**Occupational Dose Limits**

- **5 rem per year** Total Effective Dose Equivalent (TEDE) for adults
  
  \[ \text{TEDE} = \text{Deep Dose Equivalent} + \text{Committed Effective Dose Equivalent} \]

  or, in plain language

  \[ \text{Total Dose} = \text{External Dose} + \text{Internal Dose} \]

- **50 rem per year** Committed Dose Equivalent to any single organ
  
  (for example a dose to the thyroid from an uptake of iodine)

- **15 rem per year** lens of the eye

- **50 rem per year** skin dose or dose to the extremities

- **Dose to the Embryo/Fetus ofDeclared Pregnant Females (Occupational)**

  Applies only to workers who have *voluntarily* declared their pregnancy

  **500 mrem during the entire pregnancy**

  Must be evenly distributed

  Includes internal doses

**Dose Limits for Members of Public**

- **100 mrem per year** TEDE (includes internal and external doses)

- Does not include the dose from disposal of radioactive material into sanitary sewerage as allowed by the Rules

- The dose in any unrestricted area from external sources does not exceed 2 mrem in any one hour