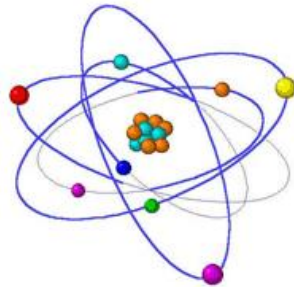


Introduction to Nuclear Engineering

ME 464



Radiation protection

15.05.2024

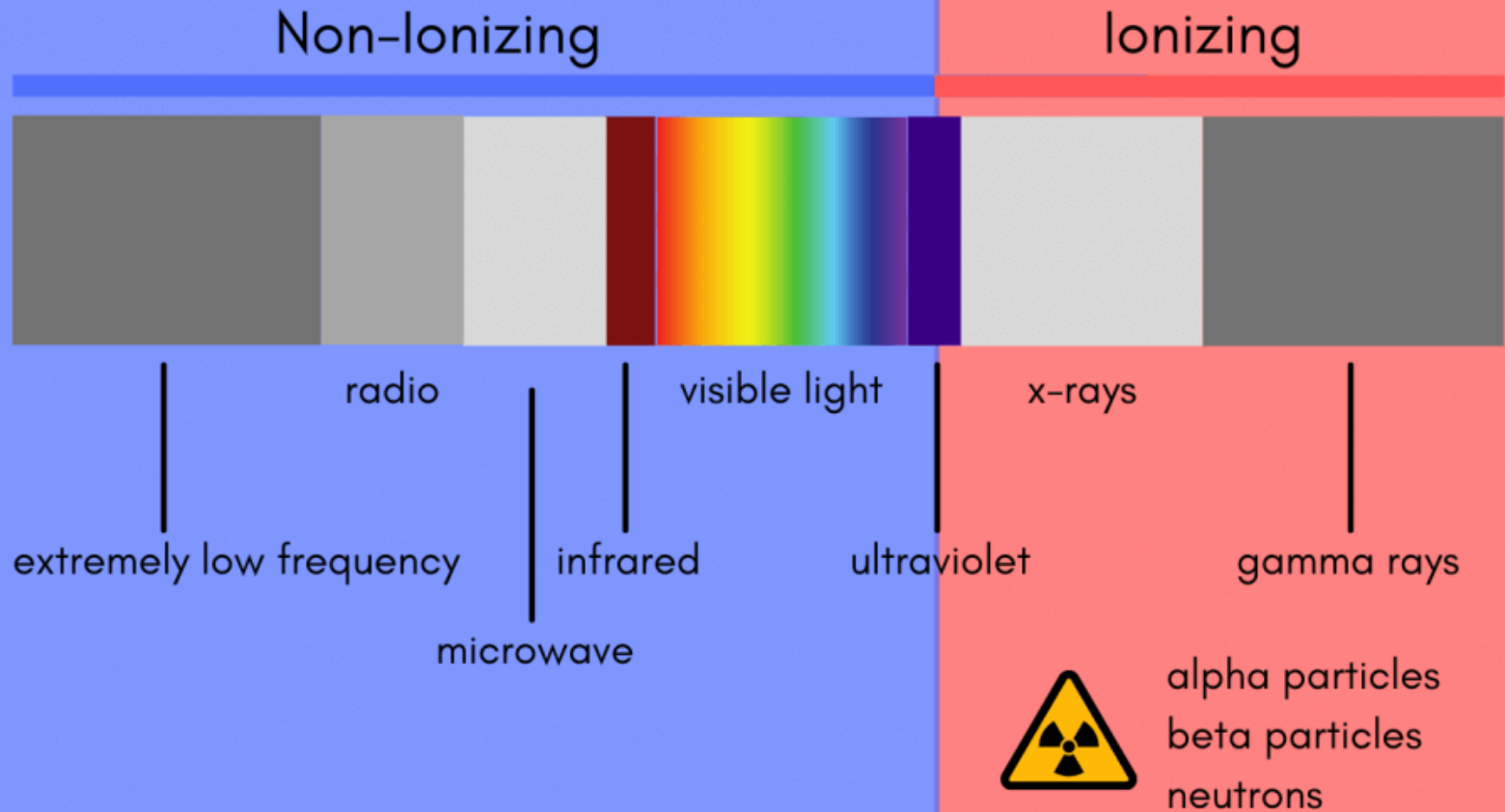
- ❑ Interaction of radiation with matter
- ❑ Concept of Dose, absorbed, equivalent and effective
- ❑ Origin of an average annual effective dose
 - Radionuclides in the environment
- ❑ Interaction of radiations with biological systems
 - Effect of radiations on DNA
- ❑ Radiation Shielding and Protection

