



# PROPER CARE AND USE OF PERSONAL DOSIMETERS

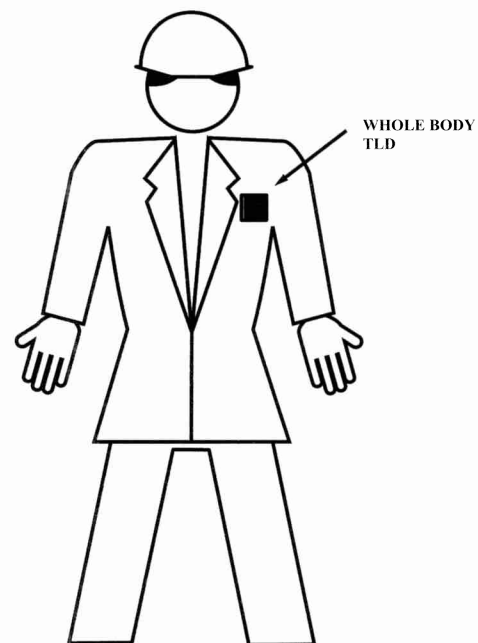
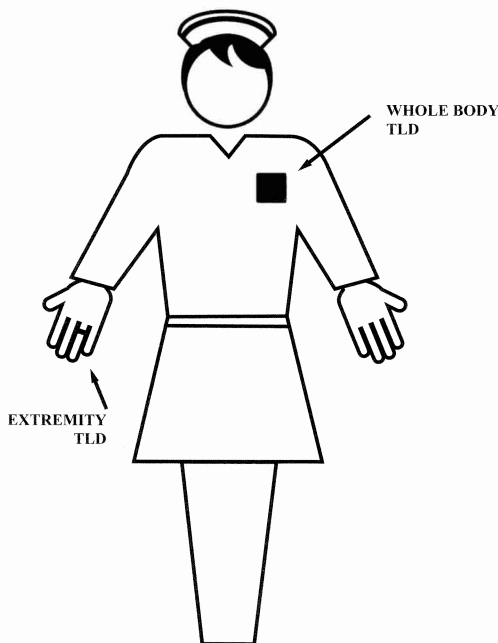
This poster describes the proper handling, wearing and storage of whole body and extremity dosimeters. These dosimeters are commonly referred to as Thermo Luminescent Dosimeters or TLDs. Your TLD measures the amount of radiation to which you are exposed. Here are some useful tips:

## HANDLING

1. Do not expose the TLD to high temperature, water, direct sunlight or fluorescent light.
2. Change the plaques in a clean, dry area away from direct light and avoid direct skin contact.

## WEARING

3. Clip your whole body TLD firmly to your clothing between your waist and neck.
4. If necessary, you may wear a second TLD on the area of your body most likely to receive the highest dose.
5. Extremity TLDs (rings) should be worn facing the source of radiation.
6. If you lose or damage your TLD you should stop working with radiation until you receive a replacement.



## STORAGE

7. Store TLDs in a holder or rack when not in use.
8. TLDs are best stored in a low radiation background area away from direct light and heat.
9. It is good practice to keep extra TLDs as replacements for lost or damaged ones.

For more information, contact: Canadian Nuclear Safety Commission, Directorate of Nuclear Substance Regulation,  
P.O. Box 1046, Station B, Ottawa, ON K1P 5S9. Telephone: 1-888-229-2672. Fax: (613) 995-5086.