

DECLARATION OF PREGNANCY FORM

Workers who voluntarily declare their pregnancy to their employer will be entered into Rutgers University's fetal dosimetry program. Rutgers Environmental Health & Safety (REHS) will issue a fetal radiation dosimetry badge to all pregnant workers who either:

- 1) work directly with radioactive materials and/or radiation producing machines or
- 2) are concerned because they work in a radioactive materials lab.

REHS will monitor the fetal dose on a **MONTHLY** basis to ensure exposure levels do not exceed occupational limits set by the NJ Department of Environmental Protection (NJDEP) of 500 millirem (mrem) over 10 months.

BADGE INFO

Fetal badges record external radiation dose to the fetus and should be worn at the front of the person's waist (underneath lead/lead-equivalent apron if the apron is required for the task) at all times while in the controlled radiation area. The worker's personal radiation dosimeter(s) must also be worn (badge and/or ring). Fetal badges will be exchanged **MONTHLY** on/about the first business day of every month.

QUESTIONS?

Contact REHS-Radiation Safety to schedule a consultation or discuss any questions (see next page). All details concerning your pregnancy will be kept confidential. Visit the REHS website for more information:

<https://ipo.rutgers.edu/rehs/labrad-radiation-1> , <https://ipo.rutgers.edu/rehs/labrad-dosimeter-rules>

FETAL DOSIMETRY PROGRAM

This is a 2-page document. Fill out all of the information below, read all of the information contained within this document, sign/date the form on the next page, and send the completed form to REHS-Radiation Safety.

NAME: _____
Last First Middle

SOCIAL SECURITY NUMBER: _____ DATE OF BIRTH: _____

EMAIL ADDRESS: _____

ESTIMATED CONCEPTION DATE: _____ ESTIMATED DUE DATE: _____

HOME or CAMPUS ADDRESS: _____

HOME PHONE: _____ CELL PHONE: _____

OFFICE ADDRESS: _____

LAB LOCATION: _____ OFFICE PHONE: _____

PRINCIPAL INVESTIGATOR'S NAME: _____

By submitting this form, I am declaring my pregnancy to inform Rutgers Environmental Health and Safety (REHS) and/or my principal investigator. I understand the following:

- The declaration remains in effect until the declared pregnant worker withdraws the declaration in writing or is no longer pregnant. This declaration will remain valid for one (1) year from the signature date unless withdrawn sooner.
- I was provided with the US Nuclear Regulatory Commission (NRC) Regulatory Guide 8.13 “Instruction Concerning Prenatal Radiation Exposure,” and I understand the risks of radiation exposure while pregnant.
- I may ask my employer (e.g., Radiation Safety Officer, REHS, PI/Manager/Supervisor, etc.) any questions about radiation exposure, regulatory guides, and declared pregnant worker policies at Rutgers University.
- The radiation dose to the developing embryo/fetus shall not exceed the NJDEP occupational radiation exposure limit of 500 millirem (mrem) for the duration of the gestation/pregnancy period (10 months), and the monthly exposure should be limited to 50 mrem. Meeting this limit may require a change in work duties during my pregnancy.
- I will continue to minimize my exposure by following ALARA (As Low As Reasonably Achievable) principles and participate in a monitoring program for pregnant workers.
- I can request a copy of my radiation exposure history at any time by contacting REHS-Radiation Safety. Email: radgroup@ipo.rutgers.edu Phone: 848-445-2550

I am requesting to be entered into Rutgers’ fetal dosimetry program and for a fetal badge to be issued to me. I understand that the fetal badge will be automatically cancelled at the end of one (1) year from the estimated date of conception unless I cancel the badge sooner, I withdraw my declaration, or my employment is discontinued.

SIGNATURE: _____ DATE: _____

FOR SUBMISSION OF THIS FORM OR QUESTIONS TO REHS – RADIATION SAFETY: (Email or fax preferred for secure submission)		
EMAIL:	radgroup@ipo.rutgers.edu	
FAX:	732-445-3109	
CAMPUS MAIL:	REHS – Radiation Safety 74 Street 1603, Building 4116, Livingston Campus	
FOR CONFIDENTIAL DISCUSSIONS: (Contact anyone listed below in REHS-Radiation Safety)		
Patrick McDermott	patrick.mcdermott@rutgers.edu	848-445-2550
Diana Smith	diana.smith@rutgers.edu	848-445-2550