Main Types of Radiation

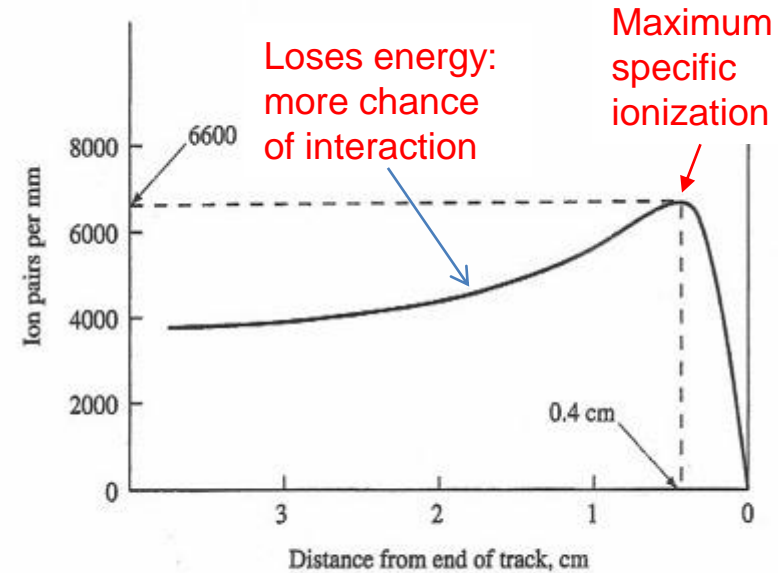
Type	Nuclear equation	Representation	Change in mass/atomic numbers
Alpha decay	${}^A_ZX \rightarrow {}^4_2\text{He} + {}^{A-4}_{Z-2}Y$		A: decrease by 4 Z: decrease by 2
Beta decay	${}^A_ZX \rightarrow {}^0_{-1}e + {}^A_{Z+1}Y$		A: unchanged Z: increase by 1
Gamma decay	${}^A_ZX \rightarrow {}^0_0\gamma + {}^A_ZY$		A: unchanged Z: unchanged
Positron emission	${}^A_ZX \rightarrow {}^0_{+1}e + {}^A_{Z-1}Y$		A: unchanged Z: decrease by 1
Electron capture	${}^A_ZX + {}^0_{-1}e \rightarrow {}^A_{Z-1}Y + \gamma$		A: unchanged Z: decrease by 1

- ❑ There are four general types of radiation generated in **nuclear** and **atomic** processes:
 - **Charged particles:**
 - Fast electrons: β^+ and β^- from nuclear decay.
 - Heavy charged particles: all energetic ions with $A \geq 1$ (p^+ , α^{2+} , fission products, nuclear reaction products)
 - **Uncharged particles:**
 - Electromagnetic radiation: photons, X-rays (from electron transitions between atomic shells), gamma-rays (from nuclear transitions)
 - Neutrons: slow and fast (generated in nuclear reactions.)

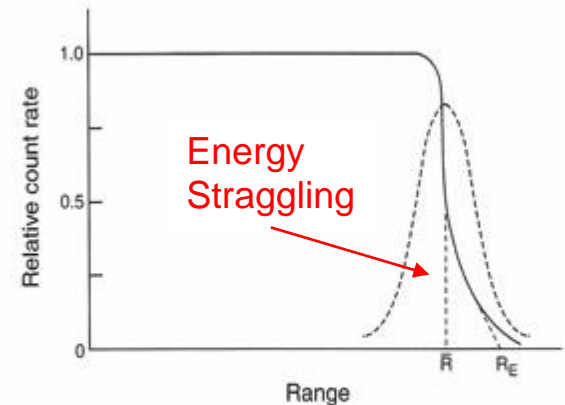
Non-ionizing and Ionizing Radiation



- Alphas lose energy primarily by **ionizing** the atoms in the medium (i.e. energy is transferred to electrons).
- The specific ionization (number of ion-electron pairs created per cm) of alpha particles follows a **Bragg curve**.
- The range R is well defined and relatively abrupt, as the alpha particle continues to penetrate (with gradually lower energy) until it is finally stopped
- Range of few cm in standard air



Specific ionization of an α -particle in air.



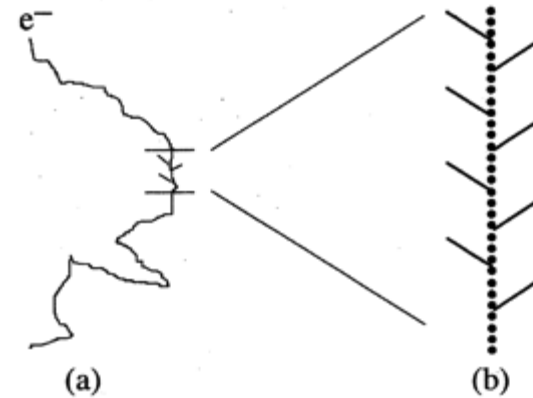
Range in air of a collimated monoenergetic source of alpha particles showing straggling that is normally distributed about the mean range at \bar{R} . An extrapolated range, R_E , can be obtained by extending the straight-line portion of the curve to the x-axis.

