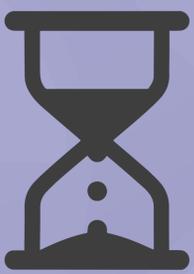


ALARA

Always strive to keep exposure rates **0 mr/hr.** Follow these tips to keep rates as low as reasonably achievable.

AS
LOW
AS
REASONABLY
ACHIEVABLE

TIME



Limit exposure rates to the minimum amount of time required. Whenever possible, schedule exposures during times when the least amount of people will be around.

DISTANCE



Increase the amount of distance between people and the source. The intensity of the radiation changes in inverse proportion to the square of the distance from the source.

SHIELDING



Place materials that absorb radiation between people and the source. Materials with a high atomic weight are best suited. Lead, steel, and concrete are good options.