

ALARA As Low As Reasonably Achievable



01

Time



Reduction of time of exposure can directly reduce radiation exposure and reduce radiation dose. Exposure is a measure of the strength of a radiation field at some point in the air. Absorbed dose is the amount of energy that ionising radiation imparts to a given mass of matter.

02

Distance



By doubling the distance between your body and the source of radiation, it will cut the radiation exposure by a factor of four. Good use of the inverse-square law principles can significantly reduce radiation exposure for medical personnel and patients.

03

Shielding



Lead or lead equivalent shielding for x-rays and gamma rays is an effective way to reduce radiation exposure. There are various types of shielding used in the reduction of radiation exposure including lead aprons, mobile lead shields, lead glasses and lead barriers.

