

# Protection Against Gamma Rays

Protection by awareness

Introduced by  
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Technical Director  
METEC

One day in **Egypt**



A **ghost** came to a small  
village



and caused the **death**  
of three and serious  
**injuries** to five from  
one family.



## The villagers **whispered** to each other



“There is a ghost who visited that house.”



# The cause of death and serious injuries was **unknown.**

At the hospital, doctors noticed some **burns** and thought that these cases might have been exposed to a high dose of **radiation**.



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With research and investigation

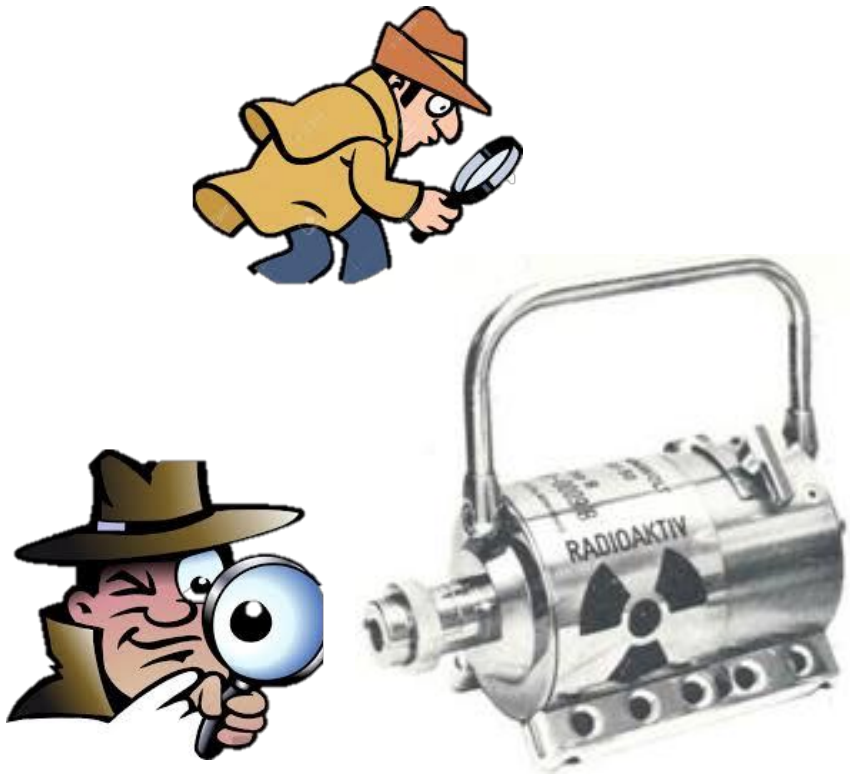
it was found that there is a pipeline **work site** near the village, and that site uses a gamma ray to conduct radiography tests for pipe welds



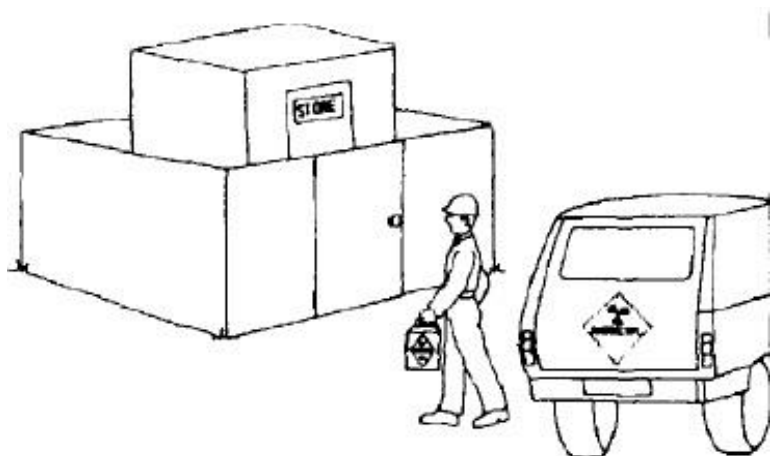
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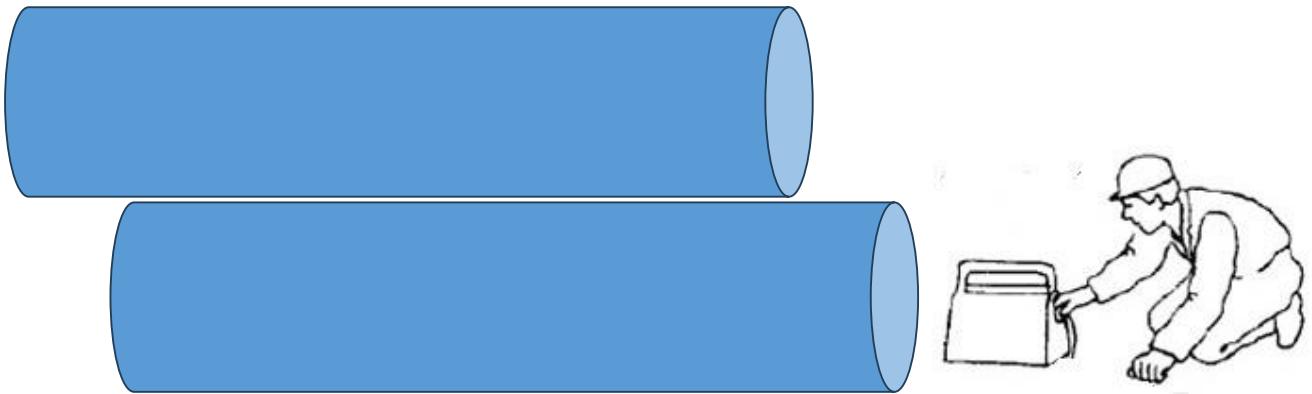
Upon further investigation, inspectors found that one of the gamma ray cameras had been **missing** from the site for several days.



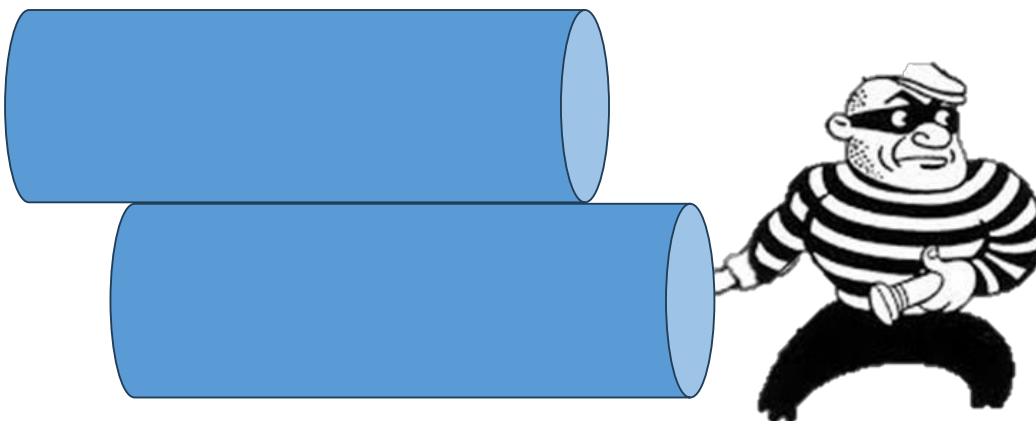
The scenario was as follows: After the end of the work day, the contractor's radiographers were supposed to **store** the gamma camera in a secure warehouse



but they stored it **inside a pipe** on site for use  
it at the next day.

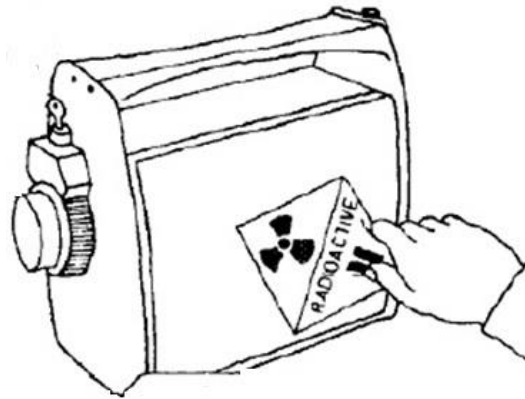


Someone saw the  
camera, **stole** it, took it  
to his house





and tried to open it to find out **what was inside it.**



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This person and his family were exposed to **high doses** of radiation, which led to these deaths and serious injuries.



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Ionizing radiation are like a ghost because we cannot sense them with our five

