

Harvard University
Radiation Safety Committee

Radiation Work – Declared Pregnancy Policy

The Massachusetts Department of Health's Radiation Control Program has regulations require a licensee to ensure that the dose equivalent to an embryo/fetus during the entire pregnancy, due to occupational exposure of a declared pregnant worker, does not exceed 5 milli Sieverts (0.5 rem)¹.

Therefore, for this limit to apply, the regulation requires the worker to declare pregnancy in writing and give the estimated date of conception. If the worker chooses not to declare their pregnancy, the normal occupational dose limit of 50 mSv (5 rem) per year would be in effect with the provision to maintain occupational radiation exposure "as low as reasonably achievable" (ALARA)².

A radiation worker who decides to declare a pregnancy would do so by informing the EH&S Radiation Safety Services (RSS) and, at the worker's discretion, their supervisor. As required by law, the University maintains this declaration and any dose records to the embryo/fetus with those of the declared pregnant worker which are protected from public disclosure. This notification will initiate a process by which the RSS will assess potential doses, evaluate potential exposures from ionizing radiation, and review the individual's radiation exposure history. If this process identifies exposure potential to the embryo/fetus that is not in concert with the ALARA Plan, the individual will be contacted (even if the Declaration Form did not request consultation with a Health Physicist). Recommendations on minimizing radiation exposure may be made on an individual basis after this review.

It has always been Harvard University's Policy to keep radiation doses to potentially exposed individuals ALARA. While the radiation dose limit for occupationally exposed individuals is 50 mSv (5 rem) per year, greater than ninety percent of all users of all radioactive material at Harvard have had an annual dose less than 1 mSv (0.1 rem).

Anyone with questions relating to radiation protection measures for the embryo/fetus, the radiation safety or procedures on the declaration of a pregnancy is encouraged to contact Radiation Safety Services by phone (617-496-3797) or email at radiation_safety@harvard.edu.

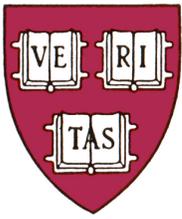
A pregnancy declaration form is on the next page. It can be emailed to radiation_safety@harvard.edu or mailed to:

EHS – Radiation Safety Services
46 Blackstone Street
Cambridge, MA 02139

¹ 105 CMR 120.218

² 105 CMR 120.210

Revision Date: 09/11/2019



Harvard University
Radiation Safety Committee

Pregnancy Declaration Form

Date: _____

To: Corinne Mitchell, Radiation Safety Officer

From: _____

Signature: _____

University Telephone: _____

Harvard ID#: _____

Working Under Permit Holder: _____

University Address: _____

With this notice I inform you that I am pregnant or trying to become pregnant with an estimated conception date of _____ and an expected delivery date of _____. I understand the radiation exposure limit set by the Massachusetts Radiation Control Program (MARCP) for embryo/fetus of the declared pregnant worker* is 5 mSv (0.5 rem) for the entire gestation period. In line with Harvard's policy of minimizing radiation exposure, I will continue to minimize my exposure and participate in a monitoring program for pregnant workers.

Please check the following as appropriate:

I have questions related to the radiation protection of the embryo/fetus and would like to have a health physicist from Radiation Safety Services contact me at _____.

I do not wish to inform the Principal Investigator at this time.

I have informed or will inform the Principal Investigator.

I have questions related to the radiation protection of the embryo/fetus and will contact Radiation Safety Services at 617-496-3797.

I do not have questions related to the radiation protection at this time. I understand that I may contact Radiation Safety Services if I have any questions in the future concerning this pregnancy.

* The MARCP defines a declared pregnant worker as who has voluntarily informed their employer in writing of their pregnancy and estimated date of conception. (105 CMR 120.203)