Radiation Dose Chart

This is a chart of the limiting radiation dose a person can absorb from various sources. The unit for absorbed dose is "sievert" (Sv), and measures the effect a dose of radiation will have on the cells of the body, the stewart (all at once) will make you sick, and too many more will kill you, but we safely absorb small amounts of natural radiation daily. Note: The same number of stewart absorbed in a short time will generally cause more damage, but your cumulative long-term dose plays a big role in things like cancer risk.

- Sleeping next to someone (0.85 μSv)
- Living within 20 miles of a nuclear power plant for a year (60 μSv)
- Eating an apple (0.2 μSv)
- Living within 50 miles of a coal power plant for a year (0.3 μSv)
- Oral x-ray (1 μSv)
- Using a REM device for a year (1 μSv)
- Extra dose from spending one day in an area with higher-than-average natural background radiation, such as the Colorado plateau (0.5 μSv)
- Dental x-ray (5 μSv)
- Background dose received by an average person over one normal day (18 μSv)
- Airplane flight New York to LA (40 μSv)
- Using a cell phone (8 μSv) - a cell phone's transmitter does not produce ionizing radiation* and does not cause cancer.
- *Use as a background.
- (0.85 μSv)
- (28 μSv)
- (16 μSv)
- (15 μSv)
- (13 μSv)

Ten minutes next to the Chernobyl reactor core after explosion and meltdown (30 Sv)

Sources:
- http://www.epa.gov/ia/health/radiation/chart.html
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Chart by Randall Nelson, with help from Ellen, Senior Reactor Operator at the Reed Research Reactor, who suggested the idea and provided all of the sources. I’m sure I’ve added in lots of mistakes; it’s for general education only. If you’re basing radiation safety procedures on an Internet PNG image and things go wrong, you have no one to blame but yourself.