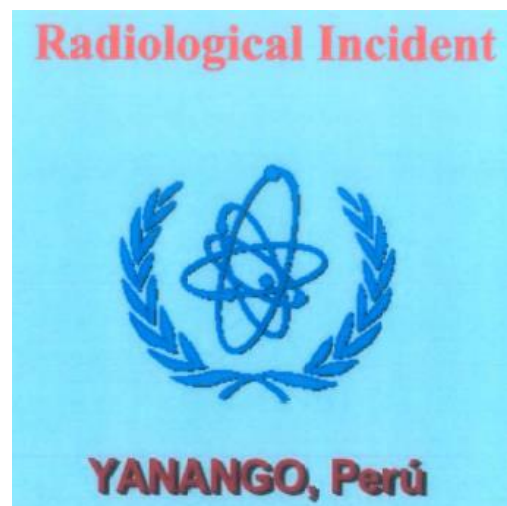
**senses**

**But**

**With awareness and knowledge, we can avoid it's harm and obtain it's advantages.**

**Another one**

**Radiological Accident**

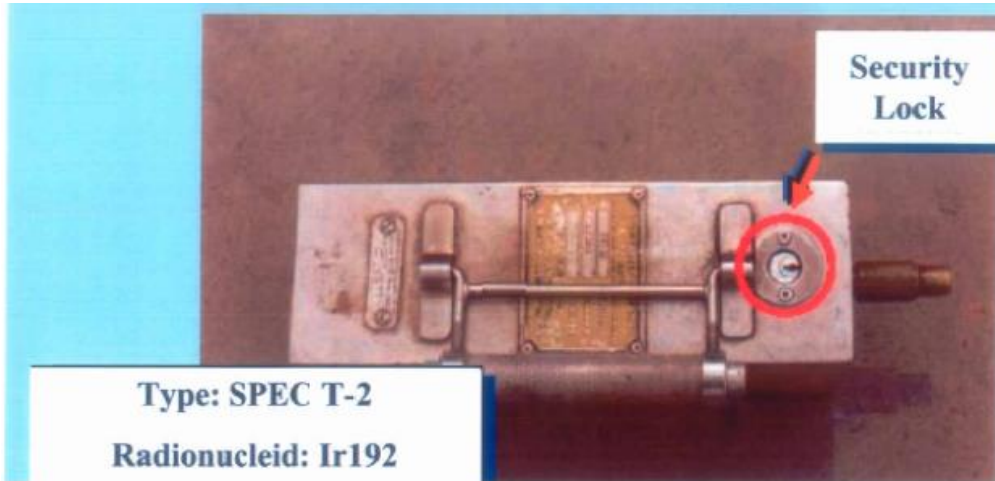


**Yanango, Peru, Radiological Accident**



## What Happened

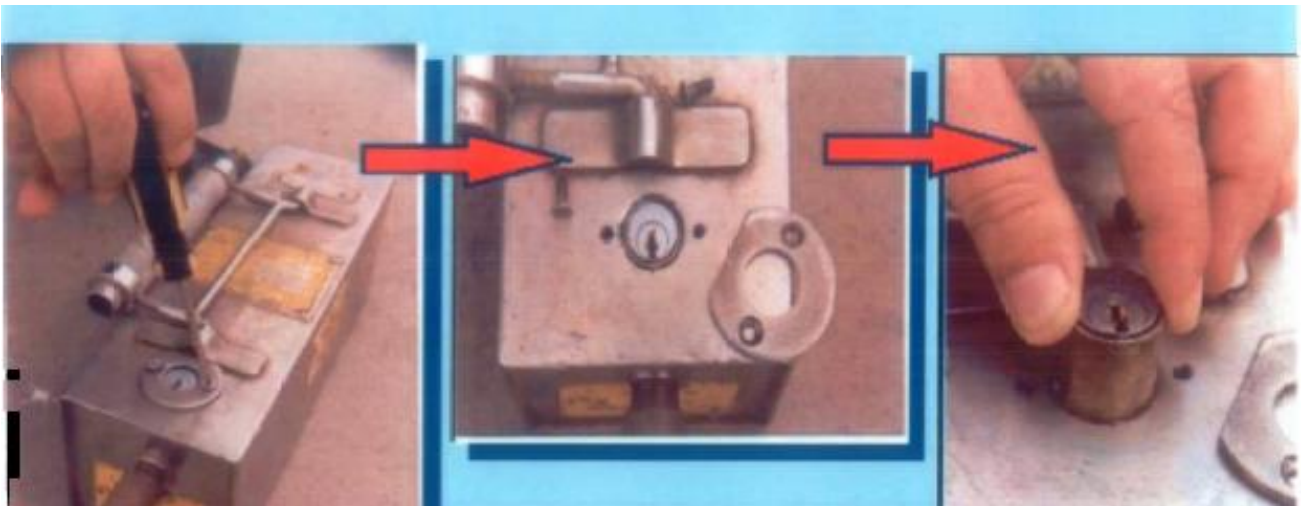
A **non-authorized** person unscrewed the screws of the security lock to free the radioactive source of a Gamma camera.



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No key is needed to remove the source, it can be done with a **screwdriver**.

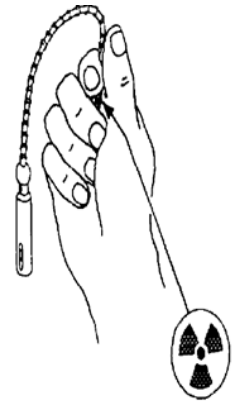


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## Consequences:

A **welder** working with a radiographer at a hydroelectric plant picked up a lost iridium-192 industrial radiography source on 20 February 1999 and put it in his **pocket** for several hours.



## Consequences:

After about six hours the worker began experiencing **pain** in the back of the right thigh. He went home with the source, causing minor exposures to **family** members.



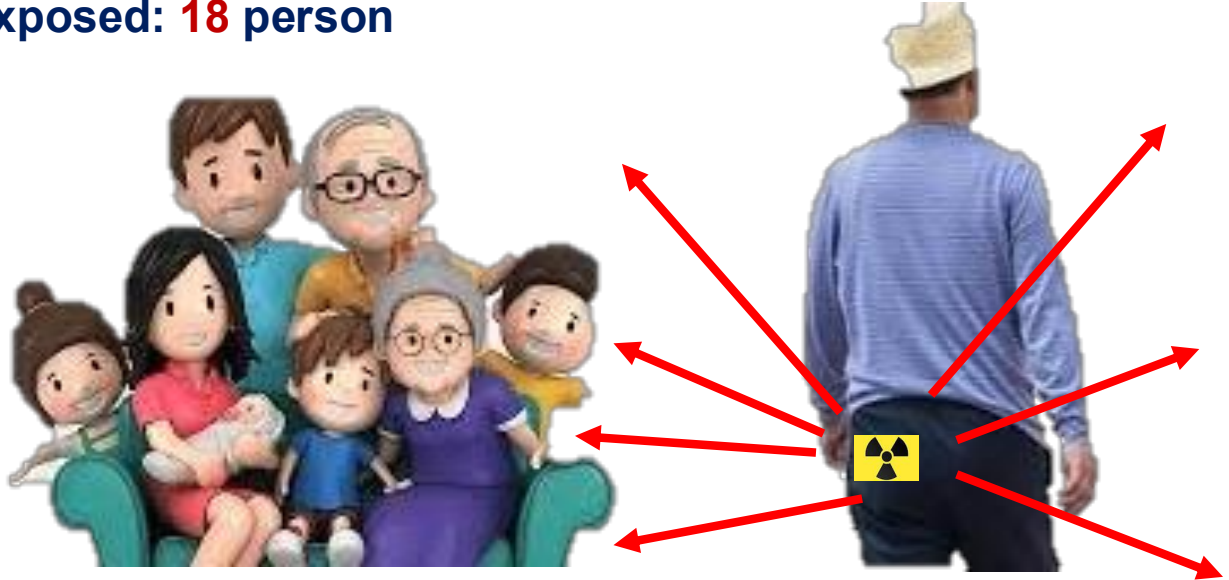
The radiographer, having discovered the source was missing about midnight, came to the welder's home at 1:00 AM on 21 February and helped discover the source.

The welder received an estimated whole body dose of 150 rem, although localized doses were much higher--up to **10,000** rad to one buttock--requiring amputation of one leg.

The result was

Over-radiation: **1** person

Exposed: **18** person



Effect on the leg the **next day** at 1:00 noon on February 21, 1999.



Impact on the leg **16** days after the accident 03-08-1999



Impact on the leg **70** days after the accident 1-5-1999



**10-18-1999**  
**Amputation** of the leg



**14-12-1999**  
**Serious** infection  
and contamination

## Common causes of accidents

Lack of **awareness**.

**Procedures** were not implemented.

Lack of regular **oversight** or inappropriate  
oversight



## Common causes of accidents

Lack of **training** or inappropriate training

Lack of a **safety** and security program

Absence of Safety **Culture**.

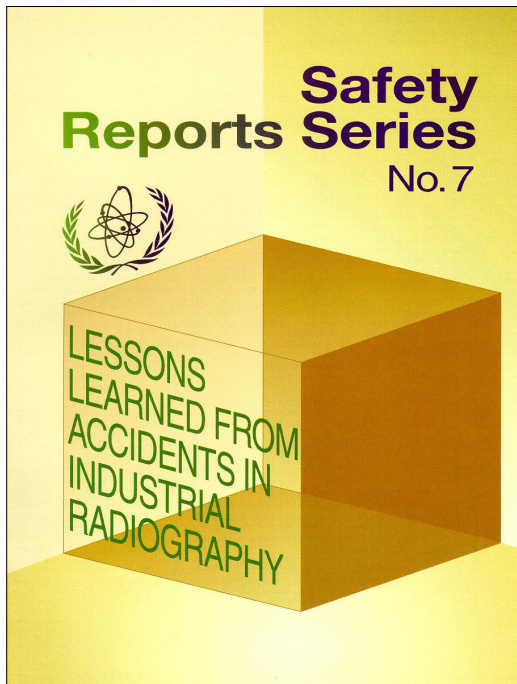
## Common causes of accidents

Failure to **follow** safety and security procedures

Source **inspection** and **measures** were  
inadequate.

Failure to use the radiation **survey meter**

Equipment or device **malfunction**



**43 accidents,**  
including **9**  
**accidents**  
involving the  
**general public**  
or non-radiology  
workers.

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**We mention these**  
**incidents to spread**  
**awareness** and take  
**lessons** learned to  
avoid the **recurrence** of  
**such incidents**

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Aside from what is **complex** or academic, there is a role for **specialists** to raise awareness for the community, customers, contacts, and those close to danger areas.

Let's ask ourself some questions

Is there a radiation **emergency plan**?

