



## Eye Lens Dose Limit

As we reported in *Monitor* issue 45 (March 2014), the new European directive on basic safety standards requires the annual dose limit for the lens of the eye to be reduced to 20 mSv (with provision for averaging over 5 years, if appropriate).

This needs to be transposed into UK regulations by 2018, and work is being carried out both by the Health and Safety Executive and by individual employers to fully assess the current risks.

Among the areas of work affected are the medical sector, particularly in interventional procedures, and parts of the nuclear industry. Some recent work has indicated that risks also need to be assessed where veterinary practices carry out large-animal radiography.

Employers should consult their radiation protection advisers (RPAs) for risk assessment advice.

## HSE Radiation Community

### *News Item on Appointed Doctors*

Don't forget that useful information can be found on the Health and Safety Executive radiation community web pages. You can register or log in at <http://webcommunities.hse.gov.uk/connect.ti/system/home>.

A recent news item reminds employers' 'Appointed Doctors' (see regulations 2(i) and 24(i) of the Ionising Radiations Regulations 1999) that, in the event of a worker's overexposure, they can get in touch with medical inspectors in the HSE by emailing [appointed.doctor@hse.gsi.gov.uk](mailto:appointed.doctor@hse.gsi.gov.uk).

## Named Dosemeters

All our dosemeters can be issued with a name and a personal identifier, such as the name of a department (as shown below).

This makes recording and tracking doses easier and allows us to supply you with an annual summary of the doses received.



We strongly recommend adding names to your dosemeters; this is also recommended by the Health and Safety Executive.

If you don't yet have names on your dosemeters, you can change this by sending a list of the names (plus identifiers) you require to [personaldosimetry@phe.gov.uk](mailto:personaldosimetry@phe.gov.uk). Please note that there is a limit of 20 characters (including spaces) for each of these. There is no charge for adding names to dosemeters.

## Also in this issue

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# National Registry for Radiation Workers

The scientific journal *Lancet Haematology* has recently published a paper describing an analysis of the risk of leukaemia, lymphoma and multiple myeloma in nuclear workers. This epidemiological work is part of a recent international collaboration involving researchers at the PHE Centre for Radiation, Chemical and Environmental Hazards. The project was known as INWORKS, the International Nuclear WORKer Study.

The results confirmed previous findings showing that the overall risk of death from leukaemia or lymphoma as a result of external radiation exposure increases with increasing exposure and that the risks are consistent with those applied to current safety standards. The findings do, nonetheless, emphasise the importance of adherence – both by employers and by employees – to the basic principles of radiation protection through optimising protection in order to reduce exposures to be as low as reasonably achievable. The scientific paper can be found online at [http://www.thelancet.com/journals/lanhae/article/PIIS2352-3026\(15\)00094-0/abstract](http://www.thelancet.com/journals/lanhae/article/PIIS2352-3026(15)00094-0/abstract).

A second paper describing an analysis of overall cancer mortality for the INWORKS cohort, and particularly cancers other than leukaemia, lymphoma and multiple myeloma, was published in the *British Medical Journal* in October 2015. It is available at <http://www.bmj.com/content/351/bmj.h5359>.

The INWORKS project was based on more than 300,000 nuclear

workers from the UK, France and the US. It was led by staff at IARC (the International Agency for Research on Cancer) and undertaken by a collaborating group that included researchers from the UK, France, the US and Spain, as well as IARC. The UK study data was drawn from the UK National Registry for Radiation Workers (NRRW) and included only those nuclear industry workers who were part of the 3rd NRRW analysis, which was published in 2009.

The NRRW is an epidemiological study of UK radiation workers employed at a wide range of organisations and sites across the UK, including the nuclear industry, research organisations and commercial companies. The PHE researchers responsible for the NRRW continue to be grateful for the support and assistance they have received from workers and their employers in the undertaking of this long-term study, which was set up in 1976 and now includes workers from the 1940s through to the present time.

Work such as the analyses reported on the NRRW and

INWORKS allow a better quantitative understanding of the risks of exposure to ionising radiation under different scenarios.

International safety standards, such as those legislated in the UK by the Ionising Radiation Regulations, are based on best knowledge as assessed by bodies such as the ICRP (International Commission on Radiological Protection), but much of this is based on studies of the Japanese survivors of the Hiroshima and Nagasaki atomic bombings whose exposure was of short duration and at high dose rate.

Studies such as the NRRW and INWORKS provide information about the risks of low dose and low dose rate exposures more typically experienced over a working lifetime by workers. This research helps to protect not only workers but their families and other members of the general public too.

