

BRIN-JAEA FOLLOW-UP TRAINING COURSE ON RADIOLOGICAL EMERGENCY PREPAREDNESS AND RESPONSE

Calculation of Radiation Dose

Ambar Winansi

Research Center for Safety, Metrology, and Nuclear Quality Technology

Tangerang Selatan, 20 August 2025

Ambar Winansi

❑ Education : STTN-BATAN – Nuclear Technophysics
UI – Environmental Engineering

❑ Working Experience :

2014-2020 : Environmental Radioactivity Monitoring and
Emergency Section - Personnel Dose and
Environmental Monitoring Division

2021-2023 : Serpong Radiation Laboratory

2024 : Laboratory of Energy Resources, Fuels, and Environment

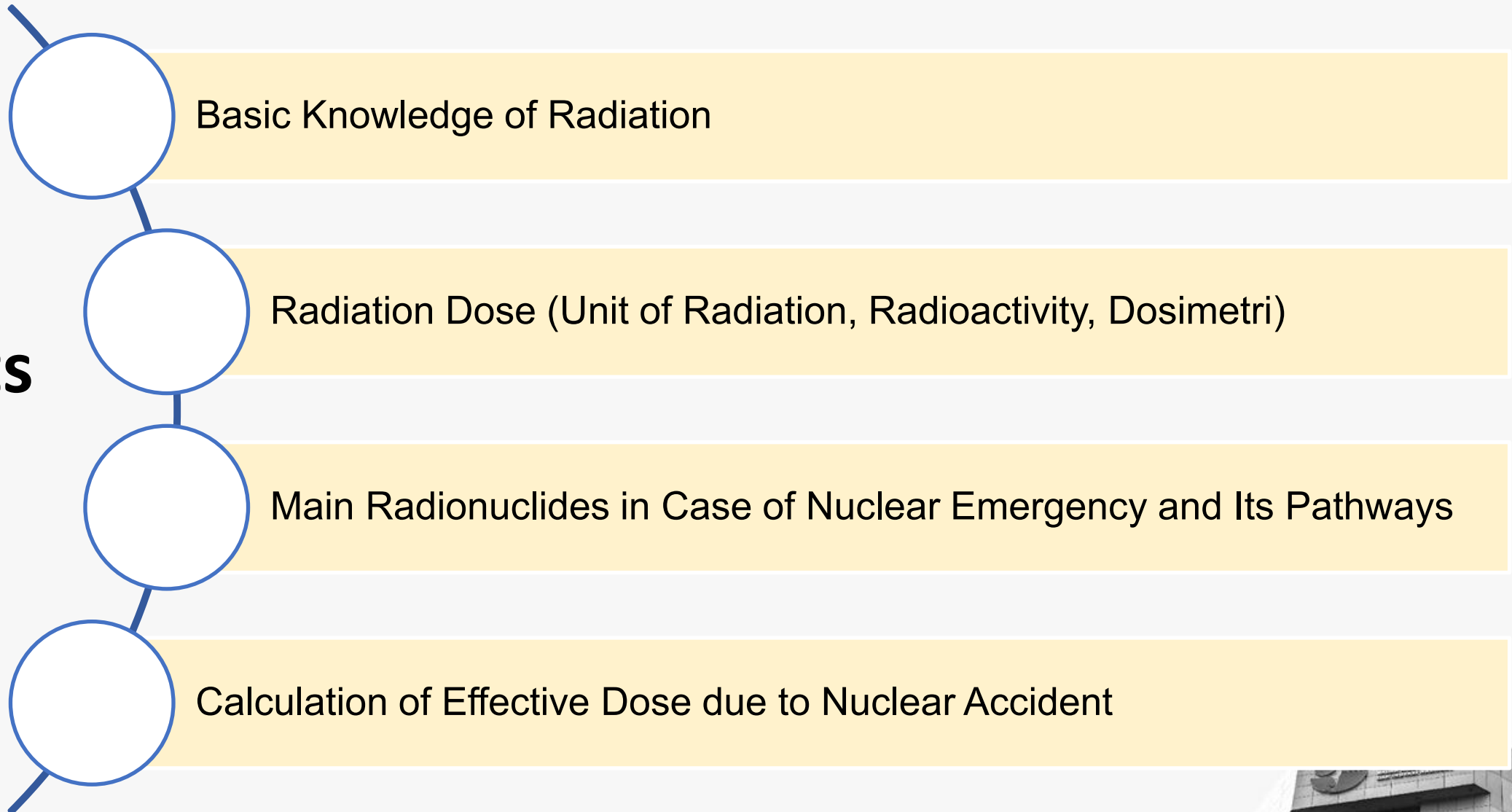
2025 : Research Center for Safety, Metrology, and Nuclear
Quality Technology (PRTKMMN)

❑ Training

- Advanced Instructor Training Course on Environmental Radioactivity Monitoring
- Nuclear Technology Seminar on Nuclear Energy Officials
- Instructor Training Course on Environmental Radioactivity Monitoring



Contents

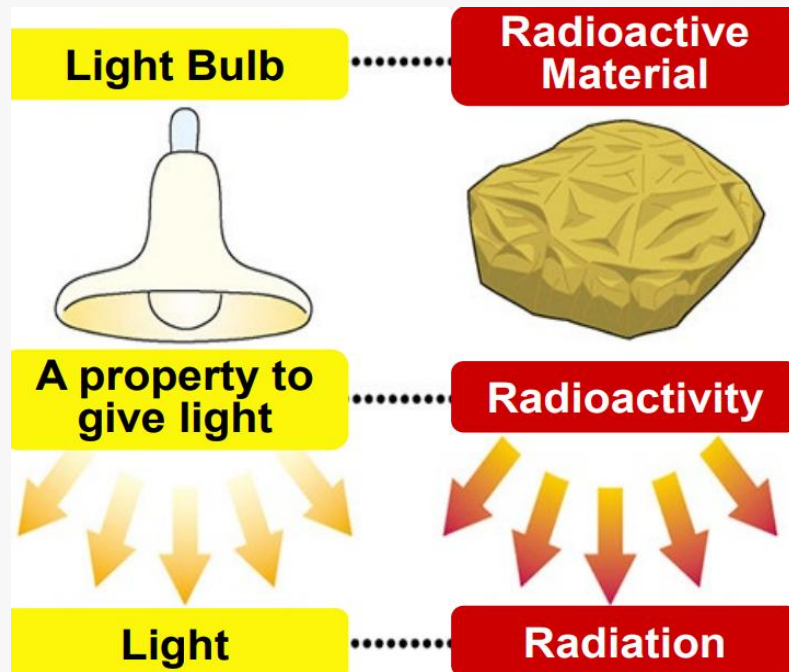


Objectives

1. Understanding different radiation quantities and units commonly use in radiation protection practices
2. Understanding how to calculate individual dose, effective dose, equivalent dose, collective dose
3. Understand the concept of calculating external and internal doses from major pathways resulting from an accident at a nuclear facility.

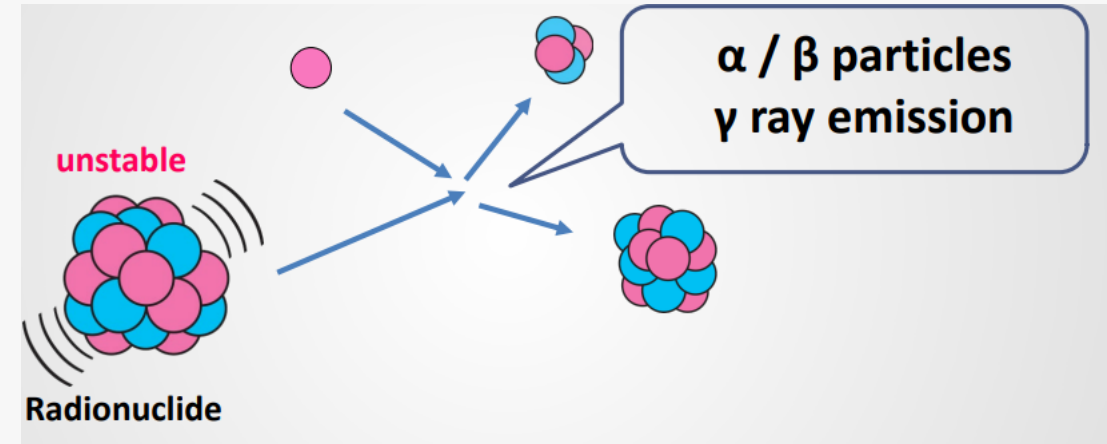


Radioactive Material, Radioactivity and Radiation



A material emitting radiation

The emitting property



Radionuclides emits radiations during radioactive decay

An unstable nucleus spontaneously decomposes to form a different nucleus, giving off radiation in the form of particles or high energy rays.

Radiation

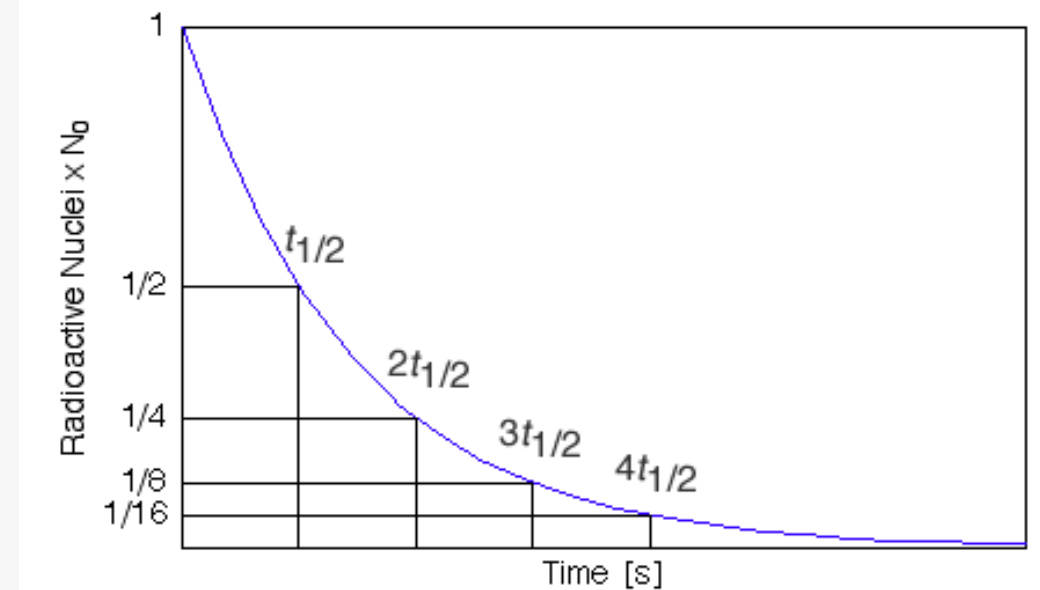
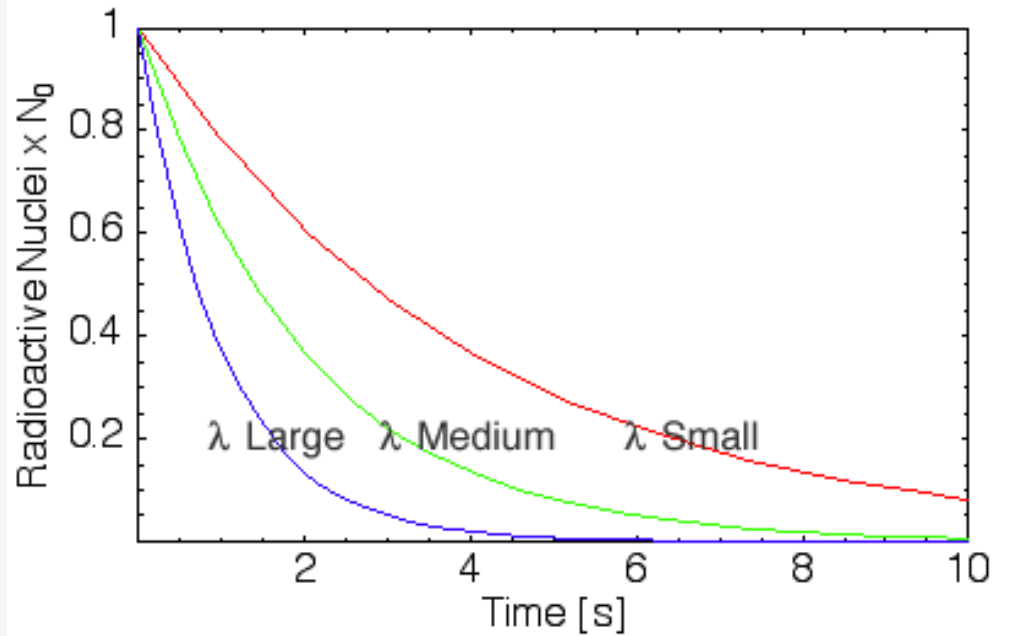
Unit to show the strength of radioactivity: becquerel (Bq)

Unit to show the degree of radiation effect: sievert (Sv)



RADIOACTIVE DECAY

The number of atoms which decays between the time (t) and time ($t + dt$), $dN(t)$, is given by $-\lambda N(t)dt$, where λ is decay constant



$$-\frac{dN(t)}{dt} = \lambda N(t) \quad \Rightarrow \quad -\int_{N_0}^{N_t} \frac{dN}{N} = \int_0^t \lambda dt \quad \Rightarrow \quad \frac{N_t}{N_0} = e^{(-\lambda t)} \quad \Rightarrow \quad N_t = N_0 e^{(-\lambda t)}$$