**Let's ask ourself some questions**

**Is the emergency plan being reviewed?**

**According to pre-determined periodic timings.**

**&**

**When new developments arise in operations,  
equipment, procedures,**

**Let's ask ourself some questions**

**Is the emergency plan being reviewed?**

**When an accident or emergency occurs in the  
work area or affects the work area.**

**&**

**When an accident or emergency occurs outside  
the work area, it can be used to develop the plan.**

# Let's protect ourselves against gamma rays

## By

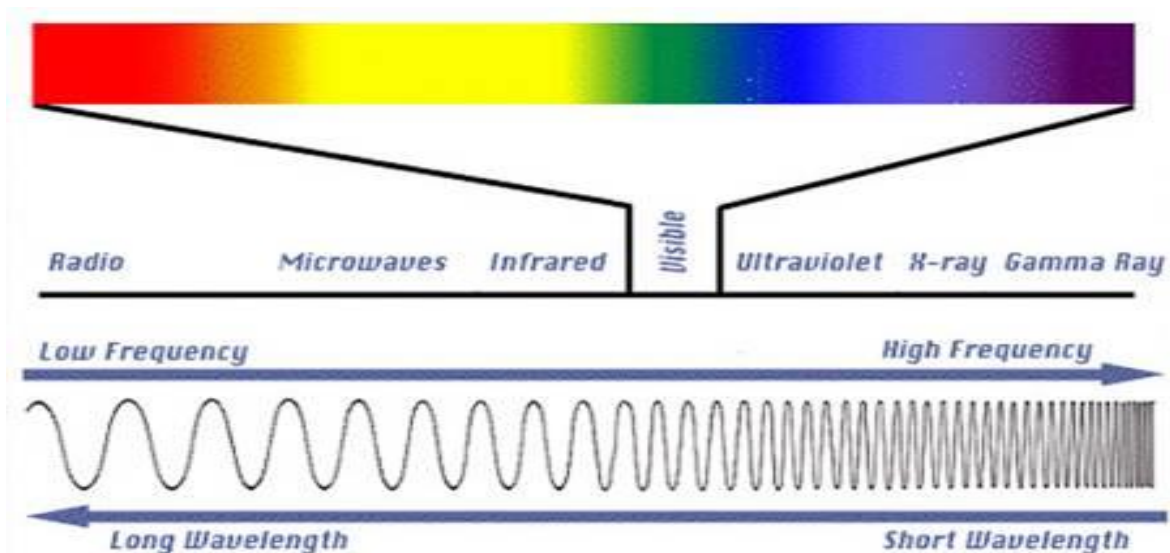
# awareness & knowledge

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## Ionizing radiation

It is part of the electromagnetic spectrum, which includes **light**, X-rays and **gamma** rays



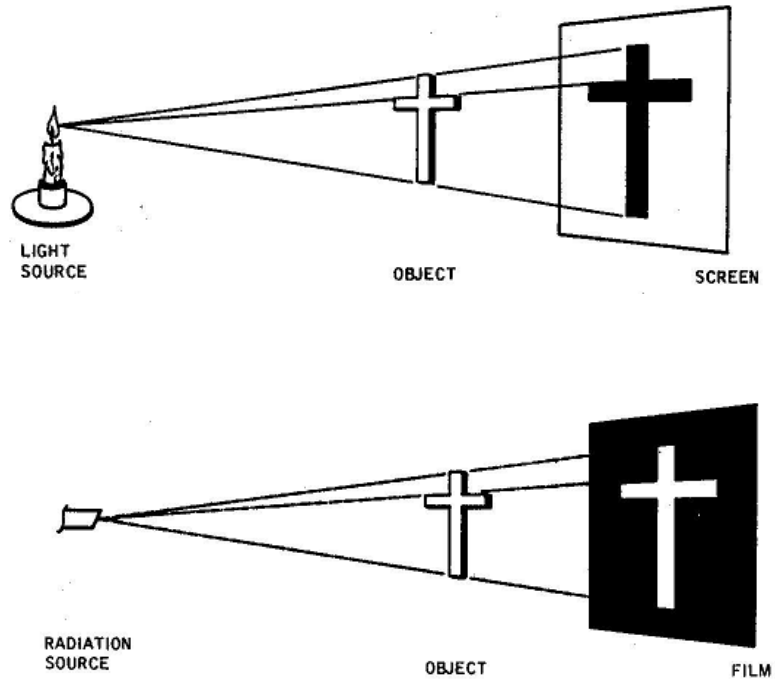
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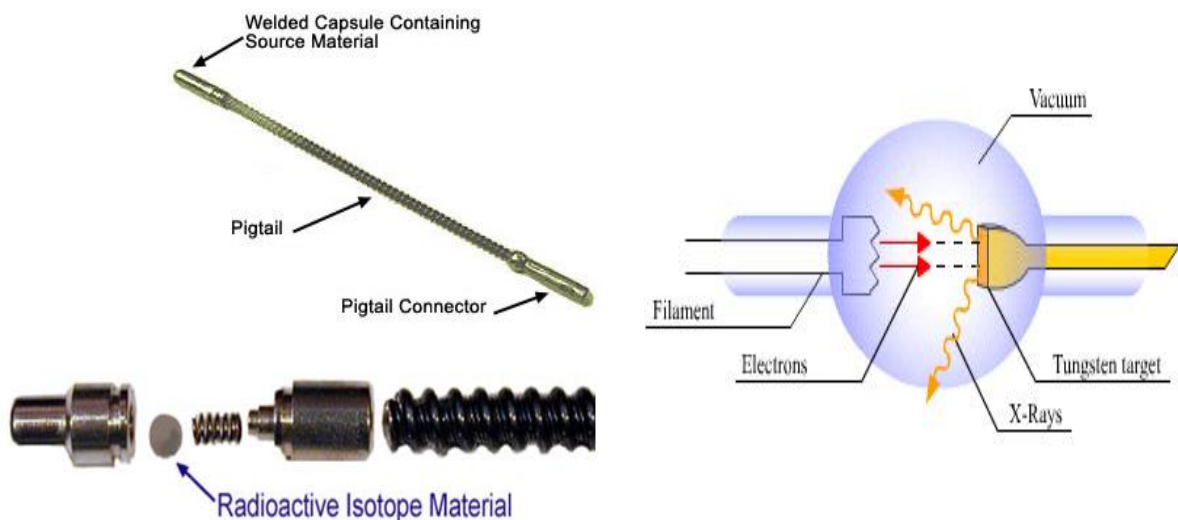


## Ionizing radiation

Gamma rays have the **same** properties as light, in addition to the property of **penetrating** materials, but light does not penetrate through **opaque** objects.

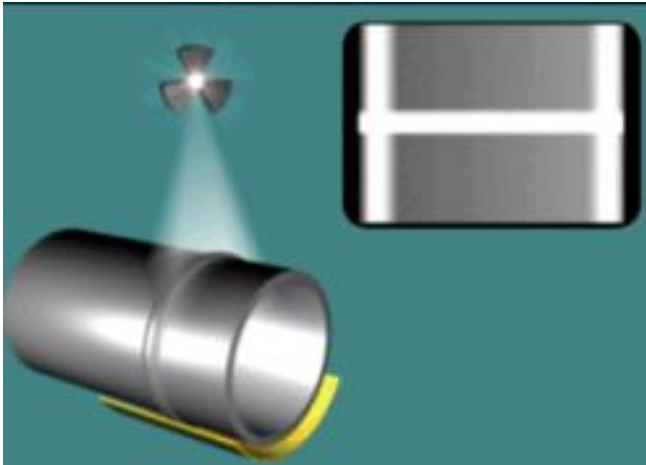


## Gamma rays and X-rays



## Radiography

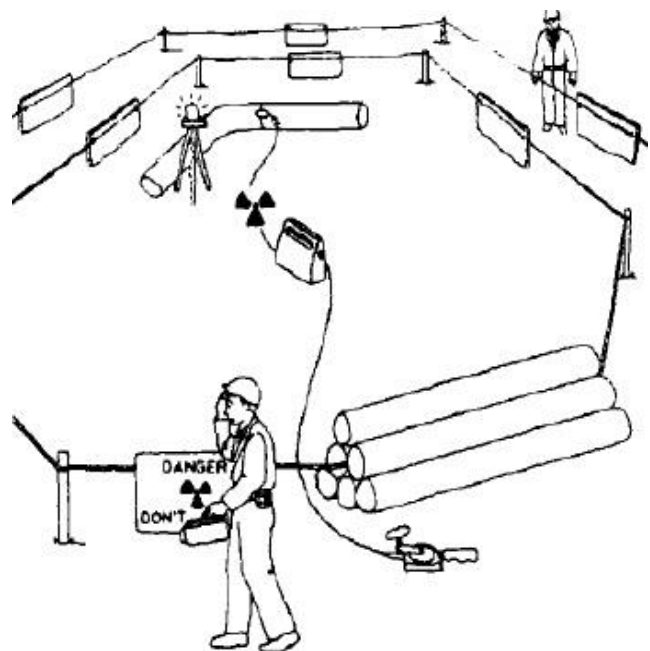
The rays **penetrate** the materials and reach a sensitive **film** that is exposed to the penetrating rays. It is then processed and exposed to a screen to see and interpret **internal** defects.



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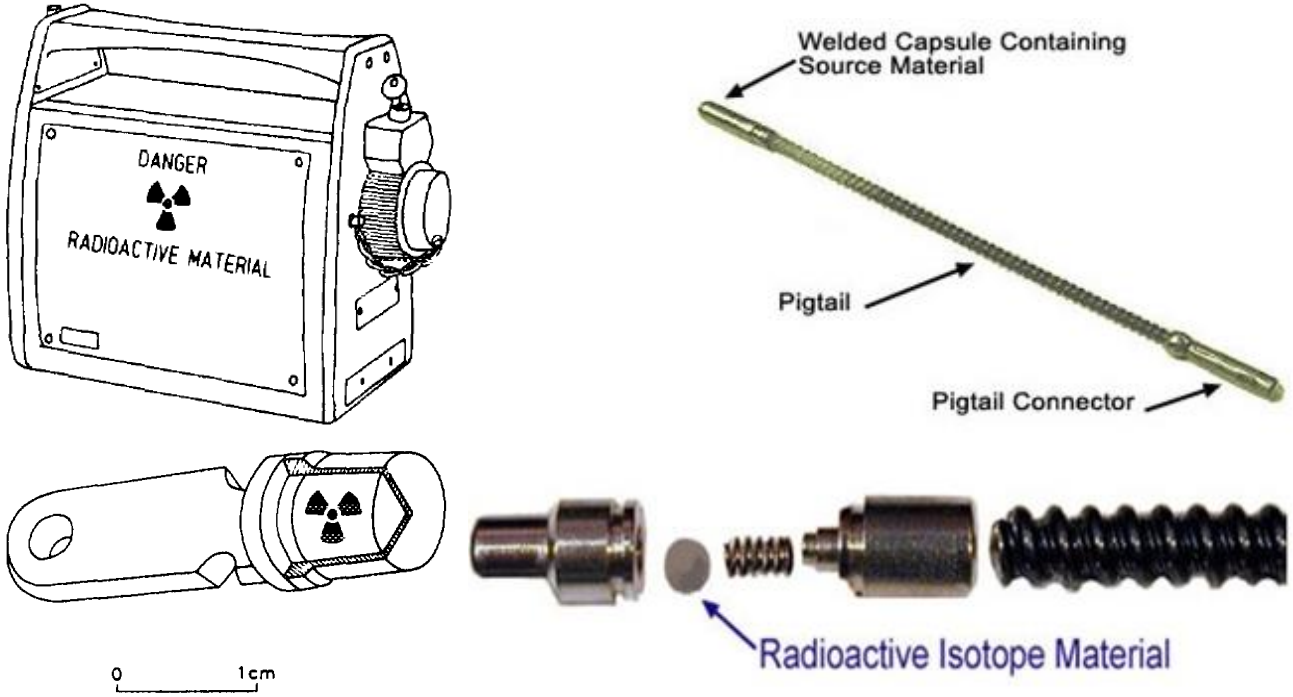
Radiography is used to **test** many products such as welds, castings, and forgings.



