ANNUAL LIMITS ON INTAKES OF RADIONUCLIDES

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The following table lists, for workers, the annual limits on oral and inhalation intakes (ALI) for selected radionuclides based on the occupational radiation protection guidance of the International Commission on Radiological Protection (References 1 and 2). An intake of one ALI corresponds to an annual whole body dose of 0.02 Sv (2 rem).

The ALI is expressed in the SI unit of activity, the becquerel (Bq), and in the conventional unit, the microcurie (μCi); 1 μCi = $3.7 \cdot 10^4$ Bq. The chemical form of inhaled radionuclides is, in most instances, stated in terms of the rate of absorption to blood from the lungs and the fractional absorption from the small intestine. Type F, M, and S denote chemical forms which are absorbed from the lungs at rates characterized as fast, moderate, and slow, respectively. The time to absorb 90% of the deposited radionuclide, in the absence of radioactive decay, corresponds to about 10 minutes, 150 days, and 7000 days for Type F, M, and S compounds, respectively. Type F compounds can be considered to be more soluble than M or S, S being the most insoluble. Chemical form consideration for ingestion is specified by the fractional absorption from the small intestine, denoted as f_1. The f_1 values range from 10^{-5} to 1. Higher fractional absorption is associated with greater solubility of the compound.

References

1. *1990 Recommendations of the International Commission on Radiological Protection, ICRP Publication 60, Annals of the ICRP 21, (1–3)*, Pergamon Press, Oxford, 1991.
2. *Dose Coefficients for Intakes of Radionuclides by Workers, ICRP Publication 68, Annals of the ICRP*, 24(4), Pergamon Press, Oxford, 1995.

		Inhalation intakes			Oral intakes		
		Chemical form	ALI		Chemical form	ALI	
	Physical half-life	Type/f_1	Bq	μCi	f_1	Bq	μCi
^{3}H	12.3 y	HT gas	1.1E+13	3.0E+08	1.000	1.1E+13	3.0E+08
		HTO vapor	1.1E+09	3.0E+04			
^{11}C	0.340 h	CO	1.7E+10	4.5E+05	1.000	8.3E+08	2.3E+04
		CO_2	9.1E+09	2.5E+05			
		Organic compounds	6.2E+09	1.7E+05			
^{14}C	5730 y	CO	2.5E+10	6.8E+05	1.000	3.4E+07	9.3E+02
		CO_2	3.1E+09	8.3E+04			
		Organic compounds	3.4E+07	9.3E+02			
^{18}F	1.83 h	F 1.000	3.7E+08	1.0E+04	1.000	4.1E+08	1.1E+04
		M 1.000	2.2E+08	6.1E+03			
		S 1.000	2.2E+08	5.8E+03			
^{22}Na	2.60 y	F 1.000	1.0E+07	2.7E+02	1.000	6.3E+06	1.7E+02
^{24}Na	15.0 h	F 1.000	3.8E+07	1.0E+03	1.000	4.7E+07	1.3E+03
^{32}P	14.3 d	F 0.800	1.8E+07	4.9E+02	0.800	8.3E+06	2.3E+02
		M 0.800	6.9E+06	1.9E+02			
^{35}S	87.4 d	Inorganic compounds					
		F 0.800	2.5E+08	6.8E+03	0.800	1.4E+08	3.9E+03
		M 0.800	1.8E+07	4.9E+02	0.100	1.1E+08	2.8E+03
		Vapor	1.7E+08	4.5E+03			
		Organic compounds			1.000	2.6E+07	7.0E+02
^{42}K	12.4 h	F 1.000	1.0E+08	2.7E+03	1.000	4.7E+07	1.3E+03
^{43}K	22.6 h	F 1.000	7.7E+07	2.1E+03	1.000	8.0E+07	2.2E+03
^{45}Ca	163 d	M 0.300	8.7E+06	2.4E+02	0.300	2.6E+07	7.1E+02
^{47}Ca	4.53 d	M 0.300	9.5E+06	2.6E+02	0.300	1.3E+07	3.4E+02
^{51}Cr	27.7 d	F 0.100	6.7E+08	1.8E+04	0.100	5.3E+08	1.4E+04
		M 0.100	5.9E+08	1.6E+04	0.010	5.4E+08	1.5E+04
		S 0.100	5.6E+08	1.5E+04			
^{54}Mn	312 d	F 0.100	1.8E+07	4.9E+02	0.100	2.8E+07	7.6E+02
		M 0.100	1.7E+07	4.5E+02			
^{52}Fe	8.28 h	F 0.100	2.9E+07	7.8E+02	0.100	1.4E+07	3.9E+02
		M 0.100	2.1E+07	5.7E+02			
^{55}Fe	2.70 y	F 0.100	2.2E+07	5.9E+02	0.100	6.1E+07	1.6E+03
		M 0.100	6.1E+07	1.6E+03			

