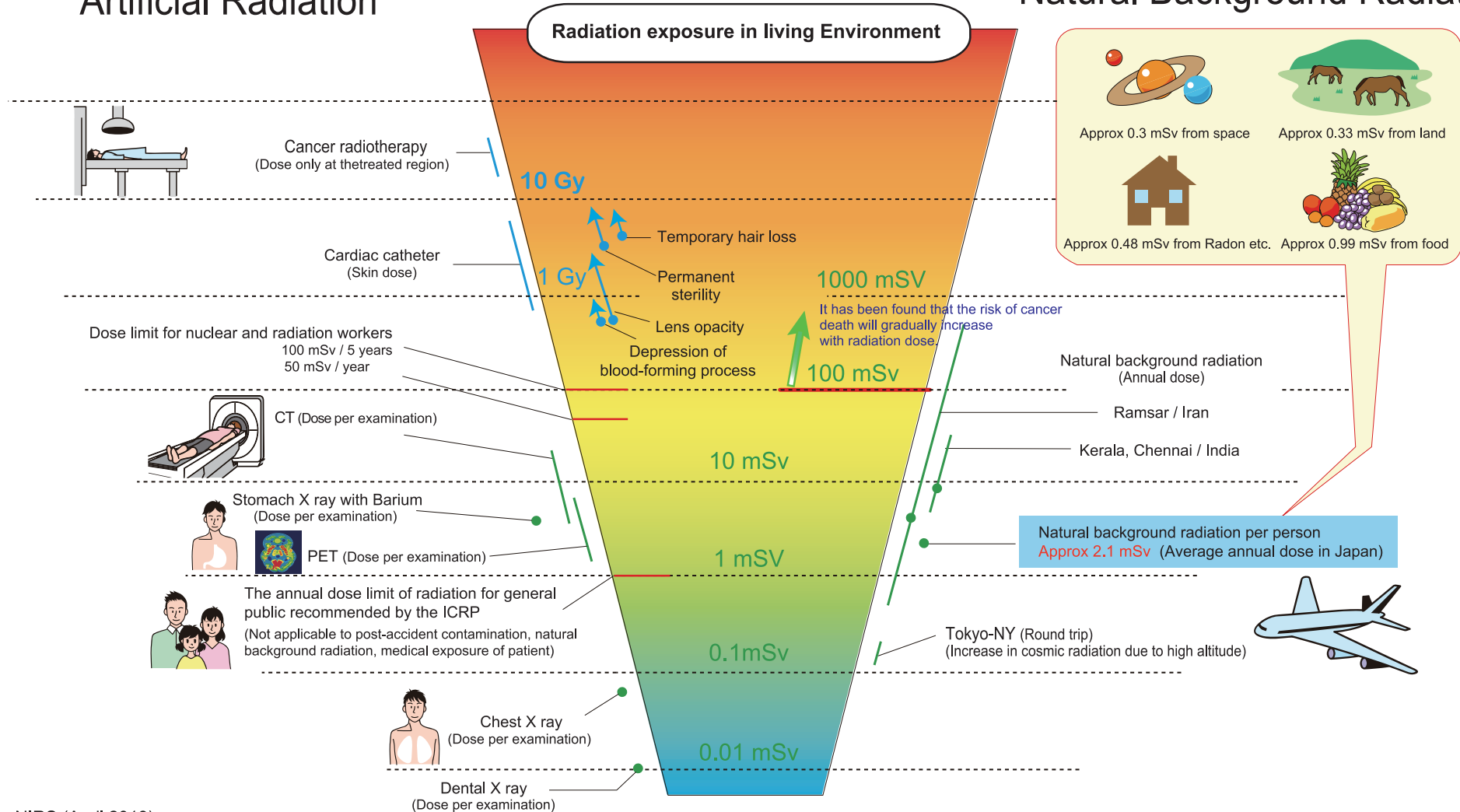


Dose Scale

Artificial Radiation

Natural Background Radiation



Illustrated by NIRS (April 2013)

Reference:

- UNSCEAR 2008.
- ICRP 2007 Recommendations.
- The Guidelines for Medical Exposure by Japan Association of Radiological Technologists.
- Radiation in the living environment, new version. (Radiation Safety Research Association, 2011) etc.

[Note]

1. The numerical values are approximate figures based on significant digits.
2. The scales shown by the dotted lines are a logarithmic display. Each step up on the scale represents ten times more than the previous step.
3. This chart is subject to revision without notice.

Units of dose

Absorbed dose to each organ or tissue: Gy

The unit to show energy received per unit weight (J/kg) at each organ or tissue exposed to radiation.

Effective dose: mSv

The dose of radiation to the entire human body considering sensitivity of each organ or tissue to cancer and hereditary effects. This unit of dose is used for radiation protection.

When the entire human body is evenly exposed to gamma rays at an absorbed dose of **1 Gy**, the dose is equivalent to **1000 mSv** as effective dose.



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