

Radon gas and your health at work

Did you know that breathing in radon is the second largest cause of lung cancer in the UK after smoking, resulting in up to 2000 fatal cancers per year?

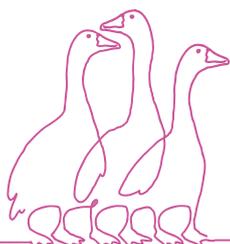
Under UK regulations, including the Ionizing Radiation Regulations 2017, all employers must review the potential radon hazard on their premises.

What is radon?

- Radon-222 is a colourless, odourless, and radioactive gas naturally created by uranium, which occurs in many rocks and soils, not just granite
- Radon contributes to around 48%* of the UK's average radiation exposure levels
- Nuclear weapon fallout contributes to just 0.2%*
- The gas can seep out of the ground and build up in indoor workplaces
- Many parts of the UK have high radon levels but the highest levels are usually found in basements, caves, and mines
- High concentrations are also found in ground floor areas of buildings

How are we exposed to radon?

The radioactive elements formed by the decay of radon can be inhaled and enter our lungs. Inside the lungs, these elements continue to decay and emit radiation, most importantly alpha particles. These are absorbed by the nearby lung tissues and cause localised damage, possibly leading to lung cancer.



What do employers need to be doing about radon?

- Review your premises' radon levels and assess the risk of having a high radon level
- Measure the radon levels on the premises with a higher risk over a three month period
- Act on any high results by making structural or operational changes
- Monitor any changes to the premises or its use and assess the need to re-test, including implementing any radon reduction systems

For more information on radon and how 4see can help you to reduce your risk, please contact us on 01327 811166 or enquiry@4see.co.uk.

*Public Health England study in the breakdown of the average UK radiation dose in 2010.