		Inhalation intakes			Oral intakes		
	Physical half-life	Chemical form Type/f_1	ALI Bq	ALI µCi	Chemical form f_1	ALI Bq	ALI µCi
^{59}Fe	44.5 d	F 0.100	6.7E+06	1.8E+02	0.100	1.1E+07	3.0E+02
		M 0.100	6.3E+06	1.7E+02			
^{57}Co	271 d	M 0.100	5.1E+07	1.4E+03	0.100	9.5E+07	2.6E+03
		S 0.050	3.3E+07	9.0E+02	0.050	1.1E+08	2.8E+03
^{58}Co	70.8 d	M 0.100	1.4E+07	3.9E+02	0.100	2.7E+07	7.3E+02
		S 0.050	1.2E+07	3.2E+02	0.050	2.9E+07	7.7E+02
^{60}Co	5.27 y	M 0.100	2.8E+06	7.6E+01	0.100	5.9E+06	1.6E+02
		S 0.050	1.2E+06	3.2E+01	0.050	8.0E+06	2.2E+02
^{64}Cu	12.7 h	F 0.500	2.9E+08	7.9E+03	0.500	1.7E+08	4.5E+03
		M 0.500	1.3E+08	3.6E+03			
		S 0.500	1.3E+08	3.6E+03			
^{59}Ni	75000 y	F 0.050	9.1E+07	2.5E+03	0.050	3.2E+08	8.6E+03
		M 0.050	2.1E+08	5.8E+03			
		Vapor	2.4E+07	6.5E+02			
^{63}Ni	96.0 y	F 0.050	3.8E+07	1.0E+03	0.050	1.3E+08	3.6E+03
		M 0.050	6.5E+07	1.7E+03			
		Vapor	1.0E+07	2.7E+02			
^{65}Zn	244 d	S 0.500	7.1E+06	1.9E+02	0.500	5.1E+06	1.4E+02
^{67}Ga	3.26 d	F 0.001	1.8E+08	4.9E+03	0.001	1.1E+08	2.8E+03
		M 0.001	7.1E+07	1.9E+03			
^{68}Ga	1.13 h	F 0.001	4.1E+08	1.1E+04	0.001	2.0E+08	5.4E+03
		M 0.001	2.5E+08	6.7E+03			
^{68}Ge	288 d	F 1.000	2.4E+07	6.5E+02	1.000	1.5E+07	4.2E+02
		M 1.000	2.5E+06	6.8E+01			
^{75}Se	120 d	F 0.800	1.4E+07	3.9E+02	0.800	7.7E+06	2.1E+02
		M 0.800	1.2E+07	3.2E+02	0.050	4.9E+07	1.3E+03
^{79}Se	65000 y	F 0.800	1.3E+07	3.4E+02	0.800	6.9E+06	1.9E+02
		M 0.800	6.5E+06	1.7E+02	0.050	5.1E+07	1.4E+03
^{86}Rb	18.6 d	F 1.000	1.5E+07	4.2E+02	1.000	7.1E+06	1.9E+02
^{85}Sr	64.8 d	F 0.300	3.6E+07	9.7E+02	0.300	3.6E+07	9.7E+02
		S 0.010	3.1E+07	8.4E+02	0.010	6.1E+07	1.6E+03
^{87m}Sr	2.80 h	F 0.300	9.1E+08	2.5E+04	0.300	6.7E+08	1.8E+04
		S 0.010	5.7E+08	1.5E+04	0.010	6.1E+08	1.6E+04
^{89}Sr	50.5 d	F 0.300	1.4E+07	3.9E+02	0.300	7.7E+06	2.1E+02
		S 0.010	3.6E+06	9.7E+01	0.010	8.7E+06	2.4E+02
^{90}Sr	29.1 y	F 0.300	6.7E+05	1.8E+01	0.300	7.1E+05	1.9E+01
		S 0.010	2.6E+05	7.0E+00	0.010	7.4E+06	2.0E+02
^{99}Mo	2.75 d	F 0.800	5.6E+07	1.5E+03	0.800	2.7E+07	7.3E+02
		S 0.050	1.8E+07	4.9E+02	0.050	1.7E+07	4.5E+02
^{99m}Tc	6.02 h	F 0.800	1.0E+09	2.7E+04	0.800	9.1E+08	2.5E+04
		M 0.800	6.9E+08	1.9E+04			
^{99}Tc	213000 y	F 0.800	5.0E+07	1.4E+03	0.800	2.6E+07	6.9E+02
		M 0.800	6.3E+06	1.7E+02			
^{106}Ru	1.01 y	F 0.050	2.0E+06	5.5E+01	0.050	2.9E+06	7.7E+01
		M 0.050	1.2E+06	3.2E+01			
		S 0.050	5.7E+05	1.5E+01			
^{111}In	2.83 d	F 0.020	9.1E+07	2.5E+03	0.020	6.9E+07	1.9E+03
		M 0.020	6.5E+07	1.7E+03			
^{113m}In	1.66 h	F 0.020	1.1E+09	2.8E+04	0.020	7.1E+08	1.9E+04
		M 0.020	6.3E+08	1.7E+04			
^{113}Sn	115 d	F 0.020	2.5E+07	6.8E+02	0.020	2.7E+07	7.4E+02
		M 0.020	1.1E+07	2.8E+02			
^{123}I	13.2 h	F 1.000	1.8E+08	4.9E+03	1.000	9.5E+07	2.6E+03
		Vapor	9.5E+07	2.6E+03			
^{125}I	60.1 d	F 1.000	2.7E+06	7.4E+01	1.000	1.3E+06	3.6E+01
		Vapor	1.4E+06	3.9E+01			
^{129}I	$1.57 \cdot 10^7$ y	F 1.000	3.9E+05	1.1E+01	1.000	1.8E+05	4.9E+00
		Vapor	2.1E+05	5.6E+00			