If you have any enquiries, please contact us at

**RadiationWorkerEpidemiology  
@phe.gov.uk**

## Meet the Teams

We are the largest personal dosimetry service in the UK and one of the largest in Europe.

The service issues approximately 7,000 body TLDs and 600 extremity TLDs each week, covering about 65,000 and 2,500 wearers, respectively.

### The customer services team

We set up and invoice all orders relating to the PHE Personal Dosimetry Service (PDS) and are the first port of call for most customers.

*Going from left to right we are:*

**Jo-Anne Potter**, who has been with PDS for 2 years and was previously with occupational health and prior to that was in the procurement team

**Beryl Fuller**, who has been involved with customer services and sales office for 28 years

**Lyn Pike**, who has been the deputy manager (commercial) since 2008 and held various other

roles in PDS. Lyn has been with the organisation for 36 years

**Andy Horton**, who has been with PDS for 12 years and has been the customer services office supervisor for the past 8 years

**Wendy Kerswill**, who has been with customer services for 7 years

**Louise Anderson**, who has been with customer services for 12 years and was previously in

the contracts department and also management accounts

We can be contacted by phone, letter, fax or email and are happy to help with enquiries including those relating to dosimeter orders, changing contact details and some invoice enquiries.

Our contact details are shown in this issue of *Monitor* (see *Getting Connected* on page 4).



## FREEPOST

The Royal Mail revised its freepost service in 2014 and, reflecting this change, PHE has updated the envelopes and labels that we use for the service. As of 31 December 2015, you will no longer be able to use the 'old' freepost number (NAT18707) as it will finally become invalid.

Please ensure that you remove any soft or hard copies of the old freepost number from your systems and only use the following new FREEPOST numbers:

- for Chilton      FREEPOST **RTJZ-LBAC-XXTK**
- for Leeds        FREEPOST **RTCX-RXYC-UEEE**

We can supply a PDF image of the FREEPOST number and address with the barcode for you to use. Please email [personaldosimetry@phe.gov.uk](mailto:personaldosimetry@phe.gov.uk) and we will send it to you by email.

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[www.phe-protectionservices.org.uk/pds](http://www.phe-protectionservices.org.uk/pds)

## Changes to Orders

Most of our customers, at one time or another, will need to amend some part of the order they have placed with the service. All amendments need to be made in writing, by email, letter or fax, and should contain some basic information.

Please include your customer reference number and sign and date all correspondence so that if there is a query we can contact you directly. When changing your order requirements, please make your instructions as clear as possible. State the type and number of dosimeters you will require and the date from which you wish the instructions to take effect.

To change your address details, please include full details of the new address with the postcode and a contact name (FAO) if required. From time to time we receive correspondence on “Post-it”® notes requesting changes to orders. Unfortunately, we are unable to accept changes received in this format.

Should you need a quotation in order to raise a purchase order or have any enquiries please email [personaldosimetry@phe.gov.uk](mailto:personaldosimetry@phe.gov.uk).

## New Laboratory Control Software

We will soon be upgrading our laboratory control software. This is the system that manages the flow of dosimeters and controls the laboratory equipment; it is separate from the Thermo Scientific “Harshaw TLD”™ system that reads the dosimeters and calculates the doses.

The present laboratory system was written in house and is now at the end of its working life, so it makes sense to change to one that is based on widely available software and can be easily maintained. It will also give us more flexibility to add new features.

We have developed the new system over the last 2 years, and have carried out a rigorous testing programme, so that our users should not notice when the change is made.

However, if you do spot something that you think is wrong in the next few months, please do let us know!

## Getting Connected to the Personal Dosimetry Service (PDS)

Telephone	Prefix +44(0)1235		Prefix +44(0)1235 (unless*)
Dr Phil Gilvin, Manager	825333	Sean Baker, Laboratory Manager	825349
Lyn Pike, Deputy (Commercial)	825343	Dosemeter logistics office	825339
Nicky Gibbens, Deputy (Technical)	825334	Dose records office	825230
Customer services team (calls are rotated)	825240	Laboratories	
		TLD and extremity	825353
		Neutron (Leeds)*	+44(0)113 267 9041
Fax		Email	
General PDS	825563	General PDS	<a href="mailto:personaldosimetry@phe.gov.uk">personaldosimetry@phe.gov.uk</a>
General customer services	825564	Dose records office	<a href="mailto:doserecords@phe.gov.uk">doserecords@phe.gov.uk</a>