

**Average Annual Effective Dose Equivalent of Ionizing Radiations
to a Member of the U.S. Population**

Source	Dose Equivalent ^a		Effective Dose Equivalent	
	mSv	mrem	mSv	%
Natural				
Radon ^b	24	2,400	2.0	55
Cosmic	0.27	27	0.27	8.0
Terrestrial	0.28	28	0.28	8.0
Internal	0.39	39	0.39	11
Total Natural	—	—	3.0	82
Artificial				
Medical				
x-ray diagnosis	0.39	39	0.39	11
Nuclear medicine	0.14	14	0.14	4.0
Consumer products	0.10	10	0.10	3.0
Other				
Occupational	0.009	0.9	<0.01	<0.3
Nuclear fuel cycle	<0.01	<1.0	<0.01	<0.03
Fallout	<0.01	<1.0	<0.01	<0.03
Miscellaneous ^c	<0.01	<1.0	<0.01	<0.03
Total Artificial	—	—	0.63	18
Total natural and artificial	—	—	3.6	100

^a To soft tissues

^b Dose equivalent to bronchi from radon daughter products. The assumed weighting factor for the effective dose equivalent relative to whole-body exposure is 0.08.

^c Department of Energy facilities, smelters, transportation, etc.

SOURCE: BEIR (1990), p. 18