

# PREGNANT WORKER POLICY



Old Dominion University  
Environmental Health & Safety  
Spong Hall, Suite 2501  
Telephone: (757) 683-4495

## Background Information

The administration at Old Dominion University is committed to a policy of maintaining occupational radiation exposure As Low As Reasonably Achievable (ALARA).

The U.S. Nuclear Regulatory Commission has established a separate exposure limit for the embryo/fetus of a declared pregnant worker. A declared pregnant worker may receive no more than 0.5 rem (500 mrem) of occupational radiation exposure during the entire pregnancy.

A declared pregnant worker is defined as a woman who has voluntarily informed her employer, in writing, of her pregnancy and estimated conception date. The exposure limit for an embryo/fetus stays in effect until a woman withdraws her pregnancy declaration or is no longer pregnant.

## ODU Pregnant Worker Policy

A worker or student at Old Dominion University may declare a pregnancy by completing form RSO-29, available on the Environmental Health and Safety website or by contacting the Radiation Safety Officer at (757) 683-4495.

Upon declaration, Old Dominion University will ensure that the worker receives less than 0.5 rem during the entire pregnancy, and that the dose received (if any) is uniform over the gestation period. An additional dosimeter badge will be provided to monitor dose to the embryo/fetus. This badge shall be worn on the waist in addition to the whole body badge worn on the individual's chest. This badge will be processed separately and will be recorded as the dose to the embryo/fetus.

Additional guidance is available from ODU's Radiation Protection Manual and U.S. NRC Regulatory Guide 8.13, "Instruction Concerning Prenatal Radiation Exposure"