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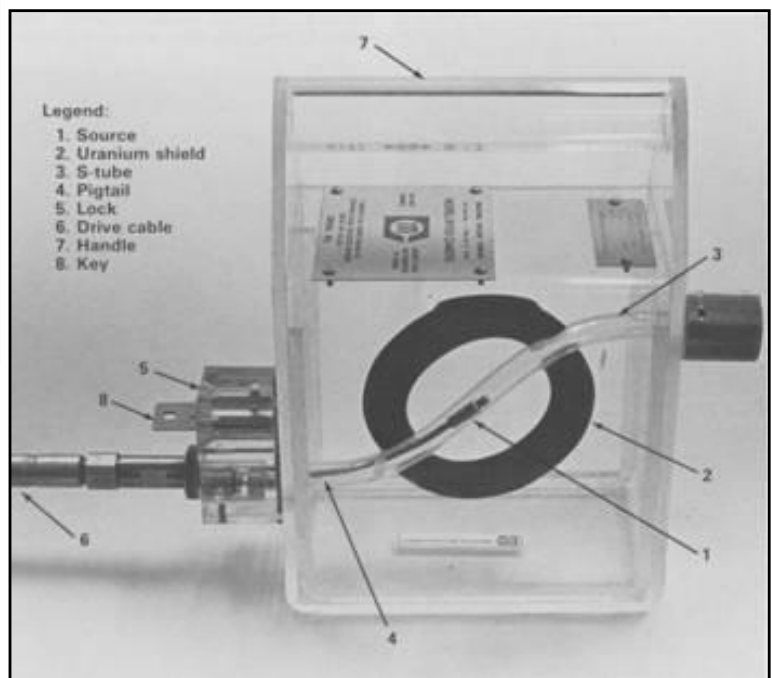
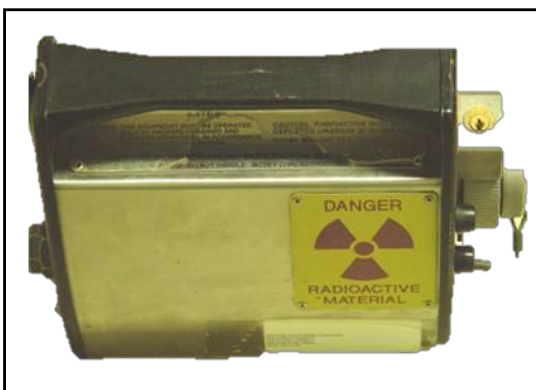
## Radiography camera and radioactive source



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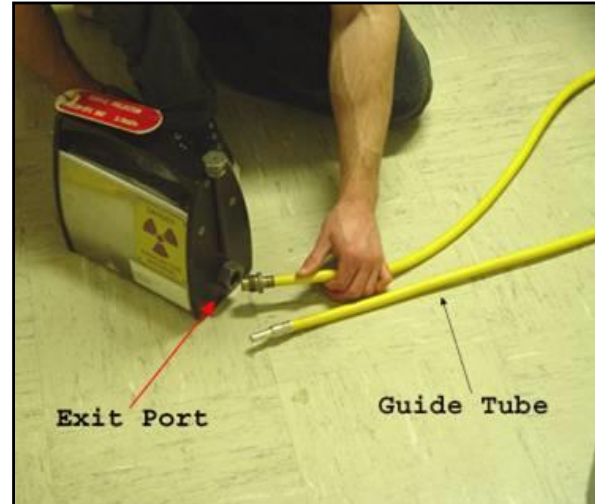
## Radiography camera



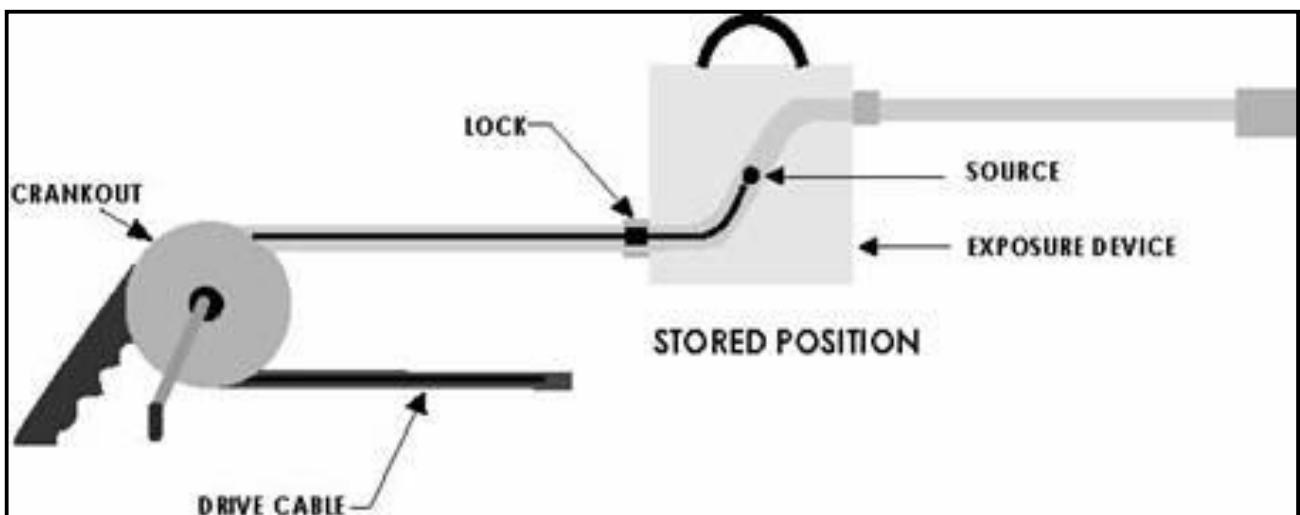
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## Radiography camera

