Pregnant Worker Policy

It's the policy of California State University, Fullerton, to keep radiation doses to potentially exposed individuals “as low as reasonably achievable” (ALARA). While the radiation dose limit for occupationally exposed individuals is 5,000 millirem (mrem) per year, greater than ninety percent radiation users at CSUF have an annual dose less than 100 mrem.

Pregnant Employees and Students

As part of a revision of regulations in January, 1994, the Nuclear Regulatory Commission (NRC) issued a rule limiting fetal radiation dose received as a result of a pregnant worker's occupational exposure to 500 mrem in the gestation period\(^1\). For this limit to apply, the regulation requires the woman to declare pregnancy in writing and give the estimated date of conception. If a woman chooses not to declare her pregnancy, the normal occupational dose limit of 5,000 mrem per year would be in effect with the provision to maintain occupational radiation exposure "as low as reasonably achievable" (ALARA)\(^2\).

A radiation worker who decides to declare a pregnancy would do so by submitting the “Pregnancy Declaration Form” to the Environmental Health & Safety Office and, at the woman's discretion, to her supervisor. As required by law\(^3\), the University maintains this declaration and any dose records to the embryo/fetus with those of the declared pregnant worker which are protected from public disclosure. This notification will initiate a process by which the Radiation Safety Officer will assess potential doses, evaluate potential exposures from ionizing radiation, and review the individual's radiation exposure history. If this process identifies exposure potential to the embryo/fetus that is not in concert with the ALARA Plan, the individual will be contacted, (even if the Declaration Form did not request consultation with a Health Physicist). Recommendations on minimizing radiation exposure may be made on an individual basis after this review.

Anyone with questions relating to radiation protection measures for the embryo/fetus, the Radiation Safety Program or procedures on the declaration of a pregnancy is encouraged to contact the Environmental Health & Safety (x7233) or the Radiation Safety Officer (x4345) for more information.

Pregnancy Declaration Form

2. [10 CFR 20.1003](http://example.com)
3. [10 CFR 20.2106](http://example.com)