How to wear your personal dosimeter

Whole-body dosimeter

The whole-body dosimeter should generally be worn on the front of the body at either hip or chest height, as in figure a and figure b. This applies whether it is a whole-body dosimeter for measuring doses from photon and beta radiation or a whole-body dosimeter dedicated to measuring neutron doses.

Of the two locations mentioned above, the one where the whole-body dosimeter is exposed to the most radiation should be chosen so that the dose estimate is not too low.

If a lead rubber apron is used, the whole-body dosimeter should always be worn underneath it, otherwise the dose estimation will be too high. A shoulder dosimeter may be added to estimate the radiation exposure above the apron, especially to the lens of the eye.
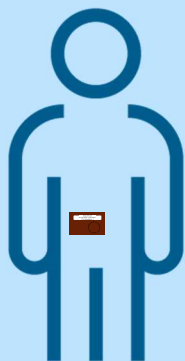

Figure a: Whole-body dosimeter worn at hip height

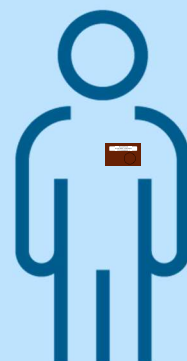This location is recommended for pregnant workers.

Figure b: Whole-body dosimeter worn at chest height

This position is particularly recommended when the lower part of the body is shielded, for example when working at fume cupboards or LAF bench.

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Shoulder dosimeter

A shoulder dosimeter, as the name suggests, should be worn at shoulder height. More pre-cisely, we recommend wearing the shoulder dosimeter close to the collarbone, as in figure c.

If a lead rubber apron is used, the shoulder dosimeter should always be worn over it, otherwise the dose to the lens of the eye will be underestimated.
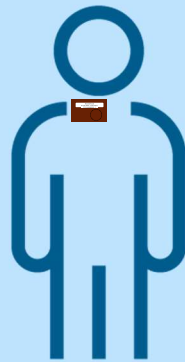
Figure c: Shoulder dosimeter worn at shoulder height at the collarbone

Finger dosimeter

A finger dosimeter must be worn as a finger ring, as in figure d. Unless otherwise agreed, the finger dosimeter should be placed on the finger considered to be most exposed to radiation, with the radiation-sensitive element of the finger dosimeter facing the direction of radiation. The radiation-sensitive element may therefore be on either the outside or the inside of the hand, depending on the situation.
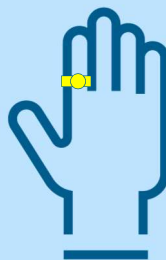
Figure d: Finger dosimeter worn on the index finger