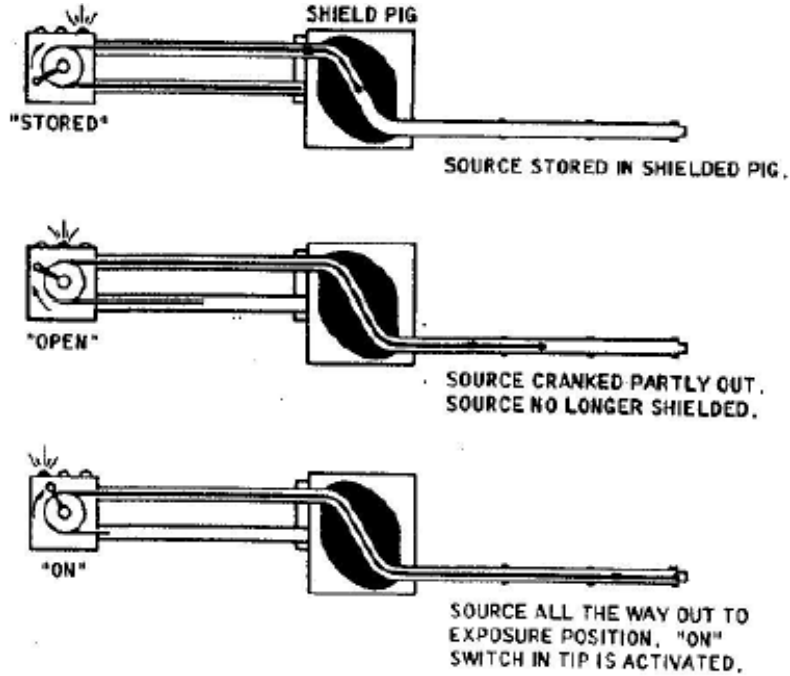


## Radiography camera and its accessories

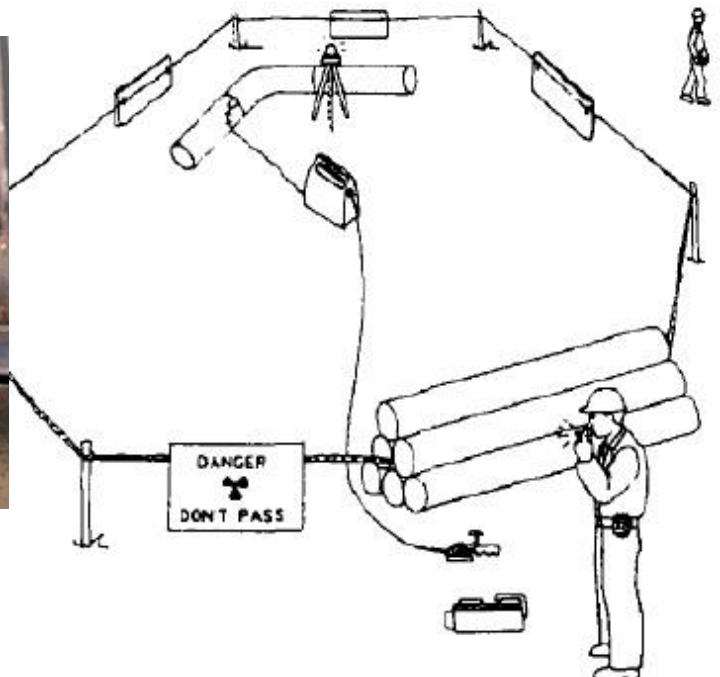




## Movement of the source from inside the gamma camera to the external cable

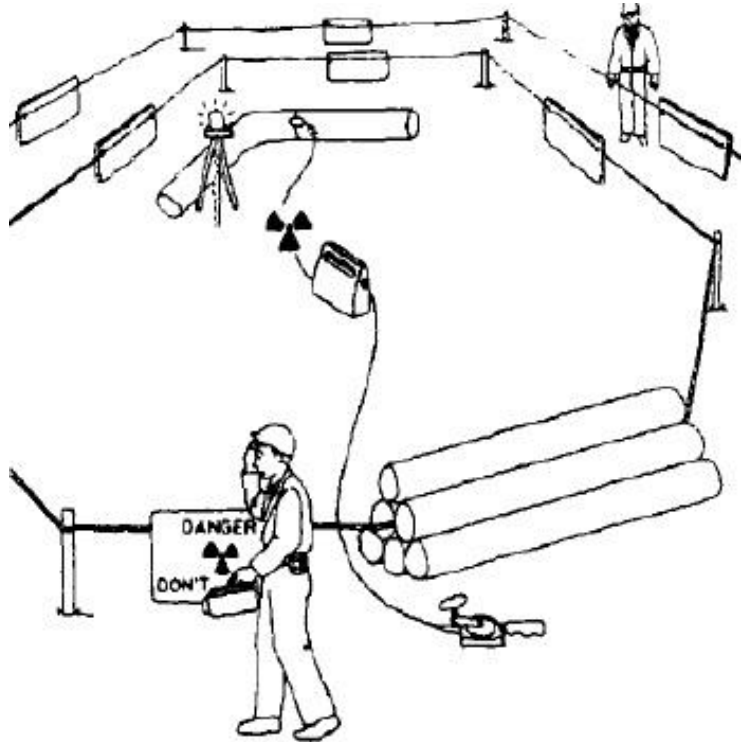


## Radiography site



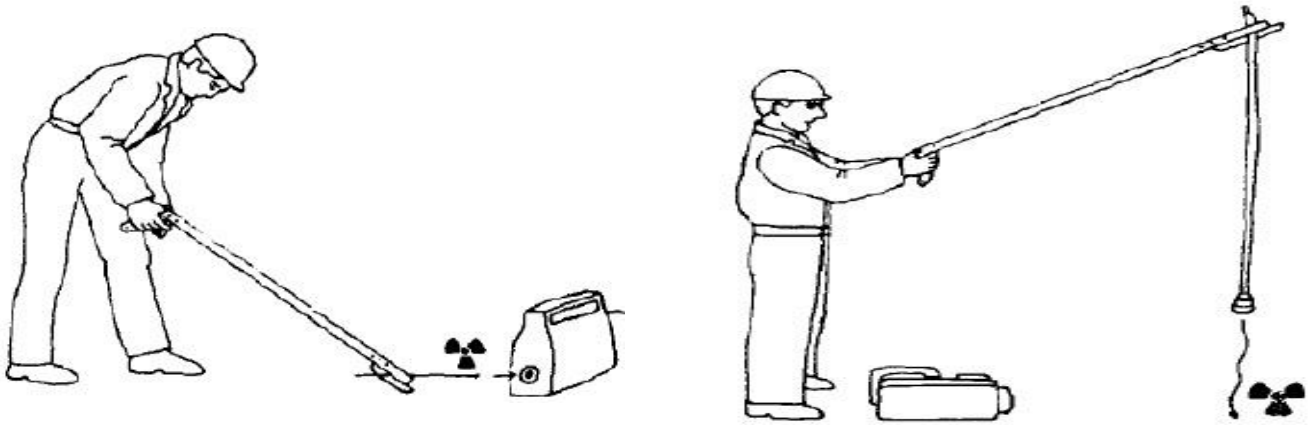


If the radiographer **cannot return** the source to the gamma camera for any reason, What should he do? He should remain **calm** and **withdraw** to the barriers location, **measure** the dose rate, **expand** the barriers circle, if necessary, **prevent entry** to this area, and **inform** the site management to begin **emergency** procedures.

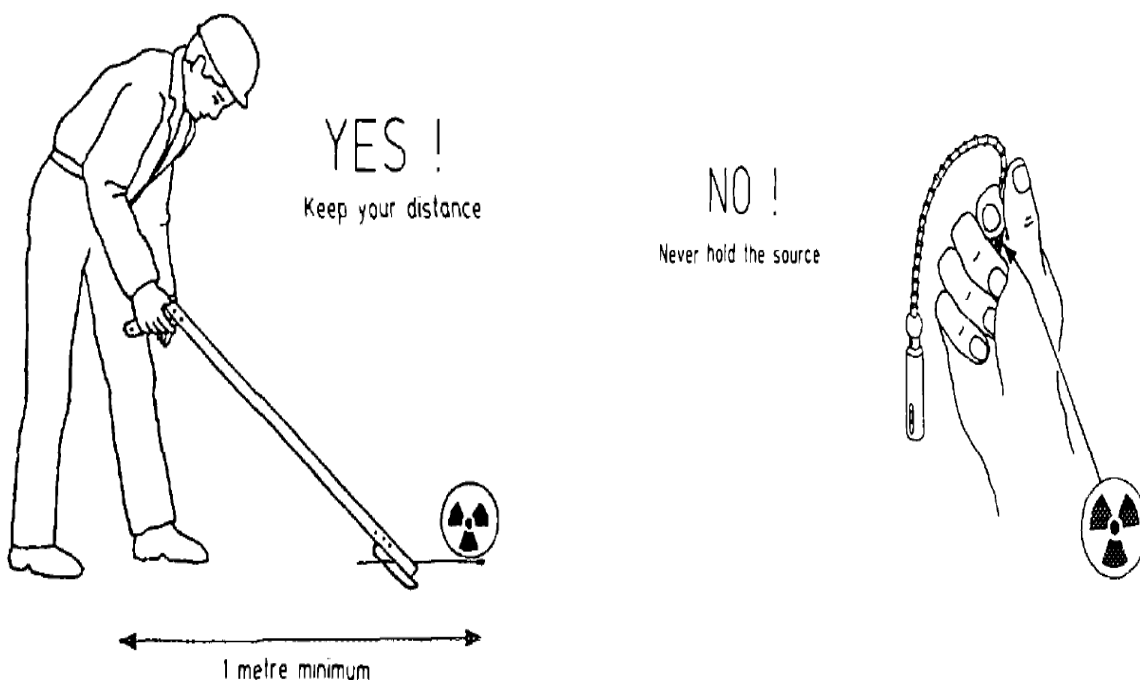


The radiographer should to put in his **mind**:

- 1- Move away from the source at once and keep other **people away**.
- 2- **Calm** down and **think**.
- 3- Establish a **restricted** area, and make sure **no one** approaches the source.
- 4- **Call** for help. Don't try to do anything yourself that you are **not trained** to do. A common requirement of emergency procedures is that you should **contact** your employer's Radiation Safety Officer (**RSO**) for help.



If the source comes **out**, the radiographer must use **tweezers** to pick up the radioactive source capsule from a distance and make the **greatest possible distance** between him and the source and do not let the source **touch** any part of his body under any circumstances when returning it to the device.



## Radiation **detection** and **measurement** instruments

Since our **senses** cannot detect radiation, several devices are Commonly used in the field of radiography.

These devices are classified according to use and are called "**survey meters**" and "**personnel monitoring devices**."

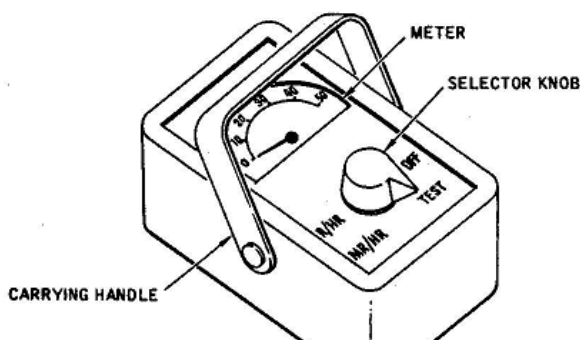
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## Radiation **detection** and **measurement** instruments

Survey meters are portable instruments used to **monitor radiation areas**.

The survey meter is designed to give **radiation exposure rate**.



