



FAMILY COUNCIL MEETING MINUTES

Location: Washington Correction Center (WCC)/Teleconference Date: 02/10/2024
 Time: 9:00 am

Teleconference details: Microsoft TEAMS +1 253-372-2181, PHONE Conference ID: 432 946 336#

MEETING ATTENDEES

<u>Theresa Cohn, CPM</u>	<u>Kristel Monte</u>
Department/facility co-chair	Family co-chair
<u>Jennifer Allmendinger</u>	<u>Meghan Longan</u>
Facility/council secretary	Family secretary, if applicable

Members present: Theresa Cohn, Jennifer Allmendinger

Non-council member attendees: Bill Swain, Jay Jackson, Sgt. Larry Reeves

AGENDA

Old business

Topic	Discussion/Key points	Next steps
None		

New business

Topic	Discussion/Key points	Next steps
IIBF	Jay will go over report and take any questions	<p>See attachment #1</p> <p>Jay suggested that more money be spent on unit activities and EFV's.</p> <p>There are 3 Special Projects Restricted Cultural Program, EFV Consumables, and EFV Enhancements.</p> <p>Restricted Cultural Program is broad based and is for the whole facility and not for a specific cultural group. It would be a special event and would be a reward.</p> <p>Dawn Taylor is invited to the April meeting and will be able to explain it more.</p>

<p>Can we have the mailroom sergeant be a guest speaker at our next LFC meeting?</p>	<p>To introduce himself or herself, give a brief overview of what the mailroom does and the best way to communicate with them when questions arise.</p> <p>I received a few emails that inquired about the mailroom making copies of mail.</p> <p>One comment was if there are double sided papers coming in can the mailroom copy them double sided vs. single copied.</p> <ul style="list-style-type: none"> • When the copies are made not all of them are getting back in the order they were copied in and mixing up the order of the letters. <p>Can the mail sergeant address those comments and maybe give people an idea of how the process works or how things may get mixed up.</p> <p>Valentine's day is coming up, can they review the policy for sending in cards. Felix asked this in the last LFC meeting about the holiday cards, but I don't believe anything was sent out.</p> <p>5-7 minutes should be enough time. I think a lot of the problem is people just aren't always aware of the process, why things happen the way they happen, what's okay and what's not so they make assumptions and if we can educate them on the process and work together to understand it I think we can clear up a lot of things.</p>	<p>The mailroom is custody staff sergeant and works Monday through Friday.</p> <p>We can ask staff to join the meeting, but it is up to them. This position would need to follow union guidelines and coming to the meeting would be overtime. He did not wish to join the meeting but did supply a response to questions.</p> <p>Response from Mailroom Sgt.</p> <p>With regards to copies. When copies are made, they are copied in the fashion they arrive. Single copy is single copied. Double sided is double sided.</p> <p>When copies are made, they are made in the same order in which they arrive.</p> <p>With regards to cards and all mailroom practices and procedures please read and adhere to DOC policy 450.100. The DOC homepage also is a wealth of information and resources.</p> <p>The best way to communicate with the mailroom after the DOC policy and/or DOC homepage regarding Incarcerated Individuals mail has been viewed is send a message via CE Prisons, kite or call during normal business hours.</p> <p>Lastly, the incarcerated can also use resources available to them such as unit Officers, Sgt's, Counselor's and CUS'S.</p> <p>Policy 450.100</p> <p>Cards are not being provided to the population as none were</p>
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		<p>donated this year to supply per the religious coordinator, however those participate in the events are getting a gift from their loved ones.</p>
<p>The new mattresses</p>	<p>The mattresses were replaced from what I heard was a security reason. They were dark blue and could be cut up to allow the men to impersonate the staff.</p> <ul style="list-style-type: none"> • What was the actual reason for swapping out all the mattresses? • The new/replacement mattresses are not high in quality and are already compressing on some which is causing lots of backaches and restless nights for some. • How can they get the mattress replaced if the foam is already compressing? 	<p>The mattresses were to be replaced in 2021 and the order of the wrong color came in yes. We are not authorized to use the blue mattress that is correct, however the new one is the same exact make and model with just a color difference.</p> <p>They are the same make and CI quality.</p> <p>Individuals are provided the processes on the unit for if they wish to replace a mattress for exchange. The individual will have to communicate the concern to the staff and then it will be verified to reorder another mattress.</p> <p>Every cell received new mattresses.</p> <p>The units order new ones every 2 to 3 months.</p>
<p>Updates request:</p>	<p>Were you able to get statistics on contraband coming into the facility? (Felix ask)</p> <p>Has a 12-month calendar for the visiting room been put up? (Felix request)</p> <p>Is it possible to get coffee for the VR from the visit room IIBF funds? (Felix request)</p>	<p>See attachment #4</p> <p>Response from IIU:</p> <p>302 contraband related incidents 249 (82%) of the contraband related incidents were related to drugs</p> <p>24 (8%) of the contraband related incidents were related to weapons</p> <p>The remaining 29 (10%) involved.</p> <p>drug paraphernalia, cell phones,</p>

		<p>alcohol (pruno), and unauthorized property individuals attempted to introduce into the facility (body scanner – wedding rings, batteries, headphones)</p> <p>Of those contraband related incidents 197 (65%) were found in the mailroom</p> <p>54 (18%) were discovered on an incarcerated individual attempting to transport the contraband</p> <p>24 (8%) were discovered in public access, visitation or outside the secure perimeter</p> <p>The remaining 27 (9%) was found inside the secure perimeter (cells, program areas, recreation, etc.)</p> <p>In 2016 there was one serious contraband related incident once every 10.5 days on average. In 2023 the number of days shrank to one incident every 4.3 days</p> <p>The 12 month calendar was sent to the Webmaster in January to add to the website.</p> <p>CPM Cohn will get a calendar for the visit room. Coffee is already provided in the machine.</p>
Evergreen Refreshments	Cold food machines	We don't have any service calls on this machine, so wanted to see where we missed this if we were notified of it.
	Food items with no ham	I am working with my purchaser on getting a few more options that don't have ham. Unfortunately, we are unable to source a salad that doesn't include ham at this

		<p>time. However, the ham can be removed as it is stored separately in a toppings container in the salad, so that can be tossed if customer doesn't want it.</p> <p>I will continue to look for some additional items that don't have ham.</p>
Searches	<p>This is a high priority topic with families not because the searches happened but because of the way they were conducted. Is there someone that speak on this?</p>	<p>We have had several close calls with drug related overdoses. We also have had contraband concerns. Searches are required of cell at a minimum of one every 60 days in general pop and once every 7 days in restricted housing. Searches of individuals are subject to search at all times. Concerns over areas and how search areas are left have been reported to the appropriate supervisor to address. We expect staff to follow policy and make a reasonable effort to restore the area to its original condition. Bedding will be left folded on the bunk. If an individual or staff find something of concern they are also encouraged to show staff or report to CUS so it can be addressed.</p>
FF IIBF Funds	<p>In the SFC meeting we were told to get feedback from families in regard to how we would like to spend out FF IIBF funds for the next FY. Dawn Taylor is looking to have all the feedback collected and sent into her by April. I didn't have a conversation with Dawn Taylor and I would like to invite her out to the next LFC meeting as a heads up.</p>	<p>We have talked about IIBF at all our meetings so far and again this meeting. We will invite Dawn to attend in April.</p> <p>We will continue to ask for input as we have in past. We explain if it cannot be used for what is requested if it is not allowable.</p>

SFC Updates	It would be great if Felix can recap the SFC or bring any updates from the SFC meeting.	We will add as always to agenda
Workers	<p>Per DOC 700.000, workers are supposed to be granted additional privileges to incentivize participation in work programs. Lately, work (in Evergreen) has felt like a punishment. We may get one yard period at night if we work full days, and no gym if it's at the 2:15 time period. Also, so-called workers' tiers are granted no special consideration and are often held to a higher standard, that is, all stick and no carrot. What can be done about this? Is there some way to reward those participating in positive programming, and keeping the institution operational? Where would WCC or any prison be without incarcerated labor?</p>	<p>This information is not accurate. We follow work program policy 700.000. we have done incentives and are currently working on more non-violent incentives. The yard schedule was developed with TC unit individuals with custody and Captain and at this time there is no room to add another yard. There is no special treatment (stick or carrot) not sure is meant by this comment. Individuals are required to program. The recreation staff have submitted a new recreation schedule to custody to request consideration.</p> <p>With the change in how pill line is now being operated and the impact on TC recreation, I would like to recommend the following changes to the recreation schedule to begin starting in February. This also includes separating Pine Hall for their own small yard time after shift change, evenings, and weekends now that their population number is over 200.</p> <p>I have spoken with C/O's, checked the TC logbook for times the TC units arrived in the evenings and discussed this with some TC I/I's.</p> <p>Units will continue to rotate monthly.</p>

*Weekday Schedule – use
Weekend schedule on State
Holidays*

YARD

0910-0955 TC UNITS

ALL

1000-1045 TC UNITS

ALL

1050-1135 TC UNITS

ALL

1140-1240 TC UNITS

ALL

1245-1340 TC UNITS

ALL

1425-

1520 CEDAR

1855-1950 EVERGREEN

(previously 1830-1925)

2005-2055 PINE

(previously 1940-2035)

GYM

1415-1515 PINE

1850-1950 CEDAR

(previously 1815-1915)

2000-2100 EVERGREEN

(previously 1935-2040)

We are unique with reception has to have their recreation times as well which cannot be at the same time or movements.

We are now at full capacity in the TC units. 240 for each unit.

Recreation and custody have been really good at providing input.

Recreation is working on a new schedule.

		RC and TC are not able to have yard at the same time.
Sick Call	WCC lacks a sick call procedure. One is in place at every other institution I've heard of, and its absence here creates a public safety hazard. Medical kites are the only way outside of medical emergencies to address health concerns. Emergent issues such as non-life threatening illness (but possibly contagious) will not be addressed by kite until a week or more if you get a response at all. This creates a dangerous situation especially because of the recent pandemic and RSV. Without sick call, and because individuals are not allowed to self-lay-in, individuals must go to their programming assignments and possibly spread infectious diseases	When a patient kites with any type of flu/covid/etc. like symptoms, they are brought up same day. If the kite reflects a potential emergency, they are called up that day. If the nurse who is triaging the kites deems something as non-emergent, the patient is scheduled for the next sick call. If unable to send kite, they can go to a staff member. For safety and security reasons, we can't have people walking to medical. The must follow procedures in place.
PREA	PREA concerns in the bathroom areas. The barriers between stalls are too short. Any individual (incarcerated and staff) can see I/I's genitals when they walk back into the bathroom area. This is a PREA concern. We request the barriers be extended to remedy this situation, or another solution found.	Recently the DOJ auditor reviewed all showers to see if WCC allow incarcerated individuals privacy to shower or use the facilities. WCC is in compliance with this standard. The shower curtains are at the right length to provide privacy. This method was tested with various heights to ensure the curtain allow privacy.
Body scanner and radiation.	There are many concerns about repeated exposure to x-ray radiation with the implementation of the daily body scans. Especially among those with longer sentences. How safe is constant, cumulative exposure for extended duration? What if you have a longer sentence and will be exposed daily for years? Perhaps the DOH could weigh in on this one?	This will be updated tomorrow morning or when the minutes go out. This was posted on the website and for all visitors prior to it being in place at WCC. We will update. See attachments.#2-#7

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Roundtable open discussion

Topic	Discussion/Key points	Next steps
Agenda	Per policy, agenda must be sent out 2 weeks in advance. Asked the group if they wanted to stick to that or be able to submit questions past that date	One person responded and said they prefer being able to submit questions past the 2 week period.
SWFC	Felix went over what happened at the meeting	Minutes are on the website.
Tier Rep	Tier rep to join meetings	A counselor has agreed to have a tier rep in her office and join Teams and the April meeting. In order to have tier reps in the meeting, permission would need to be approved and the meeting would be before 8:00 am because the visit room would need to prepare for visitation. There was little to no interest having the meeting in the visit room. Joining TEAMS is not available in the visit room.
Volunteers	What does that look like as far as numbers of volunteers and volunteer programs?	Out CPPC, Joel Nwokike continues to have orientation in -person and on-line. Joel will be invited to the April meeting to go over the volunteer programs.
Photos	A sign on Friday indicated that photos were not available during visitation.	This has been resolved and photos are now available.
Drugs and overdoses in the facility	Are those found with drugs receiving infractions	Yes. The majority of the time if known who, then they can be infraacted. If drugs are found in a common area, then it is harder to prove where they are coming from. This is a statewide problem.
EFV Trailers	A request for a bigger nonstick skillet.	An electric skillet has been ordered, 2 comforters and 2 bathroom rugs. The floors will be done when the weather is better. Wobbly tables will also be fixed.

Newsletter or Pamphlet	A request for a newsletter of pamphlet for the off month to cover any updates and main topic.	Felix and Kristel can work on a sketch. This idea will be discussed further.
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Next meeting location: PLPC1 Date: April 13, 2004 Time: 9:00 am

Comments: _____

The contents of this document may be eligible for public disclosure. Social Security Numbers are considered confidential information and will be redacted in the event of such a request. This form is governed by Executive Order 16-01, RCW 42.56, and RCW 40.14.

Distribution: **ORIGINAL** - Family Council Co-chairs

**Washington Correction Center (WCC)
Incarcerated Individual Betterment Fund (IIBF)**

FY24 Monthly Budget to Actual Report: July 2023 thru December 2023 - FM06

Account Code	Budget Category	Proposed Name - Programs/Events	Total FY24 Budget	Expenditures	Fee Recovery	Remaining FY24 Budget	Brief Description of Expenditures to Date
88115	NR04	DIVERSITY ACTIVITIES	3,000.00	0.00		3,000.00	
88125	NR08	EFV EXPENDITURES	3,444.00	1,312.97		2,131.03	dish soap, high chairs, play stations w/controllers, EFV fee refunds - added \$799.00 EFV elect funds to EFV exp budget
88160	NR19	RECREATION EXPENDITURES / FEE RECOVERY (\$7 quarterly, per I/I)	7,152.00	5,030.63	(4,795.00)	6,916.37	ink cartridges & photo paper for events, rec supplies, table tennis items, helix machine items, replacement items for broken equipment, paperback books, balls, flags, basketball rims, posters, cribbage games, soccer goal, ab rollers, slam balls, medicine balls
88170	NR21	TV RENTAL PROGRAM / FEE RECOVERY (\$3 per month, per I/I)	0.00	0.00	(1,605.99)	1,605.99	rental tv fees collected
88180	NR27	UNIT ACTIVITY	1,920.00	211.27		1,708.73	4 irons for Evergreen Hall / 7 irons for Pine Hall
88190	NR30	VISIT ROOM	2,004.00	1,017.60		986.40	baby bouncy seats, high chairs, DVD player, black light
89110	CULT	SPECIAL PROJECTS - RESTRICTED CULTURAL PROGRAM	8,710.00	0.00		8,710.00	
89110	EFVC	SPECIAL PROJECTS - EFV CONSUMABLES	4,500.00	3,632.70		867.30	oven mitts, 2 queen-size memory foam mattresses, HDMI DVD players, waterproof mattress protectors, stainless steel cookware sets, 2 infant swings, swing sets for outdoors
89110	SP69	SPECIAL PROJECTS - EFV ENHANCEMENTS	1,812.00	1,811.52		0.48	4 memory foam mattresses
89130	FF01	FAMILY FRIENDLY - BACK TO SCHOOL	3,125.00	1,897.27		1,227.73	backpacks, school supplies, supplies for cotton candy, popcorn & coffee machines
89130	FF12	FAMILY FRIENDLY - FALL FESTIVAL	1,500.00	1,555.53		(55.53)	decorations, candy, gift basket items, canvases for painting, games and coloring crafts, décor, meal for event
89130	FF15	FAMILY FRIENDLY - FAMILY FUN DAY	1,725.00			1,725.00	
89130	FF38	FAMILY FRIENDLY - SCIENCE LAB WITH DAD	1,725.00			1,725.00	
89130	FF40	FAMILY FRIENDLY - LODGING ASSISTANCE PROGRAM (LAP)	15,000.00	500.00		14,500.00	HQ disbursements for lodging
89130	FF61	FAMILY FRIENDLY - SPRING FLING	1,462.00	917.45		544.55	teddy bears and stuffings
89130	FF69	FAMILY FRIENDLY - WINTERFEST	2,325.00	2,215.30		109.70	toys for children at event, \$300 reallocated from FPOP offsets expenditures, event meal, funds used to pay balance on FF photo printer, charger for FF camera
89130	FF91	FAMILY FRIENDLY - VIDEO PROGRAM	500.00			500.00	
89130	FF95	FAMILY FRIENDLY - SUMMER BBQ	1,125.00	798.29		326.71	BBQ supplies, crafts, games, food
89130	FF96	FAMILY FRIENDLY - SIGNIFICANT PERSON DAY	1,065.00	1,002.16		62.84	dress shirts, jackets, ties, table décor, event food
89130	FF97	FAMILY FRIENDLY - SPECIAL ADULT DAY	1,500.00			1,500.00	
89130	F107	FAMILY FRIENDLY - VR FREE PHOTOS PROGRAM	3,759.00	2,684.59		1,074.41	ink cartridges & photo paper, replacement photo printer & new ink cartridges
89130	FPOP	POP UP FUNDS - FF EVENT PHOTO PRINTER	600.00	600.00		0.00	photo printer for FF events
89130	FPOP	POP UP FUNDS - FATHER/DAUGHTER DANCE	863.00	774.97		88.03	dress shirts, jackets, ties, "red carpet" floor runner, food for event
89130	FPOP	POP UP FUNDS - FATHER/SON MOVIE NIGHT	863.00	645.31		217.69	movies & pizza, reallocated \$300 to Winterfest
89170	OP03	CABLE TV / FEE RECOVERY (\$0.50 per month, per I/I)	32,400.00	16,173.66	(1,999.60)	18,225.94	Hood Canal Communications / monthly billing \$2,695.61
		Report Total	102,079.00	42,781.22	(8,400.59)	67,698.37	
			102,079.00	34,380.63		67,698.37	