The activity, is measured in Becquerels [Bq]

1 Bq = 1 decay per second [dps]



$$\frac{N(T_{1/2})}{N_0} = \frac{1}{2} = e^{-\lambda T_{1/2}}$$

$$\lambda T_{1/2} = \ln 2$$

$$T_{1/2} = \frac{\ln 2}{\lambda}$$



$$T_{1/2} = \frac{0,693}{\lambda}$$

	Half Life ($T_{1/2}$)	Decay Constant (λ)
^{134}Cs	2.1 y	$1.07 \times 10^{-8} \text{ s}^{-1}$
^{137}Cs	30.1 y	$7.31 \times 10^{-10} \text{ s}^{-1}$
^{131}I	8 d	$1 \times 10^{-6} \text{ s}^{-1}$

Effective Half Life

$$\frac{1}{T_e} = \frac{1}{T_p} + \frac{1}{T_b}$$

Effective half life (T_e) : the actual half life in the body

Physical half life (T_p): the half life by radioactive decay

Biological half life (T_b): the half life by metabolism and excretion

Radionuclide	T_p (day)	T_b (day)	T_e (day)
Tc-99m	0.25	1	0.2
H-3	4.5×10^3 =12.3 y	12	12



Question-1

Calculate the elapsed time that radioactivity of ^{134}Cs decreases to $\frac{1}{10}$



Radiation Doses, Units of Radiation

Correlation Between D_T , H_T , H_E

Effective Dose (H_E)

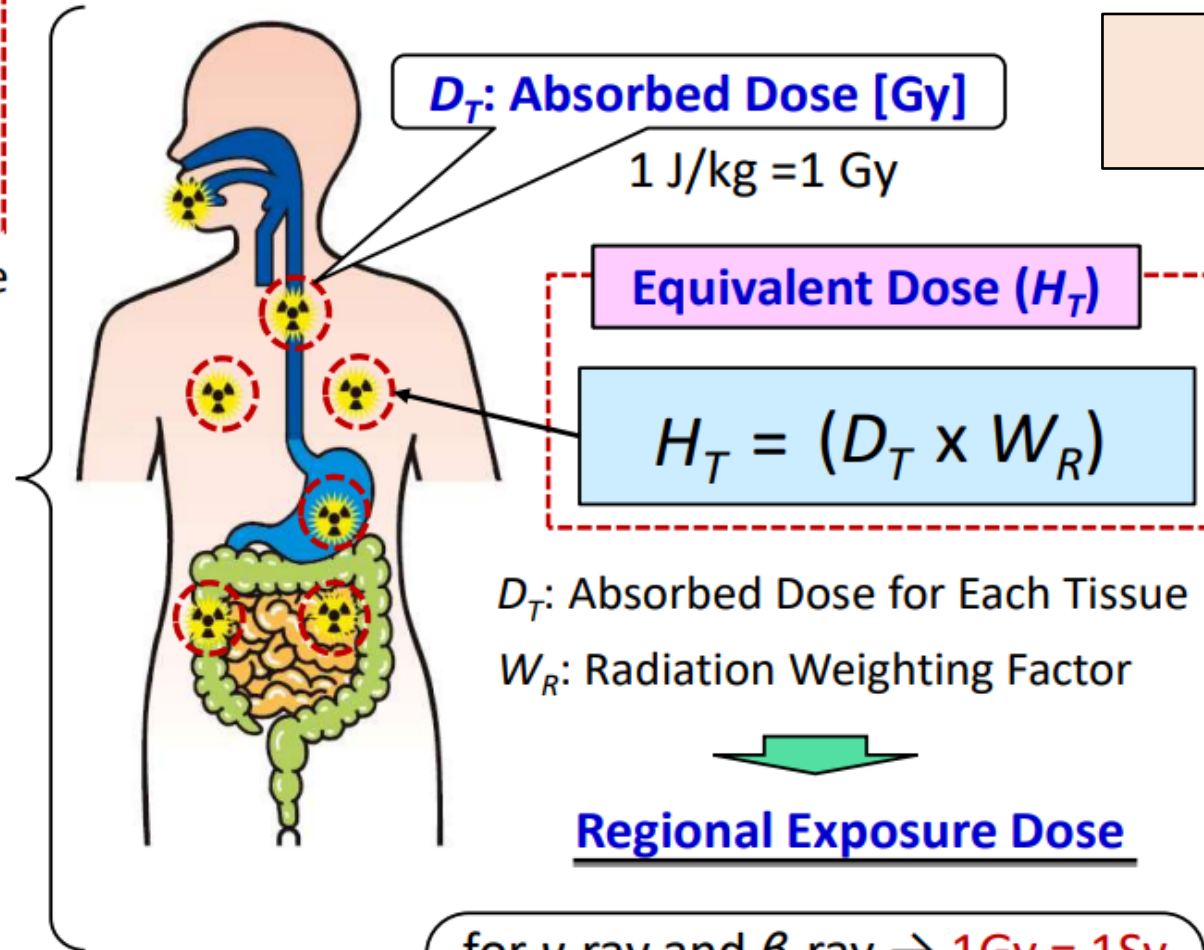
$$H_E = \sum_T (H_T \times W_T)$$

H_T : Equivalent Dose for Each Tissue

W_T : Tissue Weighting Factor



Whole-body Exposure Dose



$$D = \frac{dE}{dm}$$

for γ -ray and β -ray $\rightarrow 1\text{Gy} = 1\text{Sv}$



Kinds of Radiation		Factor
X-ray and γ -ray		1
β -ray		1
Neutron* (by ICRP 1990's \approx ICRP 2007's)	<10keV	5
	>10keV>100keV	10
	>100keV>2MeV	20
	>2MeV>20MeV	10
	>20MeV	5
Proton (>2MeV)		5
α -ray, Fission Products, Heavy Nucleus		20