## Radiation **detection** and **measurement** instruments

**Personnel** monitoring devices are **attached** to the **clothing** of the radiation worker.

These devices are designed to give **cumulative** readings of exposure



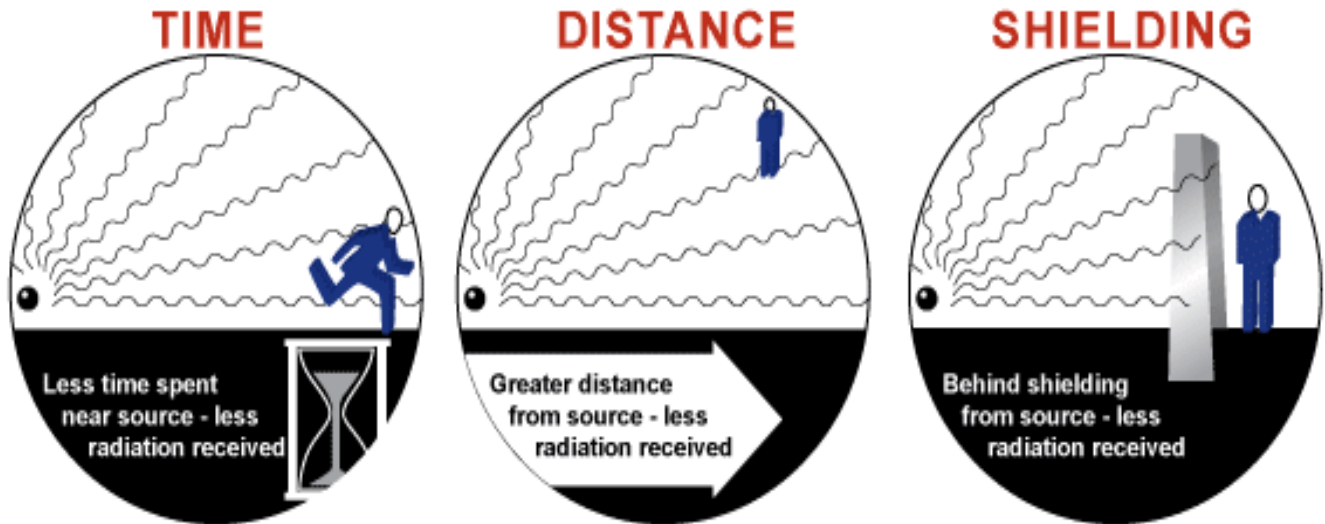
POCKET DOSIMETER

FILM BADGE

## Protection against radiation

There are **three** basic means of providing protection from radiation:

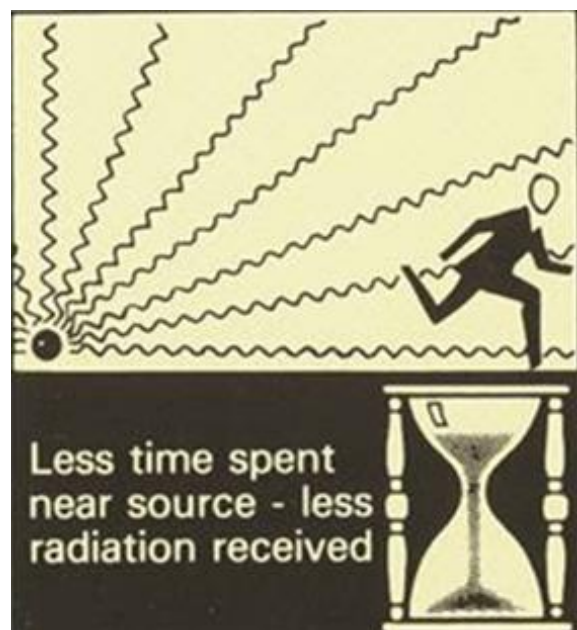
1. **Time** — controlling the **length** of time a person is exposed to radiation.
2. **Distance** — controlling the distance **between** personnel and the source.
3. **Shielding** — placing absorbing materials **between** personnel and source.



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**Time**  
Do **not** stay near a radiography source or camera any **longer** than you have. The **less** time you spend at the radiation field, the **fewer** doses you will receive.



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## Time

The relationship of time to exposure is **directly** proportional.

The **longer** you stay in a radiation area, the **more** radiation exposure you receive.

## Time

**Dose = dose rate X time**

This means if your survey meter reads **10 mrem per hour (100 μSv / hr)** you will receive **10 mrem in one hour, 5 mrem in ½ hour, and 2.5 mrem in ¼ hour** and so on, on the other hand you will receive **20 mrem in 2 hours, 30 mrem in 3 hours.**

Radiation dose		Time (hour)
mrem	μSv	
2.5	25	¼
5	50	½
10	100	1
20	200	2
30	300	3
40	400	4

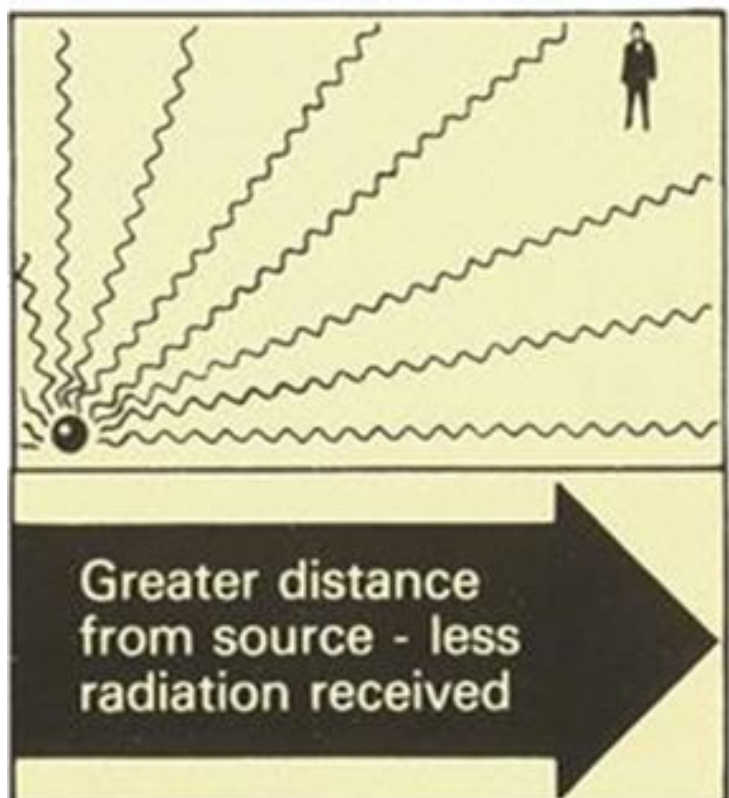
# Time

(A person receiving 10  
mr in one hour would  
receive  
in 8 hours.)



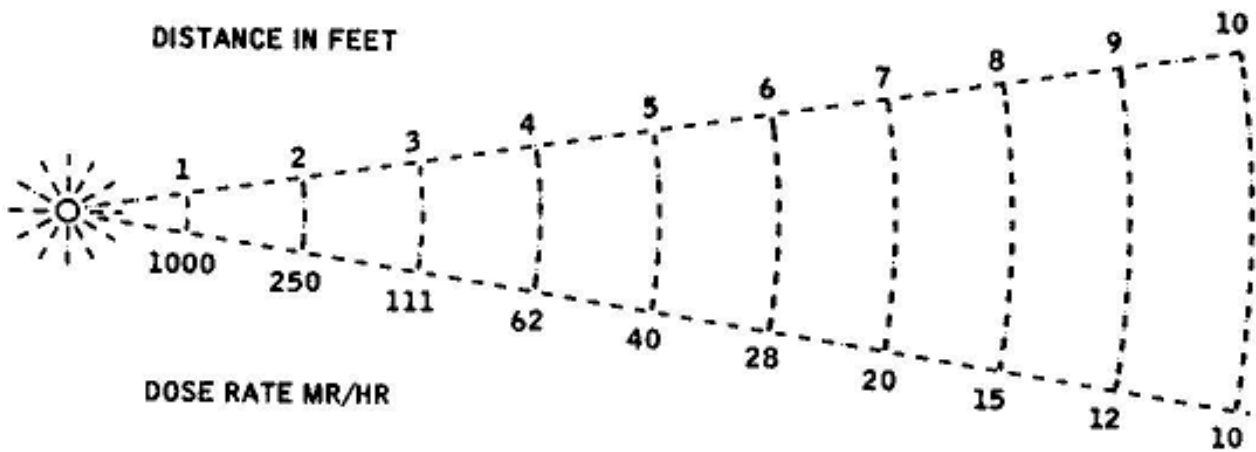
# Distance

Stay as  
far **away**  
from the  
source as  
you can



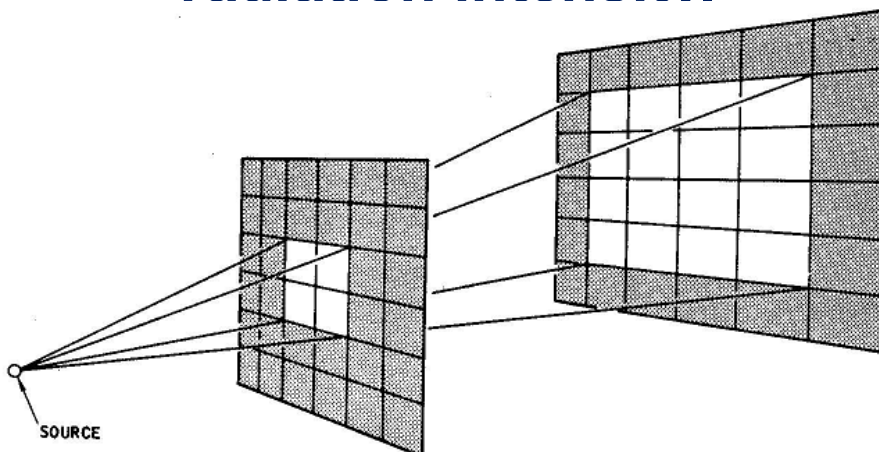
# Distance

Radiation exposure **decreases drastically** as the distance from the source **increases.**



# Distance

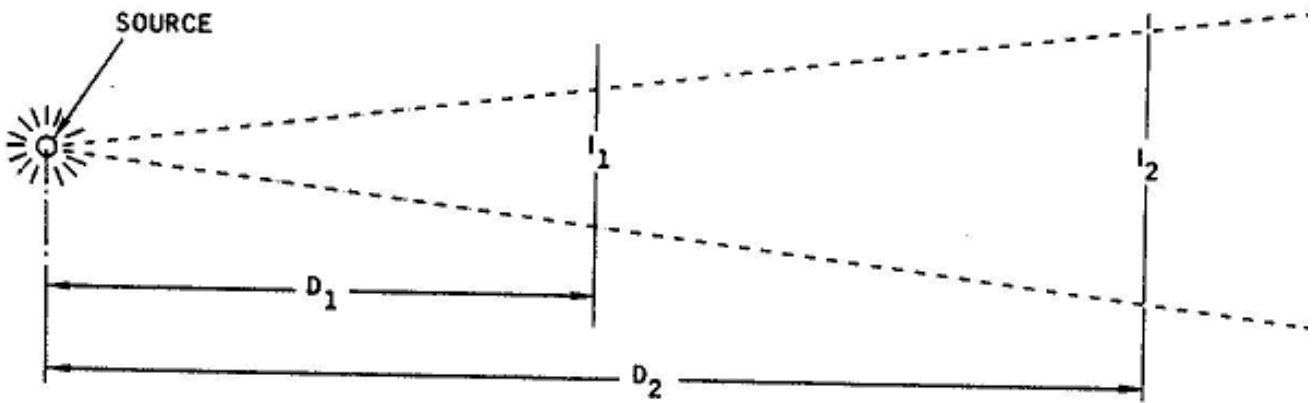
The mathematical law known as the "**inverse square law**" states the relationship of distance to varying radiation intensity.