□ Beta particles lose energy mostly by **ionization**

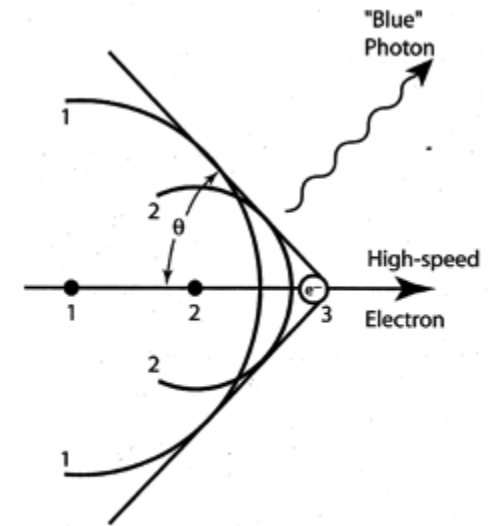
- Direct ionization (main mechanism)
- “Delta” rays from electrons ejected by ionization.
- Beta particle paths are tortuous:

□ At higher energies other mechanism become relevant:

- **Bremsstrahlung** - occurs when beta particles are decelerated or deflected by the electric fields of nuclei in the medium, resulting in the emission of X-rays
- **Cherenkov radiation** caused by high-speed beta particles in media if $(v/c) > (1/n)$, n =refractive index of the medium.



(a) Range and ionization path of a beta particle in an absorbing medium; (b) amplified segment of ionization track showing delta ray tracks produced by ejected electrons.



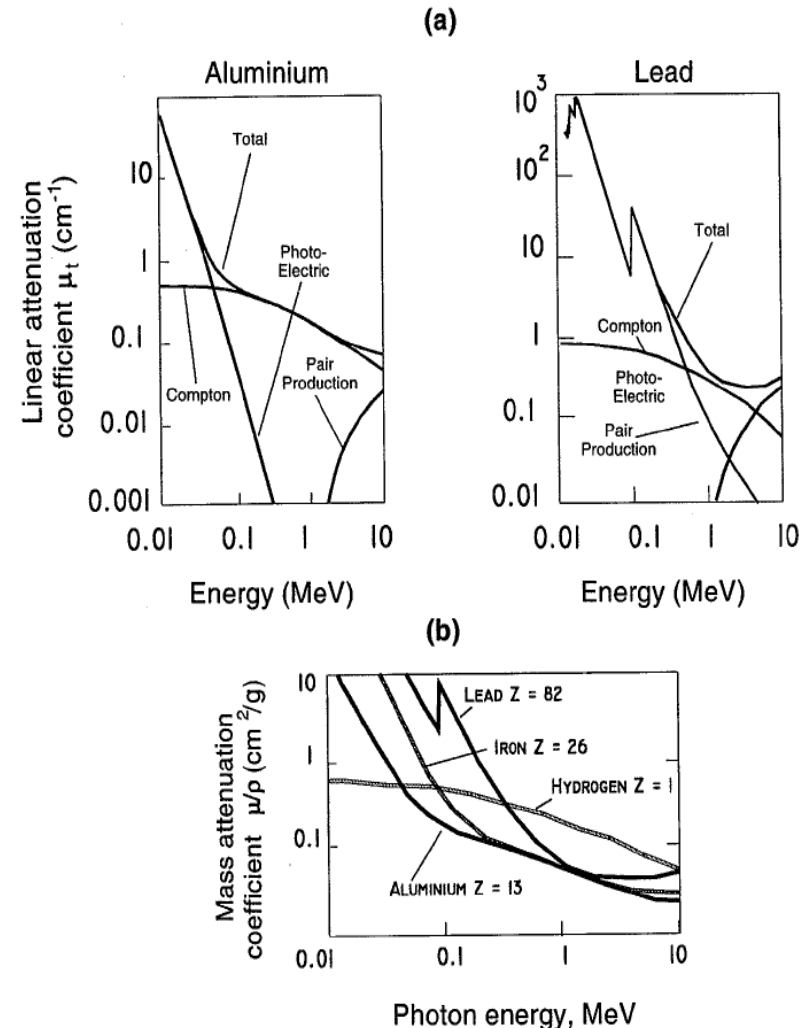
Wavefronts produced by a particle with velocity $\geq c/n$ constructively interfere to produce blue photons of light, or Cherenkov radiation.

- ☐ Photons lose energy interacting with matter **mainly** by:

- **Photoelectric effect** ($E < 0.5$ MeV)
 $\sigma_{pe} \sim Z^n/E^3$ ($n=4-5$)
- **Compton Scattering** (E 0.5 - 1.0 MeV) $\sigma_C \sim Z/E$
- **Pair Production** ($E > 1.022$ MeV)
 $\sigma_{pp} \sim Z^2/(E)$

- ☐ Attenuation follows exponential law with attenuation coefficient: $\mu_{tot} = \mu_{pe} + \mu_C + \mu_{pp}$

$$I(x) = I_0 e^{-\mu x}$$



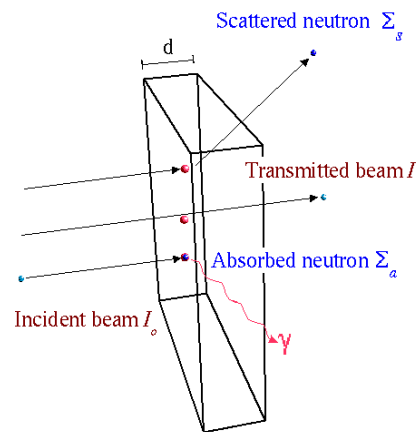
Total linear and mass attenuation coefficients (μ_t cm⁻¹ and μ_m cm²/g) for γ rays. (a) μ_t values for aluminium ($Z=13$, $\rho=2.70$ g/cm³) and lead ($Z=82$, $\rho=11.3$ g/cm³), showing the three mutually independent components. (b) The mass attenuation coefficient μ_m for the elements H, Al, Fe and Pb. Note the different function for hydrogen.

