# A screen shot of a computer Description automatically generatedIonizing radiation

****Ionizing radiation refers to different types of radioactive energy with differing wavelengths. This radiation can affect cells in the body including mutation, injury, and even killing them. Any time we are dealing with ionizing radiation the goal should be to keep the exposure as low as possible.

*Limiting Exposure through time, distance and shielding:*

* Minimize any time spent near ionizing radiation.
* Creating more distance from the radiation will decrease the dose.
* Always use shielding to control exposure, such as lead, concrete or specialized plastics when appropriate.

Each of these areas will help employees lessen the radiation received. Never bypass protective barriers to save time.

*Common Personal Protective Equipment Worn for Radiation Protection:*

* Lead Aprons and Vests
  + These can be an effective form of protection when fitted and worn properly. They should be inspected regularly for damage or wear and tear and reported immediately when found. Discontinue use of aprons and vests that have defects.
* Lead Thyroid Collar
  + A lead collar to protect the thyroid is worn for added safety to protect a gland in the neck that is more sensitive to radiation.
* Lead Gloves
  + Lead gloves are available and required for certain types of x-ray equipment when hands must be in the x-ray field.
* Safety Goggles
  + Specific lead eye wear or opaque safety goggles can be worn to protect the eyes from exposure.

Be familiar with the company policies and procedures for guarding against radiation and follow them closely to prevent harm.