Radiation Dosage Chart



Eating a banana

Natural radiation in the human body

Using a CRT monitor for a year

Extra dose from one day in average town near the Fukushima plant Dental X-ray

Background dose received by an average person on an average day

Flight from New York to LA

Living in a stone, brick or concrete building for a year

Chest X-ray

Release limit for a nuclear power plant for a year Dose per person from food per year

EPA yearly limit on radiation exposure to a member of the public

Spinal X-ray Natural background radiation we're all exposed to per year Mammogram One day dose at two sites 50km NW of Fukushima (however other nearby areas saw barely elevated levels) Dose from spending one hour on the grounds at Chernobyl in 2010

Average CT scan

Smoking: 1.5 packs a day for a year Maximum yearly dose permitted for US radiation workers

Annual dose at which increased lifetime cancer risk is evident

Dose limit for US radiation workers in life-saving operations

Maximum radiation levels detected at Fukushima per hour Slight effect. Decrease in blood cell counts - return to normal in a few days

Temporary radiation sickness. Nausea, low blood cell count. Not fatal. Per hour in surface water in tunnels outside Fukushima No.2 reactor

Severe radiation poisoning, nausea & vomiting, but recovery likely

Extremely severe dose, survival possible with prompt treatment Extremely severe radiation dose - high chance of fatality Usually fatal dose

Fatal dose

Highly targeted dose used in cancer radiotherapy Death inevitable within 2-3 weeks 10m standing next to the Chernobyl reactor core after meltdown

Immediate severe vomiting & coma - death within hours