□ Neutrons (n) interact with matter (nuclei) in many ways:

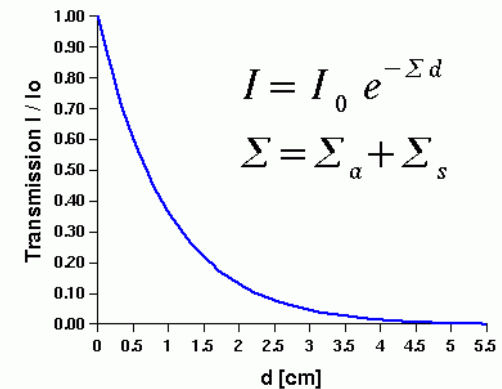
- Elastic scattering: ${}^A_Z(n,n){}^A_Z$; energy loss of n is highest for light nuclei
- Inelastic scattering: ${}^A_Z(n,n'){}^A_Z^*$
- Radiative capture: ${}^A_Z(n,g){}^{A+1}_Z$
- Nuclear reactions: ${}^A_Z(n,p)$, ${}^A_Z(n,\alpha)$, ${}^A_Z(n,2n)$, ...
- Fission of heavy nuclei: ${}^A_Z(n,f)$

Narrow Beam Attenuation

$$I = I_0 e^{-\Sigma d}$$



Exponential Attenuation Law



Macroscopic Cross Section Σ

$$\Sigma = N \sigma \quad [cm^{-1}]$$

$$N = \frac{\rho}{A} N_A \quad [cm^{-3}]$$

N := number density $[cm^{-3}]$

ρ := material density $[g\ cm^{-3}]$

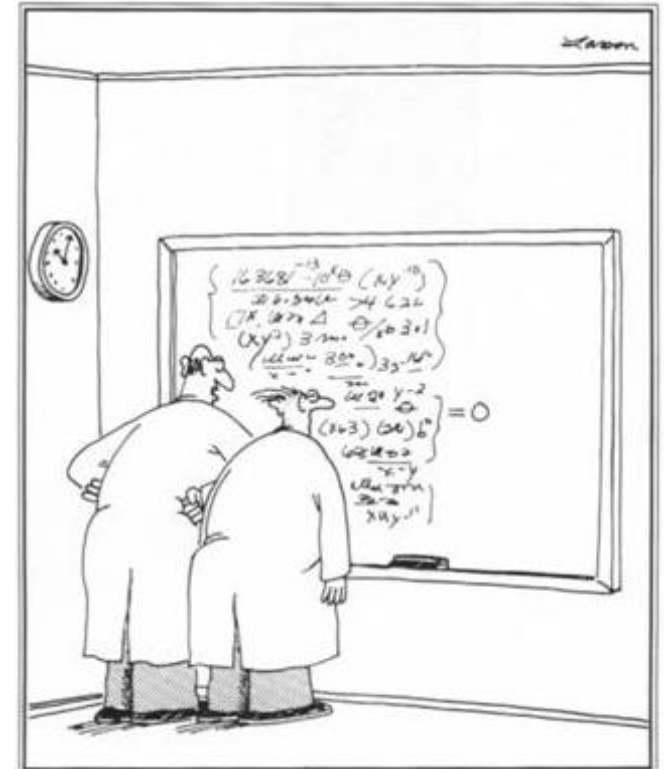
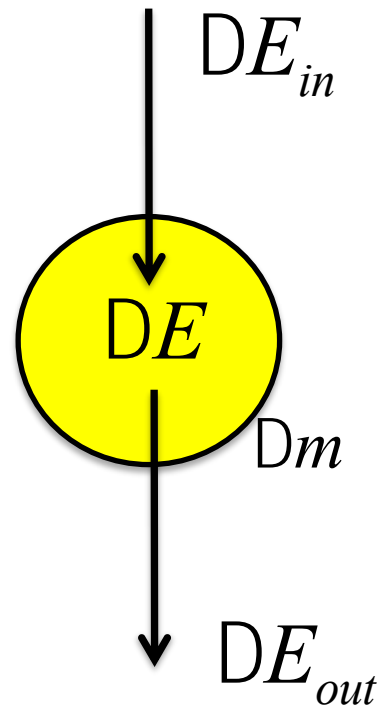
A := atomic weight $[g\ mol^{-1}]$

N_A := Avogadro number $6.022 \cdot 10^{23} [mol^{-1}]$

□ Absorbed dose:

- Basic **physical quantity**
- Energy deposited per unit mass
- Unit: gray (1 Gy = 1 J/kg)

$$D = \lim_{Dm \rightarrow 0} \frac{DE}{Dm}$$

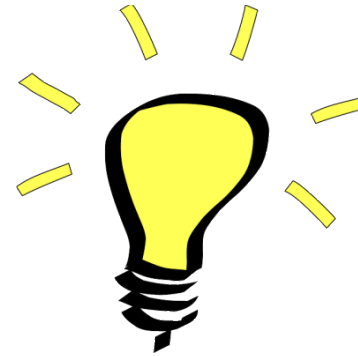


□ What is the increase of temperature when 3.2 liters of water receive an absorbed dose of 1 Gy?