		Inhalation intakes			Oral intakes		
	Physical half-life	Chemical form Type/f_1	ALI Bq	ALI µCi	Chemical form f_1	ALI Bq	ALI µCi
^{131}I	8.04 d	F 1.000	1.8E+06	4.9E+01	1.000	9.1E+05	2.5E+01
		Vapor	1.0E+06	2.7E+01			
^{129}Cs	1.34 d	F 1.000	2.5E+08	6.7E+03	1.000	3.3E+08	9.0E+03
^{134}Cs	2.06 y	F 1.000	2.1E+06	5.6E+01	1.000	1.1E+06	2.8E+01
^{136}Cs	13.1 d	F 1.000	1.1E+07	2.8E+02	1.000	6.7E+06	1.8E+02
^{137}Cs	30.0 y	F 1.000	3.0E+06	8.1E+01	1.000	1.5E+06	4.2E+01
^{141}Ce	32.5 d	M 5.0E-04	7.4E+06	2.0E+02	5.0E-04	2.8E+07	7.6E+02
		S 5.0E-04	6.5E+06	1.7E+02			
^{144}Ce	284 d	M 5.0E-04	8.7E+05	2.4E+01	5.0E-04	3.8E+06	1.0E+02
		S 5.0E-04	6.9E+05	1.9E+01			
^{133}Ba	10.7 y	F 0.100	1.1E+07	3.0E+02	0.100	2.0E+07	5.4E+02
^{140}Ba	12.7 d	F 0.100	1.3E+07	3.4E+02	0.100	8.0E+06	2.2E+02
^{169}Yb	32.0 d	M 5.0E-04	9.5E+06	2.6E+02	5.0E-04	2.8E+07	7.6E+02
		S 5.0E-04	8.3E+06	2.3E+02			
^{198}Au	2.69 d	F 0.100	5.1E+07	1.4E+03	0.100	2.0E+07	5.4E+02
		M 0.100	2.0E+07	5.5E+02			
		S 0.100	1.8E+07	4.9E+02			
^{198m}Au	2.30 d	F 0.100	3.4E+07	9.2E+02	0.100	1.5E+07	4.2E+02
		M 0.100	1.0E+07	2.7E+02			
		S 0.100	1.1E+07	2.8E+02			
^{197}Hg	2.67 d	Inorganic compounds					
		F 0.400	2.4E+08	6.4E+03	1.000	2.0E+08	5.5E+03
					0.400	1.2E+08	3.2E+03
		Vapor	4.5E+06	1.2E+02			
		Organic compounds					
		F 0.020	2.0E+08	5.4E+03	0.020	8.7E+07	2.4E+03
		M 0.020	7.1E+07	1.9E+03			
^{203}Hg	46.6 d	Inorganic compounds					
		F 0.400	2.7E+07	7.2E+02	1.000	1.1E+07	2.8E+02
					0.400	1.8E+07	4.9E+02
		Vapor	2.9E+06	7.7E+01			
		Organic compounds					
		F 0.020	3.4E+07	9.2E+02	0.020	3.7E+07	1.0E+03
		M 0.020	1.1E+07	2.8E+02			
^{201}Tl	3.04 d	F 1.000	2.6E+08	7.1E+03	1.000	2.1E+08	5.7E+03
^{210}Pb	22.3 y	F 0.200	1.8E+04	4.9E-01	0.200	2.9E+04	7.9E-01
^{207}Bi	38.0 y	F 0.050	2.4E+07	6.4E+02	0.050	1.5E+07	4.2E+02
		M 0.050	6.3E+06	1.7E+02			
^{210}Po	138 d	F 0.100	2.8E+04	7.6E-01	0.100	8.3E+04	2.3E+00
		M 0.100	9.1E+03	2.5E-01			
^{224}Ra	3.66 d	M 0.200	8.3E+03	2.3E-01	0.200	3.1E+05	8.3E+00
^{226}Ra	1600 y	M 0.200	1.7E+03	4.5E-02	0.200	7.1E+04	1.9E+00
^{228}Ra	5.75 y	M 0.200	1.2E+04	3.2E-01	0.200	3.0E+04	8.1E-01
^{228}Th	1.91 y	M 5.0E-04	8.7E+02	2.4E-02	5.0E-04	2.9E+05	7.7E+00
		S 2.0E-04	6.3E+02	1.7E-02	2.0E-04	5.7E+05	1.5E+01
^{230}Th	77000 y	M 5.0E-04	7.1E+02	1.9E-02	5.0E-04	9.5E+04	2.6E+00
		S 2.0E-04	2.8E+03	7.5E-02	2.0E-04	2.3E+05	6.2E+00
^{232}Th	$1.40 \cdot 10^{10}$ y	M 5.0E-04	6.9E+02	1.9E-02	5.0E-04	9.1E+04	2.5E+00
		S 2.0E-04	1.7E+03	4.5E-02	2.0E-04	2.2E+05	5.9E+00
^{234}U	$2.44 \cdot 10^{5}$ y	F 0.020	3.1E+04	8.4E-01	0.020	4.1E+05	1.1E+01
		M 0.020	9.5E+03	2.6E-01	0.002	2.4E+06	6.5E+01
		S 0.002	2.9E+03	7.9E-02			
^{235}U	$7.04 \cdot 10^{8}$ y	F 0.020	3.3E+04	9.0E-01	0.020	4.3E+05	1.2E+01
		M 0.020	1.1E+04	3.0E-01	0.002	2.4E+06	6.5E+01

