

SELF-PERFORMED RADIATION HAZARD ASSESSMENT AS HEALTH PROTECTION MEANS

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Abstract. Various natural and technogenic sources of radiation and their danger to humans are briefly reviewed based on published data. Data summary is provided for household radiation detectors. An experience of taking radiation level measurements in certain areas of Kaliningrad Region for personal radiation safety is described. The measurements were performed using a RADEX RD1706 household radiation detector. A narrow strip of sand with elevated radioactivity levels was detected on the North-West Baltic coast of Kaliningrad region - a resort area between Primorie and Svetlogorsk. Regular exposure to this sand over extended periods of time is harmful to one's health. Similarly looking sand with similar levels of radioactivity is exhibited at the World Ocean Museum in Kaliningrad. It is rutile-zircon-garnet sand over 10 thousand years old. There were no elevated radiation warning postings either on the beach or in the museum. A conclusion is made on the need for everyone to be actively involved in ensuring personal radiation safety.

Keywords: radioactivity, radiation, radiation safety, health protection, radiation detector, RD1706, Kaliningrad Region.