

PERSONAL CONTAMINATION MONITORING RECORD



Guidance Notes - General:

- **REMEMBER!** After working with open sources of radioactive material or waste, all persons will want to check that they are not contaminated and therefore when leaving the working area:
 - **Appropriately monitor yourself for contamination using a suitable instrument; and,**
 - **Wash your (bare) hands thoroughly using the hand basin provided.**
- A written record of this monitoring is required to be kept **for at least 5 years** to ensure that the conditions and limits in the University's relevant Certificates of Authorisation are being met.
- Note that this form refers to monitoring of the body and clothing for contamination, e.g. *personal contamination monitoring*; it **DOES NOT** replace the area monitoring that takes place to ensure that working areas are free from contamination before and after work with open sources of radioactive material.
- When working with Tritium it is assumed that personal contamination monitoring is impractical and cannot reliably be carried out, see RP CoP003 for further discussion. No personal contamination monitoring record is therefore required for Tritium work.
- More information on area monitoring AND personal contamination monitoring can be found in the Health and Safety Department's [Code of Practice RP CoP003 – Surface Contamination Monitoring Procedures in Research Laboratories](#).

Notes to tables on Page 1:

- (1) – Record at least the building and room number of the lab. There shouldn't be a need to have more than 1 active sheet per lab.
- (2) – Note down the make and model type of instrument used e.g. Mini900 EP15 or Mini900 E.
- (3) – Record the relevant instrument ID e.g. enter "1" or "2" here depending on instrument used from the Instrument ID table.
- (4) – The extent of the personal contamination monitoring carried out should be commensurate to work undertaken. There is no specific protocol, but as a minimum, gloves, hands, especially the fingertips, lab coat cuffs and front of lab coat must be monitored. Where it is considered that there could be a significant risk of contamination of other parts of the body, a more comprehensive check, including in particular the soles of the footwear, should be done.
- (5) – An action must be recorded. If there are no counts detected above twice background then indicate this on the form and that no action was therefore required. This column must not be left blank.