1 Gy or 1 Sv of γ radiation

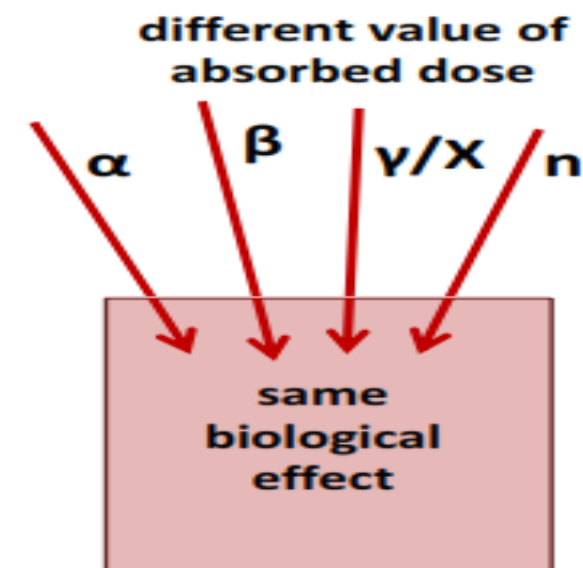
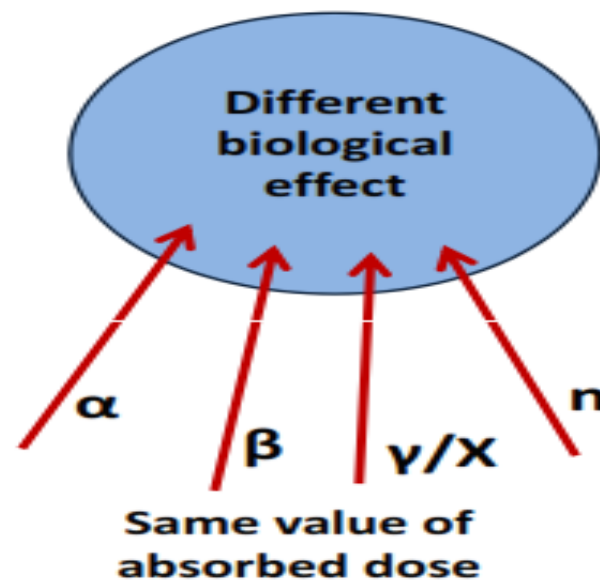
1 Gy or 1 Sv of β radiation

Same biological effect to exposed tissue

1/5 Gy or 1 Sv of 5 keV proton

1/10 Gy or 1 Sv of 20 keV neutron

1/20 Gy or 1 Sv of α radiation

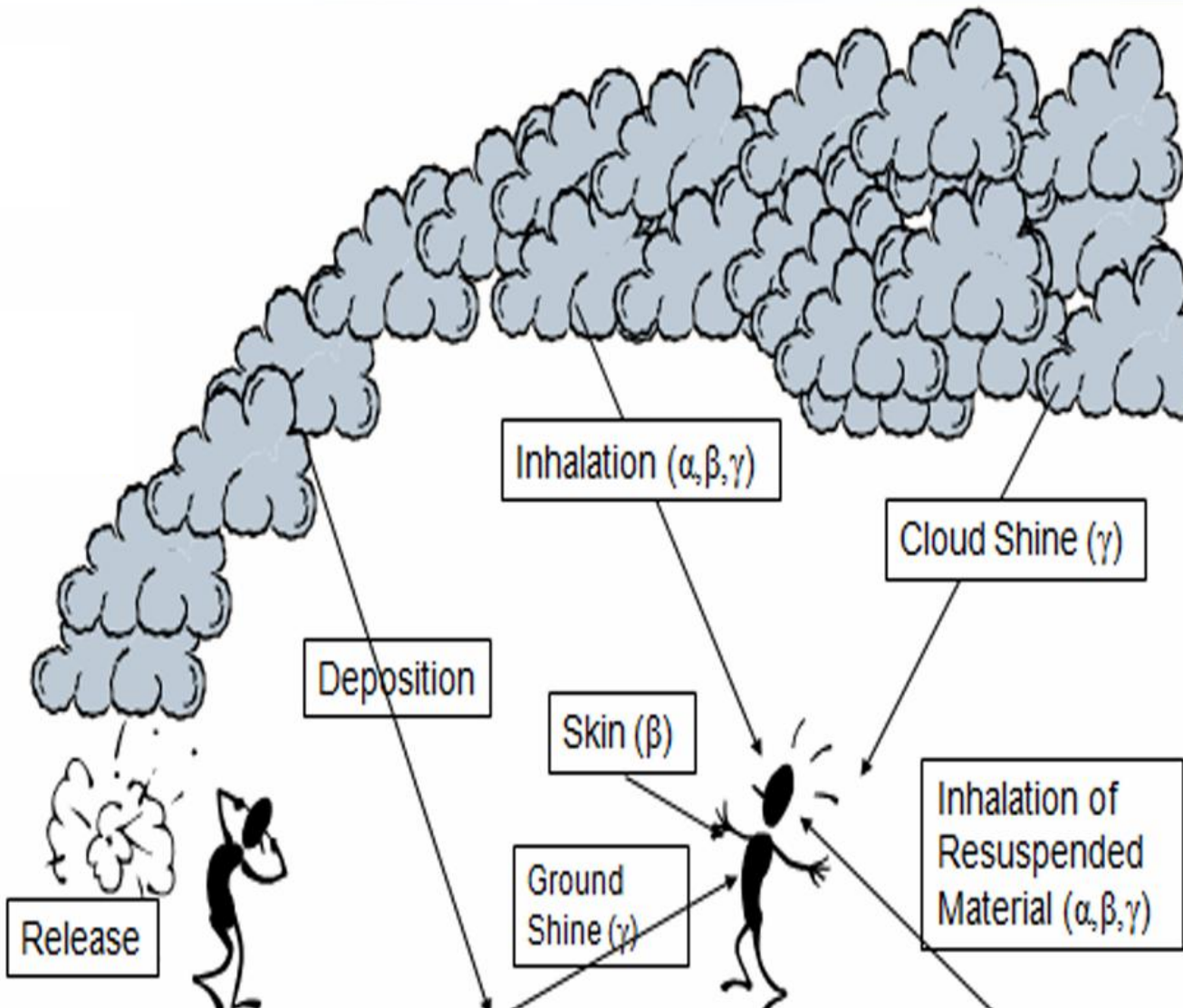


Radionuclides of Interest in Case of a Nuclear Accident

Type of facility	Radionuclides
Nuclear reactor facilities	^{131}I , ^{90}Sr , ^{134}Cs , ^{137}Cs radioactive rare gas (^{133}Xe , ^{85}Kr , etc)
Reprocessing facilities	^{90}Sr , ^{137}Cs , ^{106}Ru , ^{239}Pu , ^{240}Pu , ^{239}Pu , ^{240}Pu , ^{238}Pu , ^{241}Pu , ^{241}Am , ^{85}Kr
Fuel fabrication facilities	^{235}U , ^{238}U , ^{233}U
Radioactive waste facilities	^3H , ^{14}C , ^{60}Co , ^{59}Ni , ^{63}Ni , ^{90}Sr , ^{94}Nb , ^{99}Tc , ^{129}I , ^{137}Cs , gross alpha



Exposure Pathways



Following the NPP accident, humans were exposed to radioactive material by several pathways . The major exposure pathways were:

- External exposure from radionuclides deposited on the ground (ground shine)
- External exposure from radionuclides in the radioactive cloud (cloud shine)
- Internal exposure from inhalation of radionuclides in the radioactive cloud (inhalation)
- Internal exposure from ingestion of radionuclides in food and water (ingestion)

UNSCEAR, 2013 report



The following input parameters for dose assessment cover the following

- Source Term (RN, release rate, fate and transport)
- Concentration of RN in environmental sampel
- Consumption rates, breath rate
- Meteorological data
- Population distribution data
- Locally produced food

Total effective dose can be calculated by taking into account all dominant routes by which individuals were exposed in an accident

$$E_T = E_{\text{ext}} + E_{\text{inh}} + E_{\text{ing}}$$

E_T = Total effective dose

E_{ext} = Effective dose from external radiation

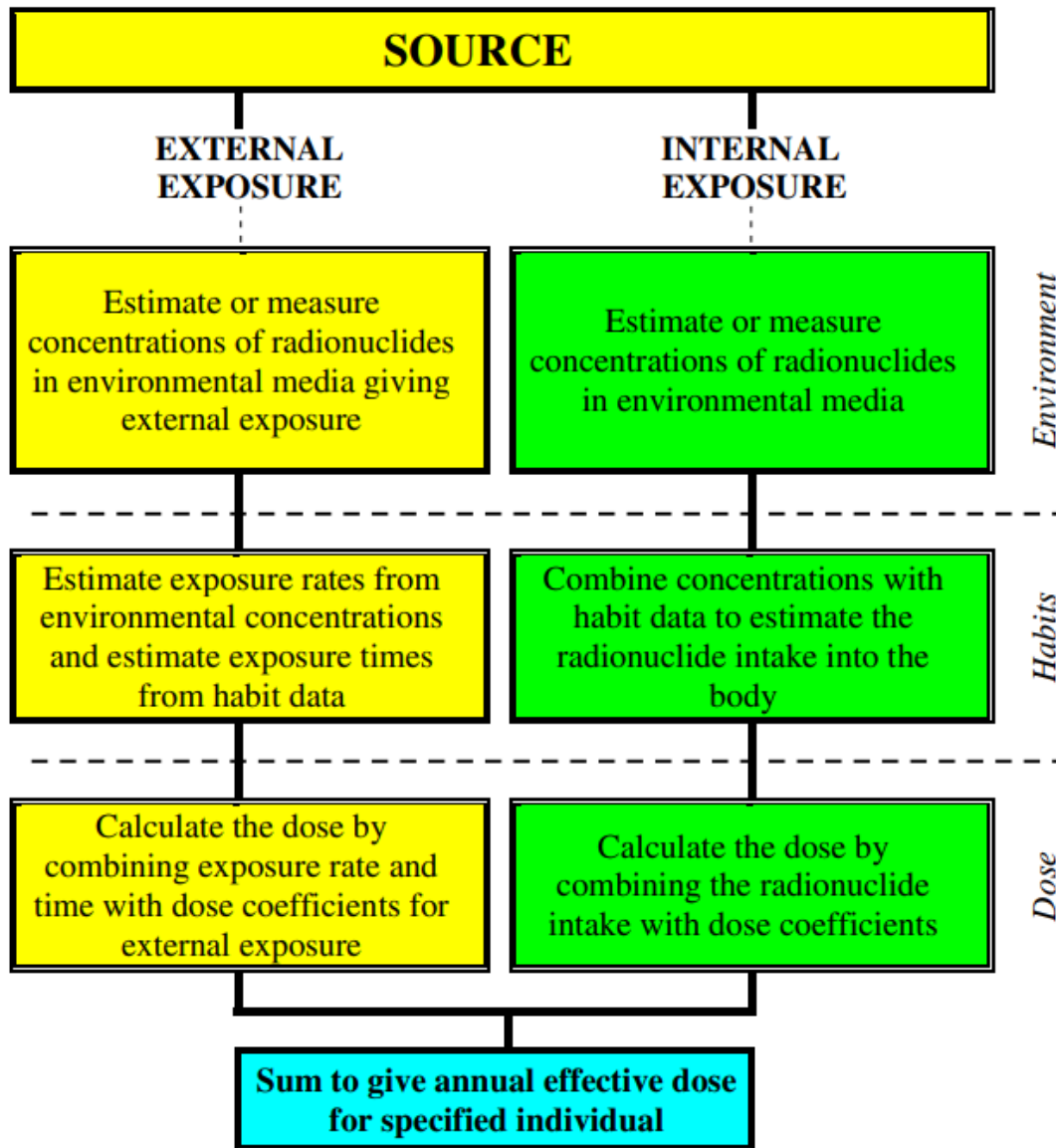
E_{inh} = Committed effective dose from inhalation

E_{ing} = Committed effective dose from ingestion

Where direct means of assessing doses is available, principally the use of personal monitoring dosimeters for external exposure, this should be used. However in many cases such means may not be available or there may be a time delay in attaining the data.

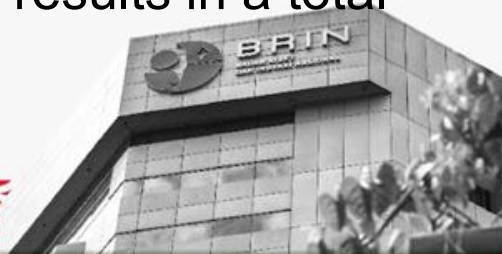


Dose Assessment Process



- Stage 1 : The source of the exposure should be Characterised
- Stage 2 : environmental concentrations at various locations are obtained by measurements, by modelling the dispersion, deposition, and transport of radionuclides
- Stage 3 : combination of concentrations of radionuclides in environmental media with habit data and other information defined by exposure scenarios.
- Stage 4 : application of dose coefficients and related quantities
- Stage 5 : Summation of the contributions from internal and external exposure results in a total annual dose

ICRP Pub 101



Assessing of Dose Rate (D) and the Effective Dose From Ground Contamination (1/4)

Estimate effective dose from deposition for the period of concern,
Based on comprehensive radionuclide concentration on ground :

$$E_{ext} = \sum_{i=1}^n \bar{C}_{g,i} \cdot CF_{4,i}$$

Where :

E_{ext} : Effective dose from deposition for the period of concern

$C_{g,i}$: Average deposition (ground) concentration of radionuclide i [kBq/m²]

$CF_{4,i}$: Conversion factor → Table E.3; effective dose per unit deposition for radionuclide i;
includes external dose and committed dose from inhalation due to resuspension
resulting from remaining on contaminated ground for the period of concern.

n : Number of radionuclide



Assessing of Dose Rate (D) and the Effective Dose From Ground Contamination (2/4)

