

Radiation protection process

[Science](#), [Chemistry](#)



Radiation protection is the process whereby the individual working in a place where radiation is emitted are protected from its harmful exposure. The individual uses different protection gears. For example, some protection materials are capable of absorbing radiation. Basically, the protection gears are meant to eliminate or reduce the harmful effects of radiation emissions. In addition to protecting human beings from these radiations, the environment is also protected. This is because the radiation can also bring some changes in the environment that will affect human or animal health indirectly. The following ways can be used to protect yourself from the radiation.

Use of protective gears- these are materials that can stop the radiations from reaching your body. The materials can absorb or redirect the radiation.

Maintaining the stipulated distance from the source, where the radiation cannot reach or has weakened.

Limiting the time that an individual gets exposed to the radiation. This is in situations where the other protective measures are not applicable.