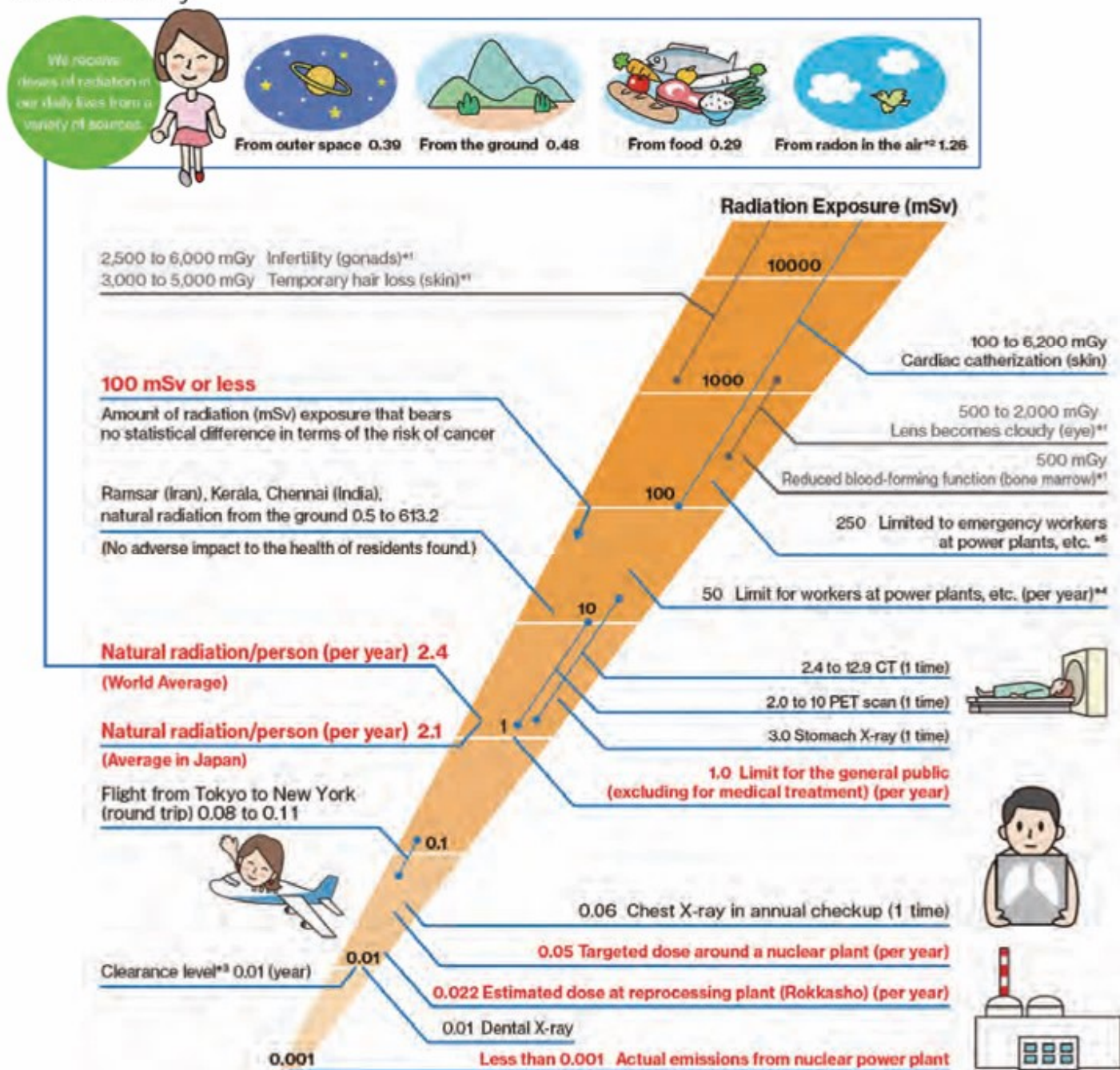


Radiation exposure in daily life

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We are exposed to various types of radiation in daily life. An example is "background radiation", which comes from radioactive materials in nature, and cosmic rays from space. There is also "artificial radiation" from medical equipment used for the diagnosis and treatment of diseases. Receiving radiation is called "exposure", and the global average for exposure from background radiation is approximately 2.4 millisieverts (mSv) per year. This level of background radiation does not affect our bodies, while sudden exposure to a large amount of radiation can have seriously adverse effects on the human body.



- * 1: When discussing radiation hazards, it is expressed as equivalent to an effective dose of 1 mSv, given that a dose of 1 mSv of gamma radiation is absorbed evenly by each part of the entire body
- * 2: Radioactive substances naturally present in the air
- * 3: Insignificant compared to naturally-occurring radiation levels, and the level does not require handling as a radioactive substance that presents a safety risk.
- * 4: Dose of radiation that must not be exceeded in 1 year is 50 mSv for workers at places such as power stations, or 100 mSv over 5 years.
- * 5: The dose limit was raised to 250 mSv to emergency workers from April 2016 due to the revision of the Ionizing Radiation Hazard Prevention Regulations, etc.

Sources: United Nations Scientific Committee on the Effects of Atomic Radiation (UNSCEAR), 2008 Report, Nuclear Safety Research Association, Radiation in the Environment, New Edition, 2011, and ICRP, Publication 103, with others