

Table 19.1—*Summary of recommendations.*^{a,b}

A. Occupational exposures ^c	
1. Effective dose limits	
a) Annual	50 mSv
b) Cumulative	10 mSv × age
2. Equivalent dose annual limits for tissues and organs	
a) Lens of eye	150 mSv
b) Skin, hands and feet	500 mSv
B. Guidance for emergency occupational exposure ^c	(see Section 14)
C. Public exposures (annual)	
1. Effective dose limit, continuous or frequent exposure ^c	1 mSv
2. Effective dose limit, infrequent exposure ^c	5 mSv
3. Equivalent dose limits for tissues and organs ^c	
a) Lens of eye	15 mSv
b) Skin, hands and feet	50 mSv
4. Remedial action for natural sources:	
a) Effective dose (excluding radon)	>5 mSv
b) Exposure to radon decay products	$>7 \times 10^{-3} \text{ Jh m}^{-3}$
D. Education and training exposures (annual) ^c	
1. Effective dose limit	1 mSv
2. Equivalent dose limit for tissues and organs	
a) Lens of eye	15 mSv
b) Skin, hands and feet	50 mSv
E. Embryo-fetus exposures (monthly)	
1. Equivalent dose limit	0.5 mSv
F. Negligible individual dose (annually) ^c	0.01 mSv

^a Excluding medical expenses.

^b See Tables 4.2 and 5.1 for recommendations on w_R and w_T , respectively.

^c Sum of external and internal exposures but excluding doses from natural sources.