

Radiation Doses¹ in Perspective

Low
Risk

- 500 mSv: Short-term blood cell changes
- 100 mSv: Increased cancer risk demonstrated above this level

Safe²

- 50 mSv: U.S. Regulatory dose limit for a radiation worker
- 10 mSv: Typical abdominal CT scan³
- 7 mSv: Barium enema imaging procedure
- 3 mSv: Annual dose from natural radiation in our environment⁴
- 0.1 mSv: Typical chest x ray
- 0.05 mSv: Flight from NY to LA⁵

¹Effective dose. See [Radiation Terms](#) for explanation.

²Safe. For these purposes, safe is defined as an activity that is generally considered acceptable. It is not intended to imply there is no risk, but it is the same or lower than risks from everyday actions. An effect is either nonexistent or too small to observe at this level of radiation dose.

³More medical radiation doses can be found at http://hps.org/documents/Medical_Exposures_Fact_Sheet.pdf or <http://www.radiationanswers.org/radiation-and-me/radiation-cancer/common-radiation-doses.html>

⁴Background radiation can be found at <http://www.radiationanswers.org/radiation-sources-uses/natural-radiation.html>

⁵Radiation exposure from flying information can be found at <http://hps.org/publicinformation/ate/cat10.html>