ALARA: As Low As is Reasonably Achievable

The ALARA Acronym comes out of the NRC (Nuclear Regulatory Commission) Code of Federal Regulations, Title 10, Section 20.1003. ALARA means, “To make every reasonable effort to maintain exposures to ionizing radiation as far below the dose limits as practical, consistent with the purpose for which the licensed activity is undertaken.” The NRC Code goes on to explain the practical limits might entail and the importance and practicality of taking extreme measures to keep both radiation workers and the general public safe.