Based on ambient dose rate:

$$E_{\text{ext}} = \dot{H}_g^* \cdot \frac{\sum_{i=1}^n C_{g,i}^{\text{rep}} \cdot CF_{4,i}}{\sum_{i=1}^n C_{g,i}^{\text{rep}} \cdot CF_{3,i}}$$

Where :

\dot{H}_g : Ambient dose rate at 1 m above ground level from ground contamination [mSv/h]

$CF_{3,i}$: Conversion factor → Table E.3 ; ambient dose rate at 1 m above ground level per unit of deposition for radionuclide i

$C_{g,i}^{\text{rep}}$: Representative deposition (ground) concentration of radionuclide i [kBq/m²]



Assessing of Dose Rate (D) and the Effective Dose From Ground Contamination (3/4)

Based on marker radionuclide concentration levels :

$$E_{\text{ext}} = C_{g,j}^{\text{sam}} \cdot \frac{\sum_{i=1}^n C_{g,i}^{\text{rep}} \cdot CF_{4,i}}{C_{g,j}^{\text{rep}}}$$

Where :

$C_{g,j}^{\text{sam}}$: Concentration of marker radionuclide j in deposition samples [kBq/m²]

$C_{g,j}^{\text{rep}}$: Representative deposition (ground) concentration of marker radionuclide j [kBq/m²]

$C_{g,i}^{\text{rep}}$: Representative deposition (ground) concentration of radionuclide i [kBq/m²]



Assessing of Dose Rate (D) and the Effective Dose From Ground Contamination (4/4)

Adjust effective dose from deposition by taking into account shielding and partial occupancy, use the following equation :

$$E_{\text{ext}}^{\text{po}} = E_{\text{ext}} \cdot [\text{SF} \cdot \text{OF} + (1 - \text{OF})]$$

Where :

$E_{\text{ext}}^{\text{po}}$: Effective dose from deposition for the period of concern assuming shielding and partial occupancy[mSv]

SF : Shielding factor from measurement during occupancy or from table E4

OF : Occupancy fraction



Radionuclide	Conversion factor CF_3^a Ambient dose rate from deposition [(mSv/h)/(kBq/m ²)]	Conversion factor CF_4^b Effective dose from deposition [(mSv/kBq/m ²)]		
		1st Month	2nd Month	50 Year
H-3	0.0E+00	NC	NC	NC
C-14	5.7E-11	5.2E-07	4.9E-07	1.0E-04
Na-22	7.4E-06	3.7E-03	3.4E-03	8.4E-02
Na-24	1.3E-05	2.0E-04	0.0E+00	2.0E-04
P-32	1.0E-08	5.3E-06	1.2E-06	6.8E-06
P-33	1.6E-10	1.1E-06	4.4E-07	1.8E-06
S-35	5.9E-11	1.2E-06	8.7E-07	4.7E-06
Cl-36	2.4E-09	8.1E-06	7.7E-06	1.6E-03
K-40	5.2E-07	2.6E-04	2.5E-04	5.3E-02
K-42	9.4E-07	1.2E-05	0.0E+00	1.2E-05
Ca-45	1.6E-10	2.9E-06	2.4E-06	1.8E-05
Sc-46	6.8E-06	3.0E-03	2.2E-03	1.2E-02

Table E.3. Conversion Factors
For Exposure to Ground
Contamination

Structure or location	Representative SF (a)	Representative range
1 m above an infinite smooth surface	1.0	-
1 m above ordinary ground	0.7	0.47–0.85
One and two story wood-frame house (no basement)	0.4	0.2–0.5
One and two story block and brick house (no basement)	0.2	0.04–0.4
House basement, one or two walls fully exposed		
- one-story, less than 1 m of basement wall exposed	0.1	0.03–0.15
- two story, less than 1 m of basement wall exposed	0.05	0.03–0.07
Three or four story structures (500 to 1000 m ² per floor) ^(b)		
- first and second floor	0.05	0.01–0.08
- basement	0.01	0.001–0.07
Multi-story structures (> 1000 m ² per floor) ^(b)		
- upper floors	0.01	0.001–0.02
- basement	0.005	0.001–0.15

Table E.4. Shielding Factors
For Surface Deposition



Question 2 :

In a nuclear accident, a source of **Cs₁₃₇** was released into the environment and deposited on the ground surface. It is known that the contamination on the ground surface is **30 Bq cm⁻²**. Emergency Workers using PPE are estimated to be at the contaminated location for **2 hours**. If it is known that the conversion factor for the rate of exposure from radionuclide deposition in the soil for Cs¹³⁷ is **2.1 x 10⁻⁶ [(mSv/hour)/(kBq/m²)]**. Estimated dose received by Emergency Workers while in the area?



Committed Effective Dose from Inhalation :

$$E_{inh} = \sum_{i=1}^n \bar{C}_{a,i} \cdot CF_{2,i} \cdot T_e$$

Where

$\bar{C}_{a,i}$: Average concentration of radionuclide i in air [kBq/m³]

$CF_{2,i}$: Conversion factor for radionuclide i from table E.6

E_{inh} : Committed effective dose from inhalation [mSv]

T_e : Time of exposure to plume [h]

Committed Equivalent Dose to the Thyroid :

$$H_{thy} = \sum_{i=1}^n \bar{C}_{a,i} \cdot CF_{1,i} \cdot T_e$$

H_{thy} : Committed equivalent dose to the thyroid [mSv]

$CF_{1,i}$: Thyroid conversion factor for radionuclide i from table E.7





Radionuclide	Conversion factor CF ₂ [(mSv/h)/(kBq/m ³)]
Ce-143	1.2E-03
Ce-144	8.0E-02
Pr-143	3.6E-03
Pr-144	2.7E-05
Pr-144m	NC
Pm-145	5.4E-03
Pm-147	7.5E-03
Nd-147	3.6E-03
Sm-147	1.4E+01
Sm-151	6.0E-03
Eu-152	6.3E-02
Eu-154	8.0E-02
Eu-155	1.0E-02

Radionuclide	Conversion factor CF ₂ [(mSv/h)/(kBq/m ³)]
Th-230	1.5E+02
Th-231	5.0E-04
Th-232	1.7E+02
Th-234	1.2E-02
Pa-231	2.1E+02
Pa-233	5.9E-03
Pa-234	6.0E-04
U-232	5.6E+01
U-233	1.4E+01
U-234	1.4E+01
U-235	1.3E+01
U-236	1.3E+01
U-238	1.2E+01

Table E.6. Committed Effective Dose From One Hour's Inhalation of Contaminated Air- For an Adult