- a) c. 10 K
- b) c. 1 K
- c) c. 0.1 K
- d) c. 20 mK
- e) c. 0.1 mK



- What is the increase of temperature when 3.2 liters of water receive an absorbed dose of 1 Gy?

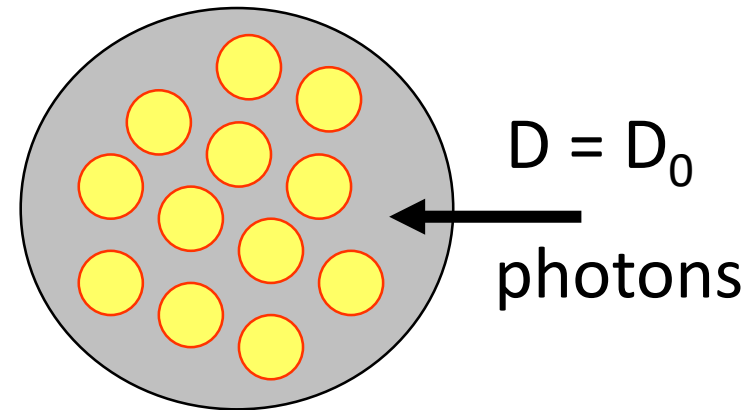
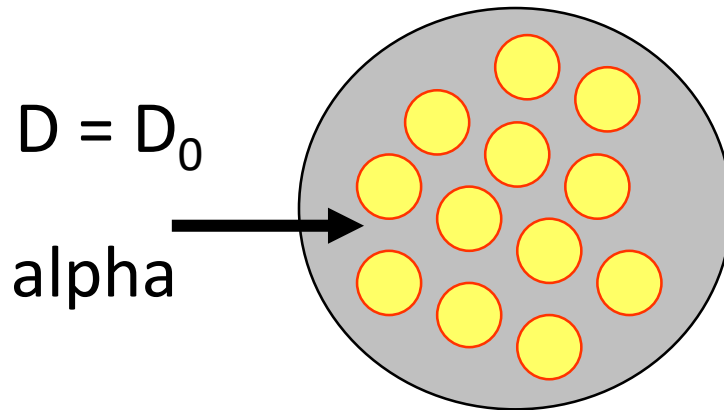


$$\Delta E = Dm = 1 \text{ Gy} \times 3.2 \text{ kg} = 3.2 \text{ J}$$

$$\Delta T = \frac{\Delta E}{m c_p} = \frac{3.2 \text{ J}}{3.2 \text{ kg} \times 4181 \frac{\text{J}}{\text{kg K}}} = 0.24 \text{ mK}$$

$$\text{OR: } \Delta T = \frac{D}{c_p} = \frac{1 \frac{\text{J}}{\text{kg}}}{4181 \frac{\text{J}}{\text{kg K}}}$$

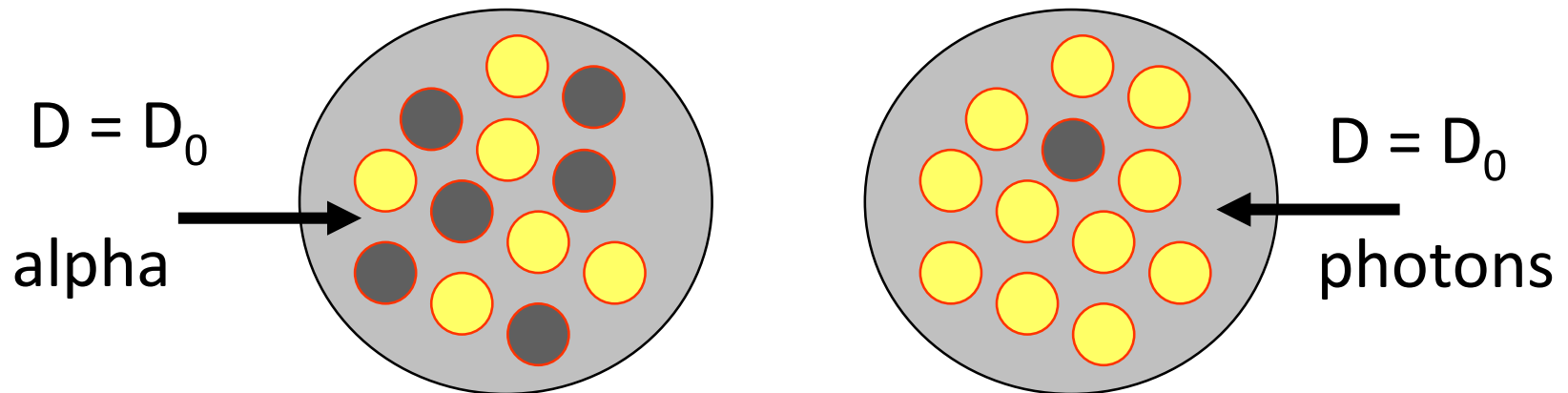
- For a given absorbed dose, what kind of radiation is the most damaging?