## Distance

The law states that radiation **intensity** varies **inversely** as the **square** of the **distance** from the source.

$$\frac{I_1}{I_2} = \frac{(D_2)^2}{(D_1)^2}$$



## Distance

The inverse square relationship means that if you **double** the distance, you will receive only

5

the amount of radiation.

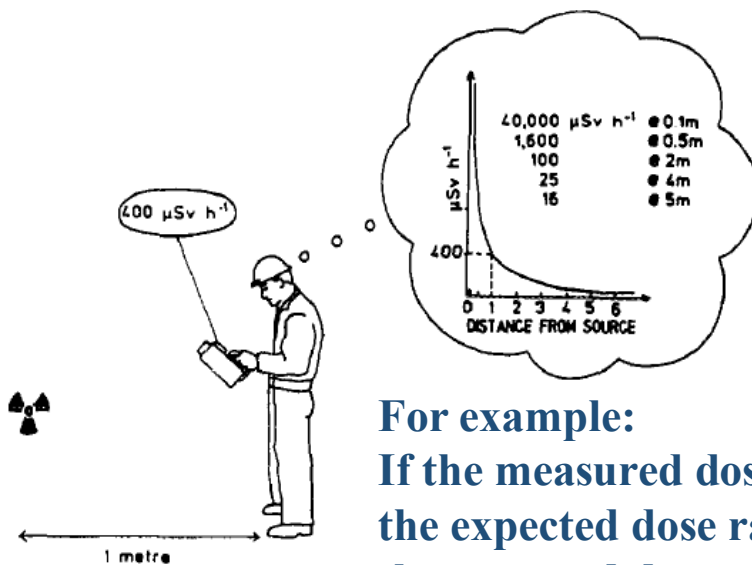
## Distance

if the survey meter reads **10** mrem/hr  
(100  $\mu\text{Sv/hr}$ ) at **100** feet (30.48 m) for  
example: the dose rate at **50** feet will  
be [ $10(100/50)^2=40$ ] **40** mrem per hour,  
and the dose at **200** feet will be

**5**

 mrem per hour

After measuring the dose rate, **estimates** can be made of the  
dose rates at **different** distances from the source.



For example:

If the measured dose rate at **1** m is **400**  $\mu\text{Sv/h}$   
the expected dose rate at **2** m is **100**  $\mu\text{Sv/h}$   
the expected dose rate at **10** m is **4**  $\mu\text{Sv/h}$   
the expected dose rate at **20** m is **1**  $\mu\text{Sv/h}$

**5**



## Distance

Radiation dose		distance	
mrem/hr	μSv	ft	m
40	400	50	15.24
10	100	100	30.48
2.5	25	200	60.96
0.625	6.25	400	121.92

In spite of, the dose rate is best determined using a reliable **survey meter**, it is so important to know how to **estimate** the dose if the survey meter is **not** immediately available or there is a **problem** to read with it or others, so in these instances we should assume that the source is in **open** area and use the **gamma factor** for this source to estimate the dose rate

(gamma factor for certain source indicates the absorbed dose rate at a distance **unit** from an activity **unit** of a gamma source) for example Ir-192 has a gamma factor 0.55 which is the absorbed dose rate in **r/hr at 1 m** from 1 Ci of gamma source equivalent to **(5.9 r/hr /Ci/Feet or 0.13 msv/hr/GBq/m)**, here we can use the following relationship:

$$\text{Dose rate} = \frac{(\text{gamma factor X source activity})}{(\text{distance square})}$$

**(1 Ci = 37 GBq)**

Approximate distance required to **reduce radiation level to 2 mrem/hr (20 μSv/hr) for Ir-192**. Ir-192 has a gamma factor 0.55 which is the absorbed dose rate in r/hr at 1 m from 1 Ci of radionuclide this equivalent to **(5.9 r/hr /Ci/Feet or 0.13 msv/hr/GBq/m)**

**Dose rate = (gamma factor X source activity) / (distance square).**

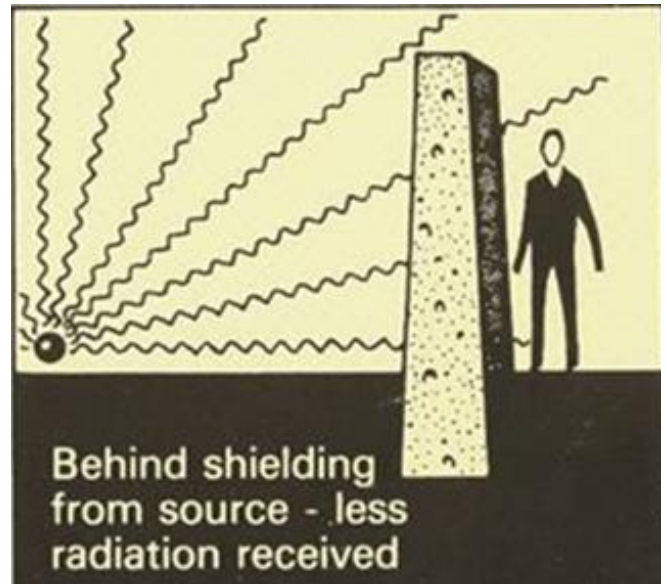
Source activity		Distance from the source	
Ci	GBq	ft	m
100	3700	509	155
50	1850	360	110
40	1480	322	98
30	1110	279	85
20	740	228	70
10	370	161	49
5	185	114	35
2	74	72	22
1	37	51	15.5
1/2	18.5	36	11

## Shielding

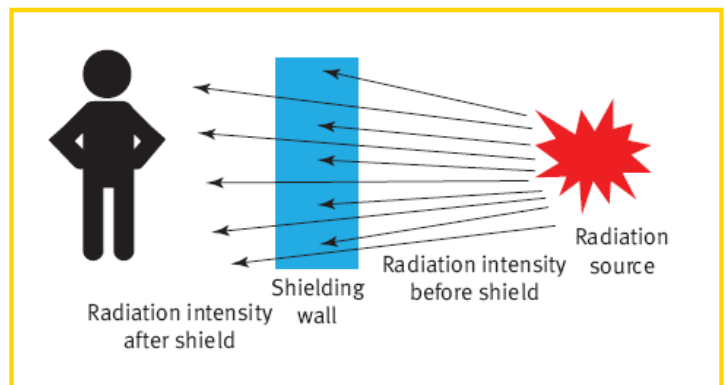
**Shielding is the third means of providing personnel safety.**

**The shielding material absorbs the radiation energy when the rays collide with electrons in the material.**

**Shielding**  
**In practical applications, lead and concrete (or combinations) are the most common shielding materials.**



## Shielding



## Shielding

The **Half-value layer** is a thickness of material that will reduce radiation to **one-half** the original intensity.

The **tenth-value layer** is another standard that will reduce the radiation passing through that material to **one-tenth** the original intensity.

Isotope	Half Value Layer (cms)			Tenth Value Layer (cms)		
	Lead	Iron	Concrete	Lead	Iron	Concrete
<sup>192</sup> Ir	0.6	1.3	4.6	2.0	4.3	14.7
<sup>60</sup> Co	1.2	2.0	6.6	4.0	6.9	20.6

## Shielding

% Radiation **Reduction** of certain material thickness

= Number of HVL X HVL(thickness)

Or = Number of TVL X TVL(thickness)

Isotope	Half Value Layer (cms)			Tenth Value Layer (cms)		
	Lead	Iron	Concrete	Lead	Iron	Concrete
<sup>192</sup> Ir	0.6	1.3	4.6	2.0	4.3	14.7
<sup>60</sup> Co	1.2	2.0	6.6	4.0	6.9	20.6



**HVL for concrete = 4.6 cm**

**To reduce the radiation from 100  $\mu$ Sv / hr to 50  $\mu$ Sv / hr use concrete shield with thickness 4.6 cm**

**&**

**to reduce it to 25  $\mu$ Sv / hr use concrete shield with thickness 9.2 cm**

**HVL for concrete = 4.6 cm**

**& to reduce it to 12.5  $\mu$ Sv / hr use concrete shield with thickness**

**5**

**TVL for concrete = 14.7 cm**

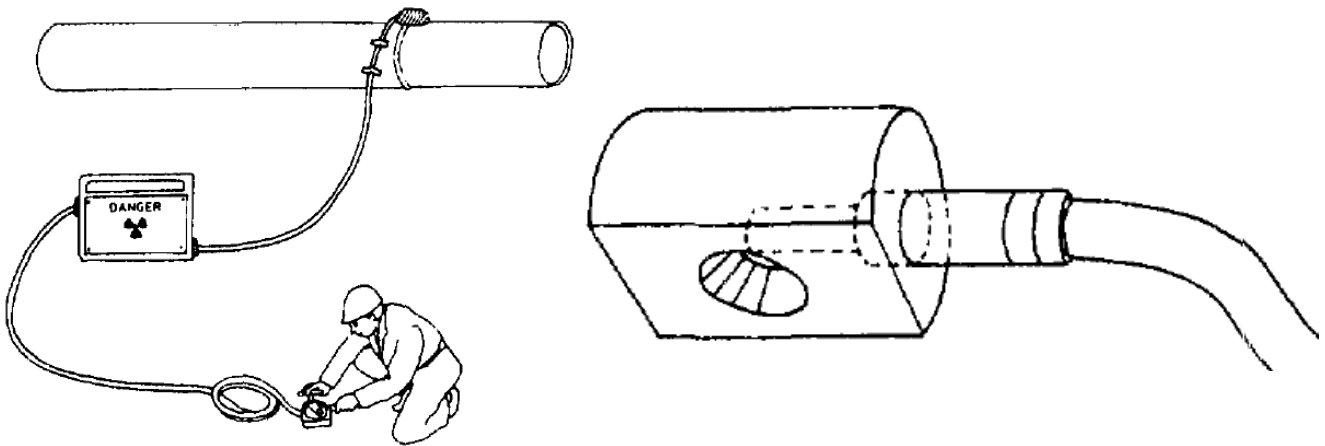
**To reduce the radiation from 100  $\mu$ Sv / hr to 10  $\mu$ Sv / hr use concrete shield with thickness 14.7 cm**

