The following is a guideline to assist both the members and management of the Dental practice with the development of a policy directing action in the event that a member becomes pregnant or intends to become pregnant.

Policy of:_____(Name of Practice)

Date:_____(Creation Date)

Revision No.:_____(Date)

Title:

Pregnant Staff

If any staff member is planning on becoming pregnant or has become pregnant and wishes to minimize and determine her exposure to workplace x-radiation, then she is encouraged to advise her employer so that additional precautions can be taken. It is the option of the employee to advise the employer of her intentions or condition, otherwise no additional precautions can be undertaken.

1. The regulations for **Workers** requires that the exposure level for the balance of a pregnancy be no more than 4 mSv. Experience in Dental practices is that workplace exposure to X-Radiation is **typically lower than 1.0 mSv per year** under normal working conditions.
2. Should the staff person feel undue stress associated with her exposure to radiation, efforts should be made to restrict her association with radiation during the term of her pregnancy. There are several options available to both the employee and the employer and many factors must be considered in finding resolution to this situation. It is advisable to contact a qualified radiation surveyor who has experience with X-Radiation exposure in dental practices to provide advice in this regard.
3. An option, which is common, is to arrange for the employee to enter into a radiation monitoring program using TLD's with a shorter than recommended rotation time for the duration of the pregnancy. This can be arranged with the supplier of the TLD's. A common rotation is 2 weeks in duration.
4.

Signed:_____(Person responsible for Radiation Safety)

Addendum: *Cone Beam Computed Tomography (CBCT) X-Ray machines are relatively new to dentistry. Current practice in B.C. requires that a personal dosimetry monitoring program be established for operators of this equipment and others that may be exposed to the X-Radiation from these machines. The 1.0 mSv per year exposure action level currently applies to operators of CBCT X-Ray machines.*