Convert mR readings to uCi values:

The "Specific Exposure Rate Constant", sometimes known as the "Gamma Factor", is the exposure rate at a specific distance from a given amount of a photon-emitting radionuclide. These constants are used frequently for radiation protection purposes. The following is a listing of Specific Exposure Rate Constants for a variety of radionuclides, in units of Roentgens per hour (R/hr) at a distance of one (1) meter from a one (1) curie point source of that radionuclide.

Americium

· Am-241 - 0.313723

Barium

· Ba-133 - 0.45547

Beryllium

· Be-7 - 0.0343804

Bismuth

· Bi-206 - 2.5234

· Bi-207 - 1.33311

· Bi-208 - 1.5207

· Bi-211 - 0.047138

· Bi-212 - 0.194768

· Bi-213 - 0.11618

· Bi-214 - 0.83916

Cesium

· Cs-137 - 0.38184

.

Cobalt

· Co-56 - 1.92585

· Co-57 - 0.151219

· Co-58 - 0.61383

· Co-58m - 9.7569E-05

· Co-60 - 1.37011

· Co-60m - 0.00335109

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Iodine

· I-122 - 0.70337

· I-123 - 0.276686

· I-124 - 0.7585

· I-125 - 0.274984

· I-126 - 0.39035

· I-128 - 0.059792

· I-129 - 0.125837

· I-130 - 1.40267

· I-131 - 0.282939

· I-132 - 1.42746

· I-133 - 0.40885

· I-134 - 1.57287

· I-135 - 0.86099

· I-136 - 1.26429

Krypton

· Kr-85 - 0.00156584

Lead

· Pb-203 - 0.67636

· Pb-204m - 1.3505

· Pb-205 - 0.251193

· Pb-210 - 0.251637

· Pb-211 - 0.0363932

· Pb-212 - 0.273393

· Pb-214 - 0.323454

· Pd-103 - 0.230103

· Pd-109 - 0.0004847

· Mo-101 - 0.88467

· .07707

· Ni-65 - 0.297406

Niobium

· Nb-90 - 2.44089

· Nb-91 - 0.326784

· Nb-91m - 0.26492

· Nb-92 - 1.26318

· Nb-92m - 0.89281

· Nb-93m - 0.052577

· Nb-94 - 0.97976

· Nb-94m - 0.202797

· Nb-95 - 0.48026

· Nb-95m - 0.23643

· Nb-96 - 1.5244

· Nb-97 - 0.43475

· Nb-97m - 0.46694

Nitrogen

· N-13 - 0.71706

Plutonium

· Pu-236 - 0.088985

· Pu-237 - 0.38443

· Pu-238 - 0.078995

· Pu-239 - 0.0301365

· Pu-240 - 0.07511

· Pu-242 - 0.062308

· Pu-243 - 0.092833

· Pu-244 - 0.054094

· Pu-245 - 0.38702

Polonium

· Po-209 - 0.00363007

· Po-210 - 5.2688E-06

· Po-211 - 0.0049136

· Po-213 - 1.90402E-05

· Po-214 - 5.1726E-05

· Po-215 - 0.000105857

· Po-216 - 8.9688E-06

Potassium

· K-40 - 0.081696

· K-42 - 0.143153

· K-43 - 0.67007

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Radium

· Ra-222 - 0.0078255

· Ra-223 - 0.325193

· Ra-224 - 0.0109779

· Ra-225 - 0.154068

· Ra-226 - 0.0121138

Radon

· Rn-218 - 0.00050579

· Rn-219 - 0.052503

· Rn-220 - 0.000359751

· Rn-222 - 0.00027343

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Rhodium

· Rh-103m - 0.0255744

· Rh-105 - 0.058756

· Rh-105m - 0.157287

· Rh-106 - 0.138158

Silver

· Ag-106m - 1.93769

· Ag-108 - 0.0162763

· Ag-108m - 1.27132

· Ag-109m - 0.100714

· Ag-110 - 0.0205646

· Ag-110m - 1.65242

· Ag-111 - 0.0197173

Sodium

· Na-22 - 1.3394

· Na-24 - 1.93769

Strontium

· Sr-82 - 0.39405

· Sr-85 - 0.75924

· Sr-85m - 0.222148

· Sr-87m - 0.29637

· Sr-89 - 8.1585E-05

· Sr-91 - 0.41366

· Sr-92 - 0.72002

· Sr-93 - 1.35605

Technetium

· Tc-99 - 4.5954E-07

Thorium

· Th-226 - 0.067266

· Th-227 - 0.42365

· Th-228 - 0.079254

· Th-229 - 0.73593

· Th-230 - 0.068857

· Th-231 - 0.54501

· Th-232 - 0.068376

· Th-233 - 0.095719

· Th-234 - 0.075406

Uranium

· U-230 - 0.091131

· U-231 - 0.7844

· U-232 - 0.088911

· U-233 - 0.0291042

· U-234 - 0.077589

· U-235 - 0.338883

· U-236 - 0.073704

· U-237 - 0.58793

· U-238 - 0.065231

· U-239 - 0.13431

· U-240 - 0.284382

Xenon

· Xe-122 - 0.180079

· Xe-123 - 0.52392

· Xe-125 - 0.356014

· Xe-127 - 0.345247

· Xe-129m - 0.228105

· Xe-131m - 0.093721

· Xe-133 - 0.102971

· Xe-133m - 0.112258

· Xe-135 - 0.189477

· Xe-135m - 0.320087

· Xe-137 - 0.123802

· Xe-138 - 0.62123

Yttrium

· Y-86 - 2.32804

· Y-87 - 0.68857

· Y-88 - 1.78303

· Y-90m - 0.48692

· Y-91 - 0.00199911

· Y-91m - 0.38036

· Y-92 - 0.146927

· Y-93 - 0.051652

**Listing partially extracted from ORNL/RSIC-45, "Specific Gamma-Ray Dose

Constants for

Nuclides Important to Dosimetry and Radiological Assessment", 1981.

Geo