Radionuclide	Conversion factor CF ₁ [(mSv/h)/(kBq/m ³)]	
	Adult	10 years
Te-131m	2.0E-02	3.7E-02
Te-132	3.8E-02	6.8E-02
I-125	1.5E-01	2.5E-01
I-129	1.1E+00	1.5E+00
I-131	2.3E-01	4.1E-01
I-132	2.1E-03	3.8E-03
I-133	4.2E-02	8.3E-02
I-134	3.9E-04	7.3E-04
I-135	8.6E-03	1.7E-02

Table E.7. Committed Equivalent Dose to The Thyroid One Hour's Inhalation of Contaminated Air



Estimate concentration of radionuclide i in air by using following equation :

$$C_{a,i} = \frac{Q_i \cdot DF_m}{\bar{u}}$$

Where :

$C_{a,i}$: Concentration of radionuclide i in air [kBq/m³]

Q_i : Release rate of radionuclide i [kBq/s]

\bar{u} : Average wind speed [m/s]

DF_m : Dilution factor, see table E8

Release Rates From a Fire

$$Q_i = \frac{A_i \cdot FRF_i}{T_r}$$



$$FRF = \frac{\text{Activity released [kBq]}}{\text{Activity involved in fire [kBq]}}$$

A_i : Activity of radionuclide i available in fire [kBq]

FRF_i : Fire release fraction for radionuclide i from table E11 if form compound is unknown or Table E.12 if the compound form is known

T_r : Release duration [s]

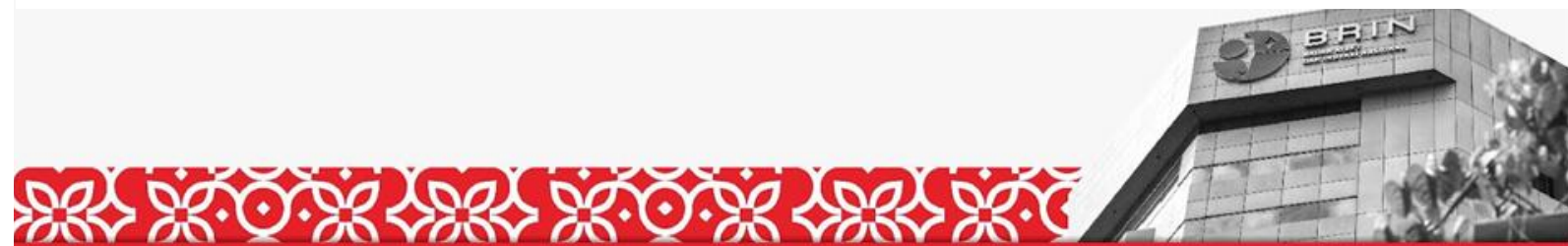


Radionuclide	FRF ^a	Radionuclide	FRF ^a
H-3(gas)	5.E-01	Se-75	1.E-02
C-14	1.E-02	Kr-85	1.E+00
Na-22		Kr-85m	
Na-24		Kr-87	
P-32		Kr-88	
P-33	5.E-01	Rb-86	
S-35		Rb-87	
Cl-36		Rb-88	
K-40		Sr-89	
K-42		Sr-90	
Ca-45	1.E-02	Sr-91	1.E-02
Sc-46		Y-90	
Ti-44		Y-91	
V-48		Y-91m	
Cr-51		Zr-93	
Mn-54		Zr-95	
Mn-56		Nb-94	
Fe-55		Nb-95	
Co-58		Mo-99	
Fe-59		Tc-99	
Co-60	1.E-03	Tc-99m	1.E-02
Ni-63	1.E-02	Ru-103	
Cu-64	1.E-02	Ru-105	
Zn-65		Rh-106	
Ga-68	NC	Ru-106	
Ge-68	1.E-02	Ag-110m	
Cd-109		Xe-138	
Cd-113m		Cs-134	
In-114m		Cs-135	
Sn-113		Cs-136	
Sn-123		Cs-137	
Sn-126		Cs-138	
Sb-124		Ba-133	
Sb-126		Ba-137m	
Sb-126m		Ba-140	
Sb-127		La-140	
Sb-129		Ce-141	
Te-127		Ce-144	
Te-127m		Pr-144	
Te-129		Pr-144m	
*Te-129m		Pm-145	
Te-131		Pm-147	
Te-131m		Sm-147	
Te-132		Sm-151	
I-125	5.E-01	Eu-152	1.E-02
I-129	5.E-01	Eu-154	

Table E.11. Fire Release Fraction (FRF) by Radionuclide

Table E.12. Fire Release Fraction (FRF) by Compound Form

Compound Form	FRF ^a
Noble Gas	1.0
Very Mobile Form (i.e. particle attached to flammable trash in a fire)	1.0
Volatile and combustible compounds	0.5
Carbon	0.01
Semi-volatile compounds	0.01
Non-volatile powders	0.001
Uranium and plutonium metal	0.001
Non-volatile in flammable liquids	0.005
Non-volatile in non-flammable liquids	0.001
Non-volatile solids	0.0001



Committed Effective dose from consumption of food or soil can calculate by using the equation below :

$$E_{ing} = \sum_{i=1}^n C_{f,i} \cdot U_f \cdot DI_{f,i} \cdot CF_{5,i}$$

Where :

E_{ing} : Committed effective dose from ingestion [mSv]

$C_{f,i}$: Concentration of radionuclide i in food f after processing or in soil [kBq/kg]

U_f : The mass of food f consumed by the population of interest per day

$CF_{5,i}$: Conversion factor from table E.13 [mSv/kBq], committed effective dose from ingestion per unit intake of radionuclide i

$DI_{f,i}$: Days of intake [d], the period food is assumed to be consumed;



Radionuclide	Conversion factor CF ₅ [mSv/kBq]
H-3	1.8E-05
C-14	5.8E-04
Na-22	3.2E-03
Na-24	4.3E-04
P-32	2.4E-03
P-33	2.4E-04
S-35 org.	7.7E-04
S-35 inorg.	1.3E-04
Cl-36	9.3E-04
K-40	6.2E-03
K-42	4.3E-04
Ca-45	7.1E-04
Sc-44	3.5E-04
Sc-46	1.5E-03
Ti-44	5.8E-03
V-48	2.0E-03
Cr-51	3.8E-05
Mn-54	7.1E-04
Mn-56	2.6E-04
Fe-55	3.3E-04
Fe-59	1.8E-03
Co-58	7.4E-04
Co-60	3.4E-03
Ni-63	1.5E-04
Cu-64	1.2E-04
Zn-65	3.9E-03
Ga-68	1.0E-04
Ge-68	1.3E-03
Se-75	2.6E-03
Kr-85	0.0E+00
Kr-85m	0.0E+00
Kr-87	0.0E+00
Kr-88	0.0E+00

