

## Typical annual doses and tracks to humans

Condition	Radiation LET	Absorbed dose	Q	Dose equivalent (mSv)	Average no. of tracks per cell nucleus
Average public					
whole body	low	1	1	1	1
lung	high $\alpha$	0.4	20	8	0.001
marrow	high $\alpha$	0.005	20	=0.1	0.00001
Workers					
whole body	low	<50	1	10	<50
	neutron	<5	10	50	<0.5
	high	<2.5	20		<0.007

Note: Assuming that a cell's diameter is  $8\mu$

Sources: These figures are roughly the same as those given in Gofman J. W. *Radiation Induced Cancer from Low Dose Exposure: an Independent Analysis*; Committee for Social responsibility, San Francisco 1990.