

TENNESSEE DEPARTMENT OF ENVIRONMENT AND CONSERVATION  
DIVISION OF RADIOLOGICAL HEALTH

# NOTICE TO PREGNANT WORKERS

In “State Regulations for Protection Against Radiation” 0400-20-05-.56 the Tennessee Department of Environment and Conservation has established a dose limit of 0.5 rem to an embryo/fetus from occupational exposure during a woman’s entire pregnancy. A woman may declare her pregnancy by notifying the licensee and/or registrant in writing of the pregnancy along with an estimated date of conception so that the estimated dose to the embryo/fetus prior to the declaration of pregnancy can be determined. A woman cannot be required by her employer to make this declaration of pregnancy, and a woman may withdraw her declaration of pregnancy at any time. The decision to make a declaration of pregnancy and/or to withdraw the declaration of pregnancy is strictly a woman’s choice and is entirely voluntary.

The dose to an embryo/fetus is determined by taking the sum of the deep-dose equivalent to the declared pregnant woman, and the dose to the embryo/fetus from radionuclides in the embryo/fetus and radionuclides in the declared pregnant woman. The licensee and/or registrant using ALARA shall make efforts to avoid substantial variation above a uniform monthly exposure rate to a declared pregnant woman.

If the dose to the embryo/fetus is found to be 0.45 rem or greater when a woman declares her pregnancy, then for the remainder of the pregnancy the embryo/fetus is permitted an additional dose not exceeding 0.05 rem.

Any woman that does not declare her pregnancy or withdraws her declaration of pregnancy shall be subject to the normal occupational dose limits outlined in “State Regulations for Protection Against Radiation” 0400-20-05-.50.

Your employer is required to provide guidance and instruction concerning prenatal radiation exposure to allow women who may become pregnant during their employment to make an informed decision on whether or not to formally declare their pregnancy. Additional information concerning prenatal radiation exposure may be obtained by contacting the Department of Environment and Conservation, Division of Radiological Health at (615) 532-0364.

### **Declaring your pregnancy at Vanderbilt:**

To voluntarily declare your pregnancy, you must complete and submit the *Declaration of Pregnancy* form, available on the following websites:

- Vanderderbilt Occupational Health Clinic: [healthandwellness.vanderbilt.edu](http://healthandwellness.vanderbilt.edu)
- Office of Clinical and Research Safety (OCRS): <https://www.vumc.org/safety/>

Scan the following code with your smartphone for direct access to additional information about declaring your pregnancy at Vanderbilt University or Vanderbilt University Medical Center on the Radiation Safety website:

