

## Radiation Effective Doses

Source of exposure	Dose
Dental x-ray	0.005 mSv
100g of Brazil nuts	0.01 mSv
Chest x-ray	0.014 mSv
Transatlantic flight	0.08 mSv
Nuclear power station worker average annual occupational exposure (2010)	0.18 mSv
UK annual average radon dose	1.3 mSv
CT scan of the head	1.4 mSv
UK average annual radiation dose	2.7 mSv
USA average annual radiation dose	6.2 mSv
CT scan of the chest	6.6 mSv
Average annual radon dose to people in Cornwall	6.9 mSv
CT scan of the whole spine	10 mSv
Annual exposure limit for nuclear industry employees	20 mSv
Level at which changes in blood cells can be readily observed	100 mSv
Acute radiation effects including nausea and a reduction in white blood cell count	1000 mSv
Dose of radiation which would kill about half of those receiving it in a month	5000 mSv

<https://www.gov.uk/government/publications/ionising-radiation-dose-comparisons/ionising-radiation-dose-comparisons>