Radionuclide	Conversion factor CF ₅ [mSv/kBq]
Zr-97	2.1E-03
Nb-93m	1.2E-04
Nb-94	1.7E-03
Nb-95	5.9E-04
Nb-95m	5.7E-04
Nb-97	6.9E-05
Mo-99	6.0E-04
Tc-99	6.4E-04
Tc-99m	2.2E-05
Ru-103	7.3E-04
Ru-105	2.6E-04
Ru-106	7.0E-03
Rh-103m	3.8E-06
Rh-105	3.7E-04
Rh-106	1.6E-04
Ag-110m	2.8E-03
Cd-109	2.0E-03
Cd-113m	0.0E+00
Cd-115	1.4E-03
In-113m	2.8E-05
In-114m	4.1E-03
In-115	3.2E-02
In-115m	8.6E-05
Sn-113	7.4E-04
Sn-123	2.1E-03
Sn-126	4.8E-03
Sb-124	2.6E-03
Sb-126	2.5E-03
Sb-126m	3.6E-05
Sb-127	1.7E-03
Sb-129	4.2E-04
Sb-131	1.0E-04
Te-127	1.7E-04

Table E.13. Committed Effective Dose From Ingestion per Unit Intake of Radionuclide – Ingestion Dose Conversion Factors for an Adult



Committed Effective Dose from Air Immersion

- To assess effective dose from external exposure to γ - emitting radionuclides in a radioactive plume.

$$E_{ext} = T_e \sum_i \bar{C}_{a,i} \cdot CF_{9,i}$$

E_{ext} : Effective dose from external exposure due to immersion in contaminated air [mSv]

$\bar{C}_{a,i}$: Average concentration of radionuclide i in air [kBq/m³]

$CF_{9,i}$: Conversion factor for radionuclide i from Table E.14 [(mSv/h)/(kBq/m³)]

T_e : Exposure duration [h]



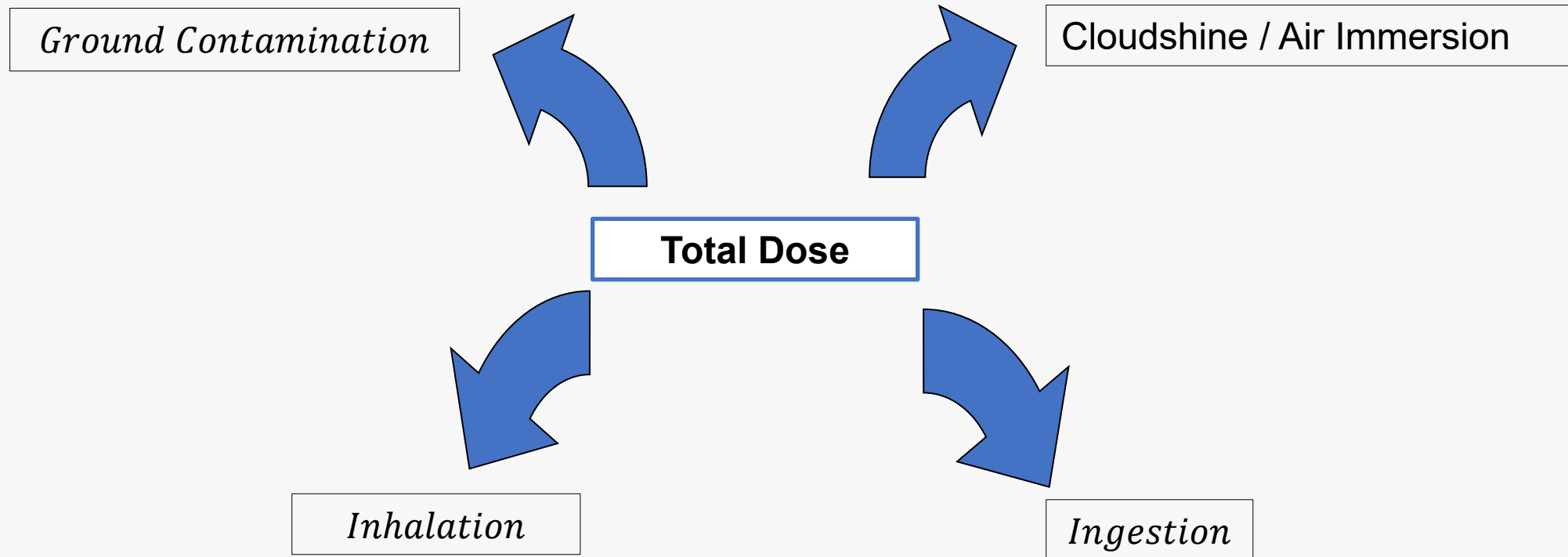
Table E.14. Conversion Factors for External γ Exposure Due to Immersion in Contaminated Air

Radionuclide	CF _γ [(mSv/h)/(kBq/m ³)]
H-3	0.0E+00
C-14	0.0E+00
Na-22	4.8E-04
Na-24	1.0E-03
P-32	0.0E+00
P-33	0.0E+00
S-35	0.0E+00
Cl-36	1.8E-12
K-40	3.4E-05
K-42	6.3E-05
Ca-45	3.4E-15
Sc-46	4.4E-04
Ti-44	2.8E-05
V-48	6.3E-04
Cr-51	6.7E-06
Mn-54	1.9E-04
Mn-56	4.1E-04
Fe-55	4.8E-09
Fe-59	2.6E-04

Radionuclide	CF _γ [(mSv/h)/(kBq/m ³)]
Tc-99m	2.8E-05
Ru-103	1.0E-04
Ru-105	1.7E-04
Ru/Rh-106 ^a	4.4E-05
Pd-109	1.4E-07
Ag-110m	5.9E-04
Cd-109	4.8E-07
Cd-113m	0.0E+00
In-114m	1.9E-05
Sn-113	1.8E-06
Sn-123	1.5E-06
Sn-125	6.7E-05
Sn-126	1.0E-05
Sb-124	4.1E-04
Sb-126	5.9E-04
Sb-127	1.4E-04
Sb-129	3.2E-04
Te-127m	6.7E-07
Te-129	1.1E-05



SUMMARY



$$E_{\text{tot}} = E_i^{\text{dep}} + E_i^{\text{cl}} + E_i^{\text{inh}} + E_i^{\text{ing}}$$



IAEA TECDOC 1162 Generic procedures for assessment and response during a radiological emergency

International Commission on Radiological Protection. (2012). *Compendium of Dose Coefficients based on ICRP Publication 60*.

WHO, *Preliminary dose estimation from the nuclear accident after the 2011 Great East Japan Earthquake and Tsunami*. 2012.

UNSCEAR Report, "Annex A, Levels and effects of radiation exposure due to the nuclear accident after the 2011 great east-Japan earthquake and tsunami, Appendix C (Assessment of doses to the public)" United Nations, 2013.



THANK YOU