**TVL for concrete = 14.7 cm**

**& to reduce it to 1  $\mu$ Sv / hr use concrete shield with thickness**

## Collimators

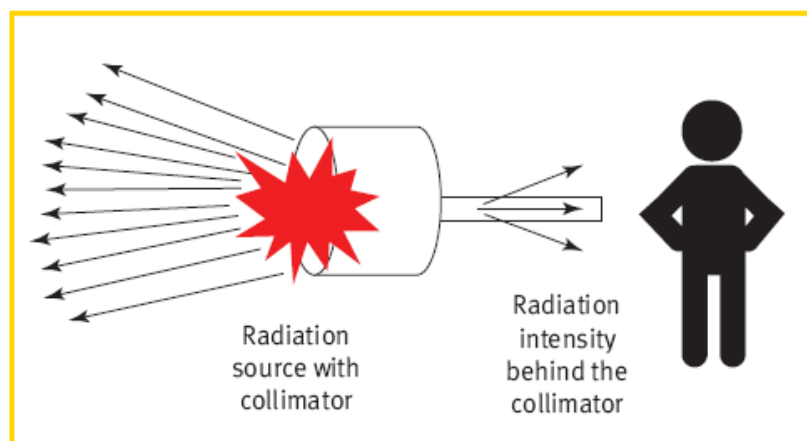
One of the most effective means that you can use to **reduce** the radiation dose to yourself and others is by using **collimators**.



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**Collimators** are small pieces of lead, **uranium**, or **tungsten** that surrounds the source to **absorb** radiation **not directed** toward the object being radiographed. Collimators can achieve dose reductions of about **20 to 10,000** times for Iridium-192 for example.



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## Conclusion

First of all always **treat** gamma radiation with **respect**. Do **not touch** your source during test process, it will cause radiation **burns** in **second** if held in hand. **Never** point your source at yourself or at anyone else when the shutter is open. **Don't be hero**, follow the **procedures**, restrict and **post** the area down to the **2** mrem/hr (**20**  $\mu$ Sv/hr) level, attempt to determine the actual exposure by **calculation** if beyond the survey meter range.

**Lower** your dose using **time**, **distance**, and **shielding** factors. Bear in your **mind** that any time radiation exposure is received **unnecessarily**, this exposure is considered to be **excessive** whether or not it exceeds the allowable limits. It should be recommended that the limits given in this presentation are **subject to change** at any time based on studies and researches.

**Refer** to the regulations in force for radiation protection in the **country** (or **state**) in which it is to be used. Remember that radioactive sources are **regulated** substances, it means that their **import, export, providing, transport, handling and elimination** are managed by **legislative** texts, so allows **refer to local laws** (ex. United States Nuclear regulatory Commission (USNRC)).

**Radiation hazard warning signs**  
Hazardous levels of ionizing radiation are signified by the **trefoil** sign on a **yellow** background. These are usually posted at the **boundary** of a radiation **controlled** area or in any place where radiation levels are significantly **above background** due to human intervention.



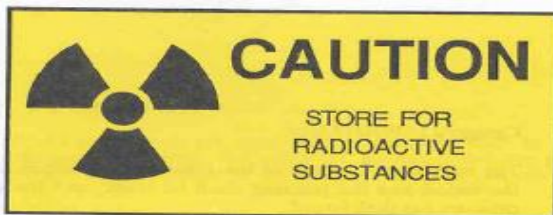




## Suitable Sign for General Awareness of Radiation Area (New version starting from Feb. 2007)

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Suitable Sign for **Store**



Suitable Sign to be post around **operating area** of radioactive source



Placard for **vehicles** and should post around all 3 direction of the vehicle

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## PACKAGE LABELS

All **shipments** of radioactive material must bear **two** identifying warning labels affixed to **opposite sides** of the outer package. Three different labels (**White-I**, **Yellow-II**, or **Yellow-III**) are used for packages of radioactive material. The **United Nations hazard class “7”** appears on all radioactive material labels. The standard label size is approximately 4 x 4 inches

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**Radioactive White-I**

**Almost no radiation**

**0.5 mR/hr (0.005 mSv/h) maximum on surface**

**Transport Index: 0**



## Radioactive **Yellow-II**

**Low** radiation levels

**50 mR/hr (0.5 mSv/h) maximum on surface**

**1 mR/hr maximum at one meter**

**Transport Index: 0 – 1**



## Radioactive **Yellow-III**

**Higher** radiation levels

**200 mR/hr (2 mSv/h) maximum on surface**

**10 mR/hr maximum at one meter**

**Transport Index: 1 - 10**

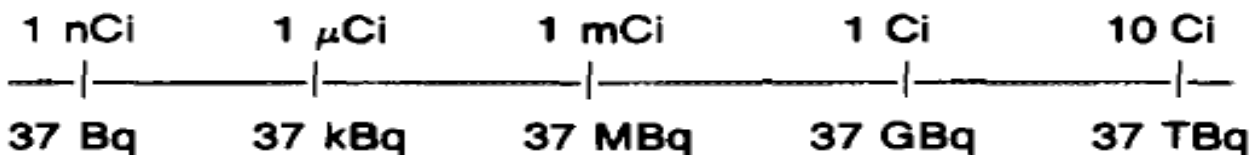
## Overview of new and old units

Designation of quantity	SI-units		Formerly used		Conversion
	Name	Unit Designation	Name	Unit Designation	Old to SI
Activity (A)	Becquerel (Bq)	1/s*	Curie	Ci	1 Ci = 37 GBq
Ionization dose rate	Coulomb (C)	C/kg	Röntgen	R	1 R = 2.58 x 10 <sup>-4</sup> C/kg
Ionization dose	Coulomb (C) Ampère (A)	C/kg.s or A/kg		R/s	
Absorbed energy dose (D)	Gray (Gy)	J/kg	Rad	Rad	1 Rad = 0.01 Gy
Equivalent dose (H) H=D x RBE**	Sievert (Sv)	J/kg	Rem	Rem	1 Rem = 0.01 Sv

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**(1.0 rem =1000 mrem and 1.0 Sv =1000 mSv = 100 rem)**



**(1Gy =100 rad =100 cGy)**

- Law No. 7 of 2010
- It is not permissible to grant a personal license to practice any activity that results in exposure to ionizing radiation unless appropriate qualifications and training are obtained.
- The law also requires the licensee to notify the Nuclear and Radiological Regulatory Authority in writing immediately upon becoming aware of the loss or theft of any shipment containing radioactive materials.

### القانون رقم 7 لسنة 2010

ولا يجوز منح ترخيص شخصي لمزاولة اي نشاط يترتب عليه التعرض للاشعاعات المؤينة الا بعد الحصول على التاهيل والتدريب المناسبين.  
كما يلزم القانون المرخص له بابلاغ هيئة الرقابة النووية والاشعاعية كتابة فور علمه بفقد او سرقة اية شحنة تحتوى على مواد مشعة.

- Law No. 7 of 2010
- According to Article 38, Clause 16, one of the obligations of the person licensed to practice nuclear or radiological activity is to spread the culture of nuclear security and safety among the facility's employees in all fields.
- There are penalties in the law for violators of up to life imprisonment if the crime is committed or attempted for a terrorist purpose or through coercion or the threat of using weapons..... (Article 97).

القانون رقم 7 لسنة 2010  
وطبقا للمادة 38 بند 16 فانه من التزامات المرخص له بممارسة نشاط نووى او اشعاعى نشر ثقافتى الامن والامان النوويين بين العاملين بالمنشأة فى كافة المجالات.  
وهناك عقوبات فى القانون للمخالفين تصل الى السجن المؤبد اذا ارتكبت الجريمة او الشروع فيها لغرض ارهابى او بالاكراه او بالتهديد باستخدام السلاح.....(مادة 97).

# Activate your mind & Strengthen your memory



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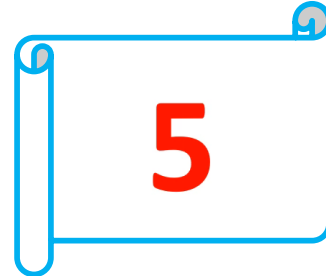
## We can detect Ionizing radiation by

- A – survey meters
- B – our five senses
- C – touch it
- D – Gamma camera





## Common cause/causes of accidents is/are



- A - Lack of awareness**
- B - Procedures were not implemented**
- C - Lack of training**
- D – all of the above**

## The difference between Ionizing radiation and light is



- A – they have the same properties**
- B – the Ionizing radiation has the property  
of penetrating materials**
- C - the Ionizing radiation has not penetrate materials**
- D – the Ionizing radiation does not penetrate through  
opaque objects.**

**If the radiographer cannot return the source to the gamma camera for any reason, and the source comes out the camera, What should he do?**

**5**

- A - Move away from the source at once and keep other people away.**
- B - Call employer's Radiation Safety Officer (RSO) for help**
- C - Pick up the radioactive source capsule with hand gloves and request help from his colleagues**
- D – A and B above**

# Thank you

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