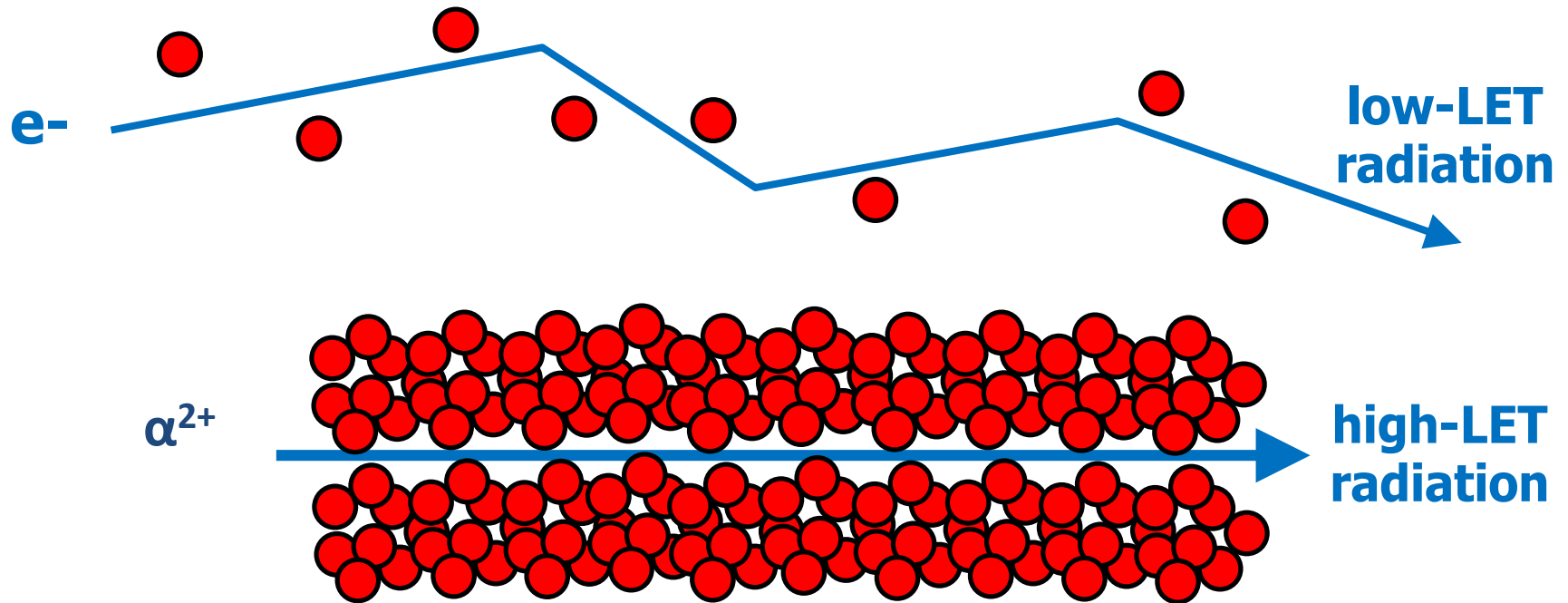
□ For a given absorbed dose, what kind of radiation is the most damaging?



- For a given absorbed dose **alpha particles** are **more damaging** than **photons** → The absorbed dose is not always linked to the biological risk



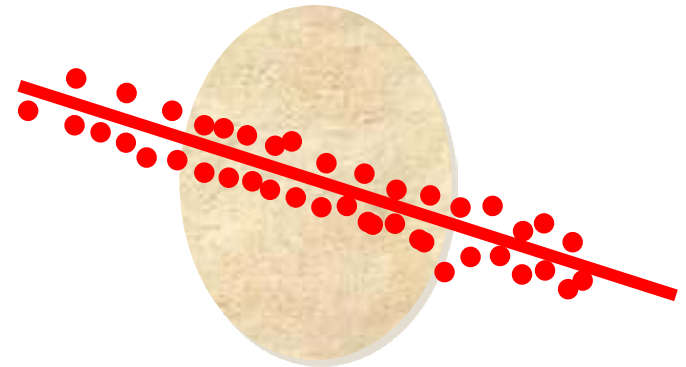
- LET explains the difference of biological efficiency

