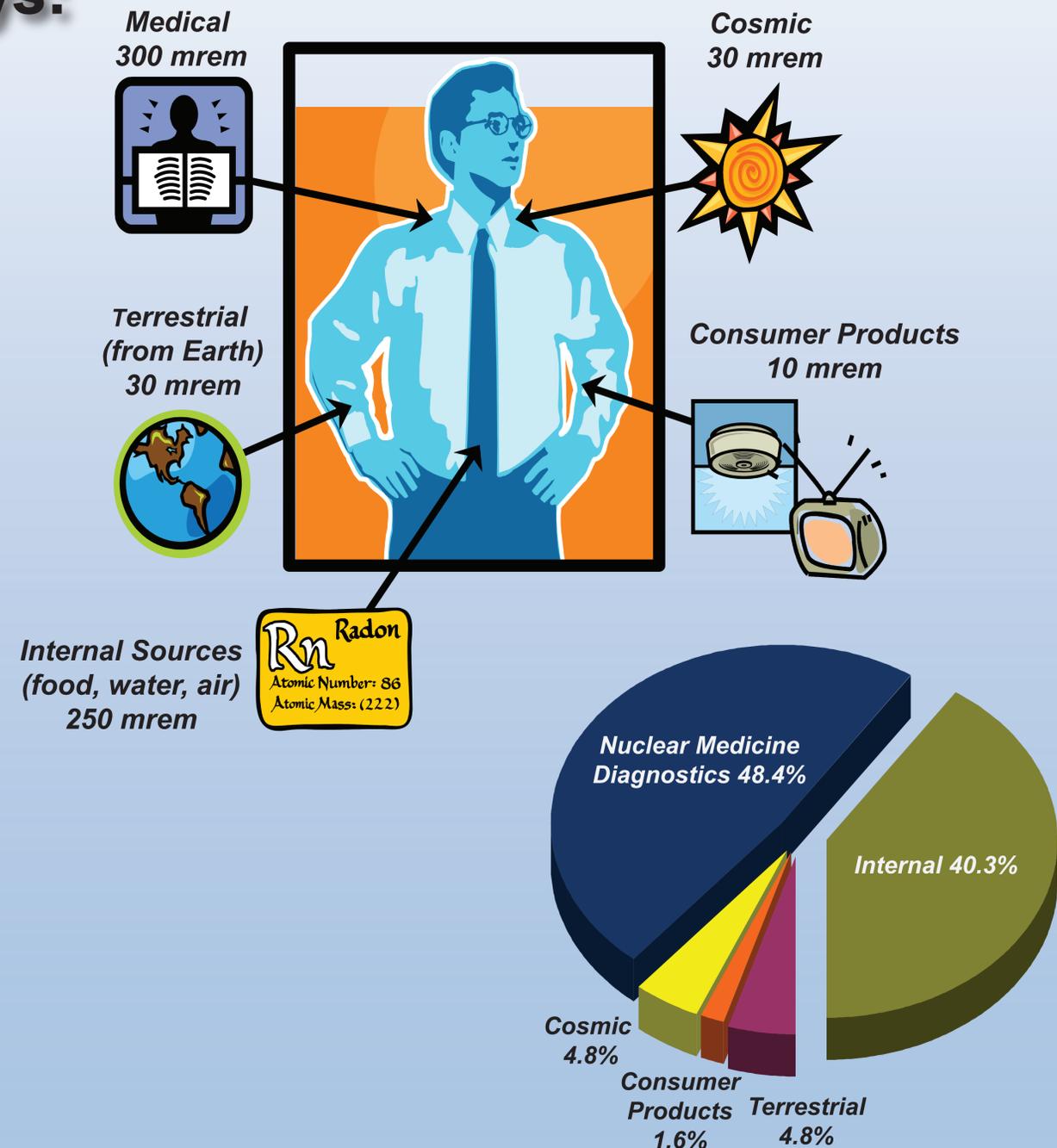


# Radiation Facts

The average individual receives approximately 620 millirem of radiation per year from all sources.

## Radiation is measured in different ways:

- Rad (radiation absorbed dose) is the amount of energy actually absorbed by human tissue
- Roentgen describes the amount of radiation energy, in the form of gamma or x-rays, in the air
- Rem (Roentgen equivalent man) measures the biological damage (dose) of radiation
- A millirem (mrem) is one one-thousandth of a rem
- Maximum off-site radiation dose from Nevada Test Site air emissions is less than 0.2 mrem per year



The legal radiation dose limit for an adult whose profession allows or permits exposure is five rem (5,000 mrem) per year. The radiation dose limit for pregnancy is 500 mrem.

Source: NCRP Report No. 160, March 3, 2009