Washington Correction Center (WCC)
Incarcerated Individual Betterment Fund (IIBF)
FY24 Budget Narratives

Account Code	Budget Category	Programs/Events	Proposed FY24 Budget	Brief Description of Program Objective
				<i>At the beginning of each fiscal year, please ask the assigned program manager to provide a brief description of the funded programs and how they will provide a positive impact on the lives of the incarcerated individuals.</i>
88115	NR04	DIVERSITY ACTIVITIES	3,000.00	Monies in this category are used to provide cultural activities to share information about cultures which could involve activities like speakers, displays, and crafts.
88125	NR08	EFV EXPENDITURES	3,444.00	This category is for monies generated by fee supported Extended Family Visit Program (EFV) and will be used to replace and update EFV items throughout the fiscal year to ensure the EFV's are clean and usable. These items could include furniture, pots and pans, mattresses, linens, towels, and kitchen supplies.
88160	NR19	RECREATION / FEE RECOVERY (\$7 per qtr)	7,152.00	This category is for monies generated by fee supported recreation programs and will be used to support Incarcerated Individual wellness activities. Items include, but are not limited to: ping pong tables, soccerballs and nets, basketballs, recreation prizes; pool table coverings, gravel for running tracks, footballs, rackets, nets, and hoops.
88170	NR21	TV RENTAL PROGRAM / FEE RECOVERY (\$3 per mo)	0.00	This category is for monies generated by the TV Rental Program and the purchase of new TVs and/or repairs to support the program. Monies will used to purchase TV's, when necessary to support the WCC TV Rental Program. The fees recovered, currently set at \$3 per month.
88180	NR27	UNIT ACTIVITY	1,920.00	Monies provide items that are not required but improve the every day life of the individuals living in the unit and contribute to reducing idleness. Irons; microwaves; card and board games; NETFLIX movie subscription for Lower R units
88190	NR30	VISITING ROOM	2,004.00	Monies support consumable items provide in the visit rooms and are intended to support a positive visiting environment. This could include games, toys, coloring books, crayons or game consoles.
89110	CULT	SPECIAL PROJECTS - IIBF-restricted culture program	8,710.00	Monies allocated statewide to provide for cultural activities for the incarcerated population
89110	EFVC	SPECIAL PROJECTS - EFV CONSUMABLE	4,500.00	Monies allocated statewide to provide for Extended Family Visits for the incarcerated population and their loved ones; consumable items.
89110	SP69	SPECIAL PROJECTS - EFV & Visiting Improvement	1,812.00	Monies allocated to provide for Extended Family Visits for the incarcerated population and their loved ones; enhancements to the EFV trailers.
89130	FF01	FAMILY FRIENDLY - BACK TO SCHOOL	3,125.00	Monies used to support back to school events which positively impacts on intergenerational incarceration by keeping parents engaged with children's school activities and helping with the costs of
89130	FF12	FAMILY FRIENDLY - FALL FESTIVAL	1,500.00	Monies used to support the Fall event for families to participate in various seasonal activities to include food, crafting, and games.
89130	FF15	FAMILY FRIENDLY - FAMILY FUN DAY	1,725.00	Monies used to support a family fun day which is geared towards interactive family activities.
89130	FF38	FAMILY FRIENDLY - SCIENCE LAB WITH DAD	1,725.00	Monies used to support a child-focused event intended to strengthen bonds and involve fathers. Intention is to spark interaction and a dialogue about learning/school.
89130	FF40	FAMILY FRIENDLY - LODGING ASSISTANCE PROGRAM (LAP)	15,000.00	Monies allocated to the facility for the Lodging Assistance Program is designed to provide assistance to families that must travel extended distances to visit. This assistance encourages and supports in-person visitation.
89130	FF61	FAMILY FRIENDLY - SPRING FLING	1,462.00	Monies used to support the spring fling event for families enhanced visiting experience to include painting, crafting, and food.
89130	FF69	FAMILY FRIENDLY - WINTER EVENT	2,325.00	Monies used to support the winter event for families to participate in various seasonal activities to include crafts, decorations, meals or refreshments. Winter traditional holiday celebrations which may
89130	FF91	FAMILY FRIENDLY - VIDEO PROGRAM	500.00	Monies used to support recorded video greetings on DVD to send to family member(s). Individuals may read a book, poem, play music, sing, read a letter, etc. May be referred to as Read to me Daddy Program but is designed for any family member.
89130	FF95	FAMILY FRIENDLY - SUMMER BBQ	1,125.00	Monies used to support the summer BBQ event providing an opportunity for families to socialize and connect with food and games.
89130	FF96	FAMILY FRIENDLY - SIGNIFICANT PERSON DAY	1,065.00	Monies used to support an event to recognize significant persons in the incarcerated individual's life. May include recognizing Mothers/Fathers Day. Expenditures may include include a meal, crafts, and photo for participants to have a memory of the event
89130	FF97	FAMILY FRIENDLY - ADULT DAY	1,500.00	Monies used to support a special visitation day for adults and their incarcerated loved ones.
89130	F107	FAMILY FRIENDLY - VR FREE PHOTO PROGRAM	3,759.00	Monies used to support 2 free photos to family members during visitation
89130	FPOP	POP UP FUNDS - FF EVENT PHOTO PRINTER	600.00	Monies used to purchase photo printer dedicated to printing family event photos
89130	FPOP	POP UP FUNDS - FATHER/DAUGHTER DANCE	863.00	Monies use for special activities between father and daughter, meals, strengthened relationships, build confidence in children, etc
89130	FPOP	POP UP FUNDS - FATHER/SON MOVIE NIGHT	863.00	Monies use for special activities between father and son, meals, strengthened relationships, build confidence in children, etc
89170	OP03	TV CABLE CABLE/FEE RECOVERY (\$0.50 per mo)	32,400.00	Monies allocated statewide to provide cable TV programing to the incarcerated population. The required user fee recovery offsets the cost of providing cable TV services.
Report Total			102,079.00	

Federal Dose Limits

What's the federal occupational dose limit?



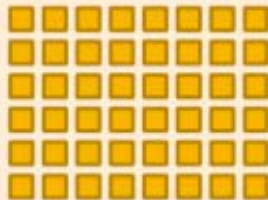
Radiation emitted from any cabinet X-ray system must not exceed an exposure of 0.5 mrem in one hour at any point 5 cm (about 2 inches) outside the external surface.

Federal Occupational Dose Limits

Whole body	5 rem /year
Lens of the eye	15 rem/year
Extremities	50 rem/year
Skin	50 rem/year
General public	100 mrem/year
Declared pregnant women	500 mrem/term













Allowed scans per B-SCAN model according to ANSI N43.17 2009

General Use		Limited Use	
16HR-LD 250	16HR-LD 100	16HR-FB	16HR-DV
<25 μ rem / scan	<10 μ rem / scan	<200 μ rem / scan	<450 μ rem / scan
1,000 scans/year	2,500 scans/year	125 scans/year	55 scans/year
~ 19 scans/week	~ 48 scans/week	~ 2 scans/week	~ 1 scan/week
~ 2 scans/day	~ 6 scans/day		



What's the Risk?



milliRem	Dose Example
1000	Approximate monthly dose to lungs from smoking 
300	Average annual dose from all background radiation sources 
200	Average annual dose from radon gas 
100	NRC annual dose limit for the public 
50	Average annual dose from medical x rays 
30	Annual dose from your body 
20	Annual dose from cosmic radiation 
10	Average annual occupational dose to cabinet x-rzy operator 
6	Dose from single chest x-ray 
3	Dose from one transatlantic flight 
2	Dose from single dental x-ray 
1	Dose from single leg/arm x-ray 

Radiation Fascination

- Foods you didn't know were radioactive!

Potatoes	~0.01 mrem
Carrots	~0.02 mrem
Red Meat	~0.01 mrem
Beer	~0.001 mrem

B-SCAN Radiation (we can all understand)

- Each scan **through** a B-SCAN gives an individual a dose:

• 16HR-LD 250	0.025 mrem/scan
• 16HR-FB	0.2 mrem/scan
• 16HR-DV	0.45 mrem/scan

1 Brazil nut is 0.04 mrem

Dose rate per scan comparison

