

Drill – Hasty Personal Decontamination (Radiological)

Task: Conduct a hasty personal decontamination from radiological material

Condition: Upon warning of possible exposure to radiological materials, with and without access to shower and/or running water.

Standards: Remove contaminated clothing, wash/wipe exposed body surfaces. Contain contamination and prepare for disposal of exposed clothing and materials.

Performance Measures:

1. Take Off Outer Layer of Clothing

- a. Taking off your outer layer of clothing can remove up to 90% of radioactive material
- b. Be very careful in removing your clothing to prevent radioactive dust from shaking loose
- c. Put the clothing in a plastic bag or other sealable container
- d. Put the bag in an out-of-the-way place, away from other people

2. Wash Yourself Off

a. If You Can Take a Shower

- Use soap and shampoo. Do not use conditioners because it will cause radioactive material to stick to your hair.
- Do not scald, scrub, or scratch your skin.
- Keep cuts and scrapes covered when washing to keep from getting radioactive material in open wounds.

b. If You Cannot Take a Shower

- Wash your hands, face and parts of your body that were uncovered at a sink or faucet
- Use soap and plenty of water

c. If You Cannot Use a Sink or Faucet

- Use a moist wipe, clean wet cloth, or damp paper towel to wipe the parts of your body that were uncovered
- Pay special attention to your hands and face
- Blow your nose and wipe your eyelids, eyelashes, and ears with a moist wipe, clean wet cloth, or damp paper towel

d. If You Do Not Have Access to Water, Use One of the Following

- It is best to clean off with a moist towelette, wet nap, or baby wipe
- Otherwise, clean off with a dry paper towel or cloth
- Dispose of the towels with the clothing

3. Put on Clean Clothes

a. If you have clean clothes

- Clothes stored in a closet or drawer away from radioactive material are safe to wear

b. If you do not have clean clothes

- Take off your outer layer of clothing, shake or brush off your clothes, and put your clothes back on
- Rewash your hands, face and exposed skin at a sink or faucet

4. Help Others and Pets

- a. Wear waterproof gloves and a dust mask if you can
- b. Keep cuts and scrapes covered when washing to keep radioactive material out of the wound
- c. Rewash your hands, face and parts of your body that were uncovered at a sink or faucet

Reference: These procedures taken from U. S. Department of Health and Human Services Center for Disease Control and Prevention

(<https://www.cdc.gov/nceh/radiation/emergencies/pdf/IND-Message-Testing-Final-Report.pdf>)