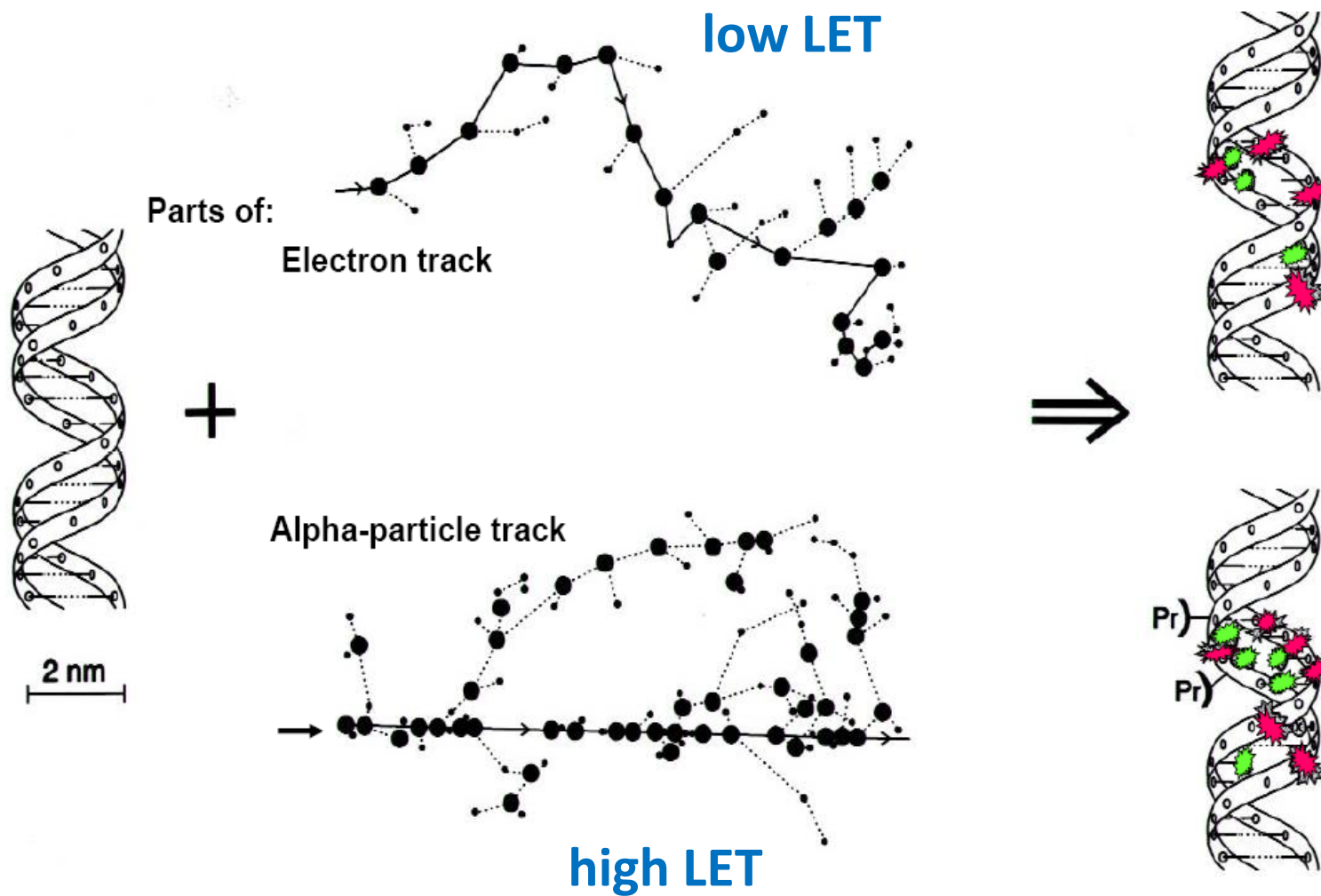


- LET: linear energy transfer ($\approx dE_{\text{coll}}/dx$)
 - Energy transferred through collision to the electrons of matter

- Low LET radiation
 - Many cells lightly wounded
 - Recovery probable

- High LET radiation
 - Few cells highly injured
 - Lower probability to recover





- Radiation weighting (w_R) of the absorbed dose

– Unit: **sievert** [Sv]

absorbed dose to the
organ T delivered by
the radiation of
quality R

equivalent dose
to organ T

$$H_T = \sum_R w_R D_{R,T}$$

radiation weighting factor

Radiation	w_R
Photons (all energies)	1
Electrons	1
Neutrons < 1MeV	$2.5 + 18.2 \exp(-\ln(E)^2/6)$
Neutrons > 1MeV, <50 MeV	$5.0 + 17.0 \exp(-\ln(2E)^2/6)$
Neutrons >50 MeV	$2.5 + 3.25 \exp(-\ln(0.04E)^2/6)$
Protons	2
Charged particles	20

- ❑ A 2 MeV proton beam of intensity $I=10^{10}$ proton/s/cm² and a section S of 5 cm² is used in a radiotherapy facility. A technician of mass m 80 kg accidentally walk in front of the beam and stands there for 30s (t_{exp}).
- ❑ What are the doses (absorbed/equivalent) received by the technician?



- A 2 MeV proton beam of intensity $I=10^{10}$ proton/s/cm² and a section S of 5 cm² is used in a radiotherapy facility. A technician of mass m 80 kg accidentally walk in front of the beam and stands there for 30s (t_{exp}).
- What are the doses (absorbed/equivalent) received by the technician?

$$D = E_p \cdot I \cdot S \cdot t_{exp} \text{ 1eV /m} \quad D = 6 \cdot 10^{-3} \text{ Gy}$$

$$H_T = w_T D \quad H_T = 12 \text{ mSv}$$



- Radiation weighting (w_T) of the absorbed dose to achieve full body dose estimate
- Unit: Sievert [Sv]

$$E = \sum_T w_T H_T$$

equivalent dose
to organ T

weighting factor
of organ T

sex and age averaged

Table 3. Recommended tissue weighting factors.

