2014-06-03
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Report	Quarter

5 Investigational Levels (mrem)				
Exposure Type	For a Given Quarter		Cumulative for the Year	
	Level 1	Level 2	Level 1	Level 2
Whole Body Deep	125	375	500	1500
Lens of Eye	375	1125	1500	4500
Whole Body Shallow	1250	3750	5000	15000
Extremity	1250	3750	5000	15000
TEDE			500	1500
TODE			5000	15000



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## ALARA Recap Quarterly

Account: 709008 Subaccount: 1431640 Series: CST

\* Dose Types LDE and SDE printed only when different than DDE.

Participant Number	Name	Dose Type*	3 Subaccount Monthly Exposure (mrem)												Total Dose (mrem)		Exceeded Level			
			JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	Quarter 2	2014	Quarter 2	2014		
01067	Halpert, Jim	WB-DDE					10										12	12	4	
01068	Beesly, Pam	WB-DDE						M									M	M		
01069	Reynolds, Malcolm	WB-DDE						5									8	8		
		WB-LDE						18									30	30		
		WB-SDE						18									34	34		
01070	White, Walter	WB-DDE						1078									2092	2092	2	2
		WB-LDE						1078									2123	2123	2	1
		WB-SDE						1078									2124	2124	1	
01071	Schrader, Marie	WB-DDE					8									8	8			
01073	Dorian MD, John	WB-DDE					79									79	79			
01074	Cox MD, Perry	WB-DDE						428									428	428	2	
		WB-LDE						5									5	5		
		WB-SDE						285									285	285		
01075	Espinosa, Carla	WB-DDE						2									6	6		
		WB-LDE						5									19	19		
		WB-SDE						5									20	20		
01077	Donaghy, Jack	WB-DDE					78									989	989	2	1	

# ALARA Recap

## LEGEND

1. Participant Number and Name
2. Under Dose Type, WB-DDE (Whole Body Deep Dose Equivalent) is always listed. The WB-SDE (Whole Body Shallow Dose Equivalent) and WB-LDE (Whole Body Lens of the Eye Dose Equivalent) are only listed when they are different from WB-DDE in the monthly, quarterly or annual columns.
3. Months in the current calendar year and the specific dose for that month.
4. ALARA Level 1 or 2 that was exceeded for a specific quarter or a year.
5. Investigation Levels refer to the corresponding ALARA levels.

## GENERAL FACTS

- **Purpose:** The ALARA (As Low As Reasonably Achievable) Recap is a report that summarizes all exposure received by a participant during the calendar year. The report shows if and when each participant has exceeded either the quarterly or annual ALARA Level 1 or 2 Levels.
- This report is generated quarterly, annually, or on demand.
- The report is generated and mailed to the primary reporting address listed at the subaccount level.

## FREQUENTLY ASKED QUESTIONS

### Who sets the ALARA Levels?

If desired, ALARA Levels can be set by the customer. The quarterly levels must be lower than the annual levels and the ALARA Level 1 must be lower than ALARA Level 2. Landauer also offers default values.

### Why do the doses listed under each month not match the doses in the total columns?

In the quarter and annual columns, ALARA Recap shows the sum of all doses received over multiple accounts/subaccounts under the same customer number, even though the report may only list one account/subaccount. However, in monthly column doses specific to the subaccount are displayed.

### Why are doses appearing in some, but not all months?

Doses are only shown for months where the beginning wear date of the dosimeter starts in that month. For example, if the dosimeters are worn quarterly, the doses will only appear under January, April, July, and October.

### What does the “1” or “2” under the Exceeded Level column mean?

The number in this column shows which ALARA Level has been exceeded. There are two ALARA Levels for both quarterly and annual exposures.

### Does this report reflect Effective Dose Equivalent (EDE) calculations?

Yes. This report summarizes assigned doses, which is dose after an EDE calculation is applied.

### Why doesn't the quarterly report reflect my most recent dosimeters?

The quarterly ALARA report generates on a set date, if your dosimeters are returned after the report has run, they will not appear on this report. On demand reports can be requested from the Dosimetry Records Department, if necessary.

### Can an employee still work if they have exceeded the ALARA yearly levels?

Yes. ALARA levels are typically lower than the annual regulatory level. Once a participant has exceeded a yearly ALARA Level, it is at the discretion of the facility on how to proceed.

### Why does this report summarize the total exposure across the entire account/subaccount?

Exposures are totaled to indicate how much total radiation is being received by all participants. This information can assist in determining whether or not a participant has received a disproportionately high exposure.