

Nuclear Regulatory Commission Recommendations

Occupational Limit	5,000 mrem/yr
Recommendation for Public	100 mrem/yr
Plane flight - LA to NY	3 mrem

Granite Countertops

<u>urem/hr</u>	<u>mrem/hr</u>	<u>mrem/yr</u> <u>@ 1 hr/day</u>	<u>mrem/yr</u> <u>@ 4 hr/day</u>
10	0.01	4	14
20	0.02	7	29
30	0.03	11	44
40	0.04	15	58
50	0.05	18	73
100	0.10	37	146
150	0.15	55	219
200	0.20	73	292
250	0.25	91	365
300	0.30	109	438
350	0.35	128	511
400	0.40	146	584
450	0.45	164	657
500	0.50	182	730