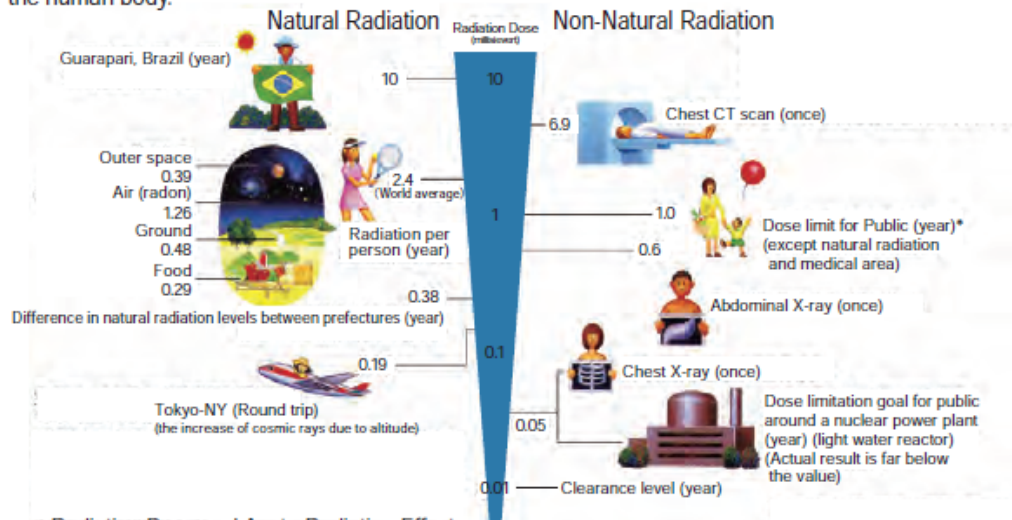


Radiation exposure in daily life

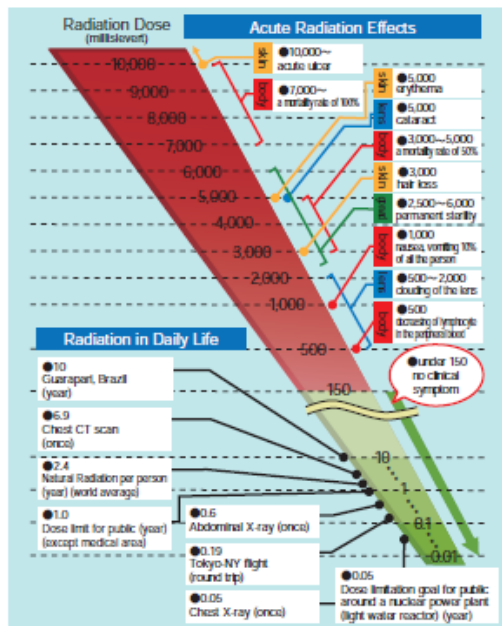
Basic knowledge of nuclear power

Radiation exposure in daily life

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.



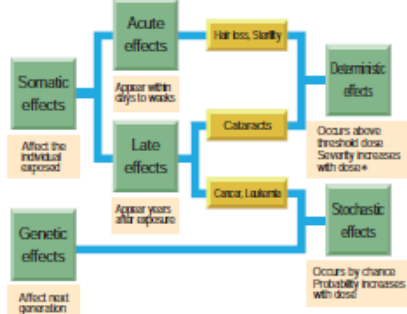
Radiation Dose and Acute Radiation Effects



*The maximum annual dose that can be tolerated by the general public. Japanese laws state that the radiation dose must not exceed 1 mSv per year for the general public, and the effective dose for radiation workers must be less than 50 mSv per year, or 100 mSv per five years, excluding background radiation or radiation used for medical purposes.

Information from the National Institute of Radiological Sciences

Biological Effect of Radiation



*Threshold value: A limit where any amount below this value is safe.

Information from the National Institute of Radiological Sciences