



**INSTRUCTIONS**  
**WORKING LEVEL MONTH EXPOSURE FORM**

**Name:** Name of employee.

**Cert. #:** The certificate number of employee.

**Date of Birth:** Date of birth of employee.

**Business Name Cert. #** Certificate number of the business.

**Occupational Exposure:** This section is used to record exposure. Exposure may be determined by using the results of a radon or radon progeny test with a log of the amount of time spent conducting the test or by using an alpha track detector or long-term electret ion chamber as a personal monitor with the actual number of hours of exposure. All exposures are recorded in units of working level months (WLM). If personal exposure monitoring is performed using a working level monitor, this information may be used to determine WLM exposure directly. If monitoring is performed using a radon measurement device, the radon concentration must be converted to WL.

**Period of Exposure:** The period of exposure in date/time format. An example calculating exposure using a log sheet is 3-23-90, 8:00 AM to 8:30 AM. An example calculating quarterly exposure using an alpha track or an electret ion chamber is 1-1-90, 8:00 AM to 3-31-90, 5:00 PM.

**Dose for the Period (WLM):** The exposure dose in working level months for the exposure period. The exposure dose in WLMs is calculated using the following equation:

$$\text{WLM Exposure} = \frac{\text{WL (Working Level)} \times \text{Exposure Time (in hours)}}{170(\text{Hours / month})}$$

WL is calculated using the following equation:

$$\text{WL} = \frac{\text{Radon (in pCi / l)} \times \text{Equilibrium Ratio}}{100}$$

If the equilibrium ratio is assumed to be 0.5, WL is calculated using the following equation:

$$\text{WL} = \frac{\text{Radon (in pCi / l)}}{200}$$

**Running Total for Calendar Year (WLM):** The total of the dose for the calendar year. This total shall not exceed the levels contained in the worker health and safety program established by the certified business and approved by the department.

**Method of Exposure Determination:** The method used to determine personal exposure. If measurement data from a log sheet is used, enter LOG. If an alpha track detector is used, enter AT. If an electret ion chamber is used, enter EC.