		Inhalation intakes			Oral intakes		
	Physical half-life	Chemical form Type/f_1	ALI Bq	ALI µCi	Chemical form f_1	ALI Bq	ALI µCi
		S 0.002	3.3E+03	8.9E-02			
^{238}U	$4.47 \cdot 10^9$ y	F 0.020	3.4E+04	9.3E-01	0.020	4.5E+05	1.2E+01
		M 0.020	1.3E+04	3.4E-01	0.002	2.6E+06	7.1E+01
		S 0.002	3.5E+03	9.5E-02			
^{237}Np	$2.14 \cdot 10^6$ y	M 5.0E-04	1.3E+03	3.6E-02	5.0E-04	1.8E+05	4.9E+00
^{239}Np	2.36 d	M 5.0E-04	1.8E+07	4.9E+02	5.0E-04	2.5E+07	6.8E+02
^{238}Pu	87.7 y	M 5.0E-04	6.7E+02	1.8E-02	5.0E-04	8.7E+04	2.4E+00
		S 1.0E-05	1.8E+03	4.9E-02	1.0E-05	2.3E+06	6.1E+01
					1.0E-04	4.1E+05	1.1E+01
^{239}Pu	24100 y	M 5.0E-04	6.3E+02	1.7E-02	5.0E-04	8.0E+04	2.2E+00
		S 1.0E-05	2.4E+03	6.5E-02	1.0E-05	2.2E+06	6.0E+01
					1.0E-04	3.8E+05	1.0E+01
^{241}Pu	14.4 y	M 5.0E-04	3.4E+04	9.3E-01	5.0E-04	4.3E+06	1.2E+02
		S 1.0E-05	2.4E+05	6.4E+00	1.0E-05	1.8E+08	4.9E+03
					1.0E-04	2.1E+07	5.6E+02
^{241}Am	432 y	M 5.0E-04	7.4E+02	2.0E-02	5.0E-04	1.0E+05	2.7E+00
^{244}Cm	18.1 y	M 5.0E-04	1.2E+03	3.2E-02	5.0E-04	1.7E+05	4.5E+00
^{252}Cf	2.64 y	M 5.0E-04	1.5E+03	4.2E-02	5.0E-04	2.2E+05	6.0E+00