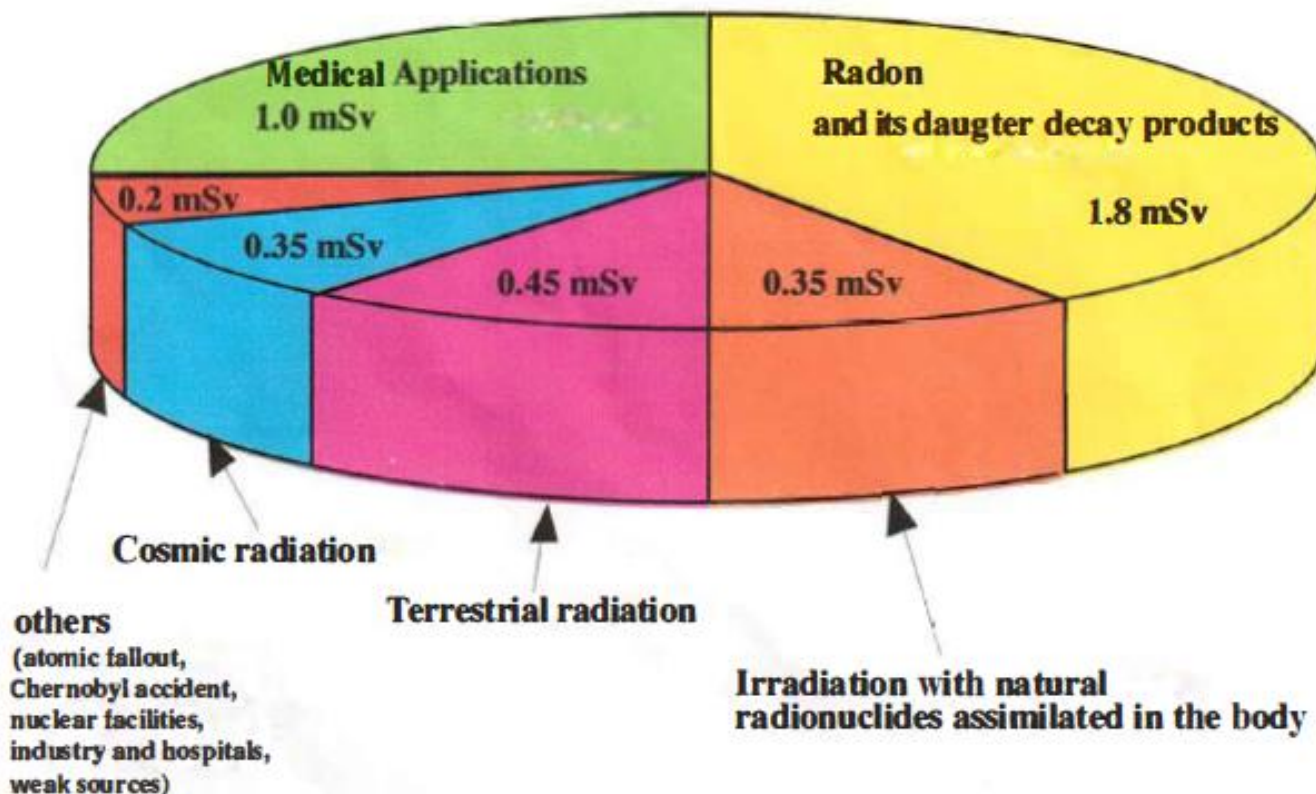
Tissue	Tissue weighting factor, w_T	Sum of w_T values
Bone-marrow (red), colon, lung, stomach, breast, remainder tissues ^a	0.12	0.72
Gonads	0.08	0.08
Bladder, oesophagus, liver, thyroid	0.04	0.16
Bone surface, brain, salivary glands, skin	0.01	0.04
Total		1.00

^a Remainder tissues: Adrenals, extrathoracic (ET) region, gall bladder, heart, kidneys, lymphatic nodes, muscle, oral mucosa, pancreas, prostate (♂), small intestine, spleen, thymus, uterus/cervix (♀).

Break

Average annual effective dose of the Swiss population in milli-Sievert

Total : 4 mSv/an (including 3 mSv / year of natural origin)



Ref. : *Radioactivité de l'environnement et doses de rayonnements en Suisse 2003* , Office fédéral de la santé publique, Division radioprotection, Section de surveillance de la radioactivité, ISBN 3-905235-44-7

Cosmic rays and cosmogenic radionuclides

- ❑ Cosmic radiation includes high-energy protons and atomic nuclei (originate from the **Sun**, from **outside of the solar system** and from **distant galaxies**)

- ❑ Interaction of cosmic rays with atmosphere can produce radionuclides e.g.
 - ❑ ^3H from $^{14}\text{N}(n, t) ^{12}\text{C}$
 - ❑ ^{14}C from $^{14}\text{N}(n, p) ^{14}\text{C}$
 - ❑ ^{10}Be from interaction of p and n with ^{14}N and ^{16}O
 - ❑ ^{32}Si or ^{36}Cl from interaction of cosmic rays with ^{40}Ar



Terrestrial radionuclides

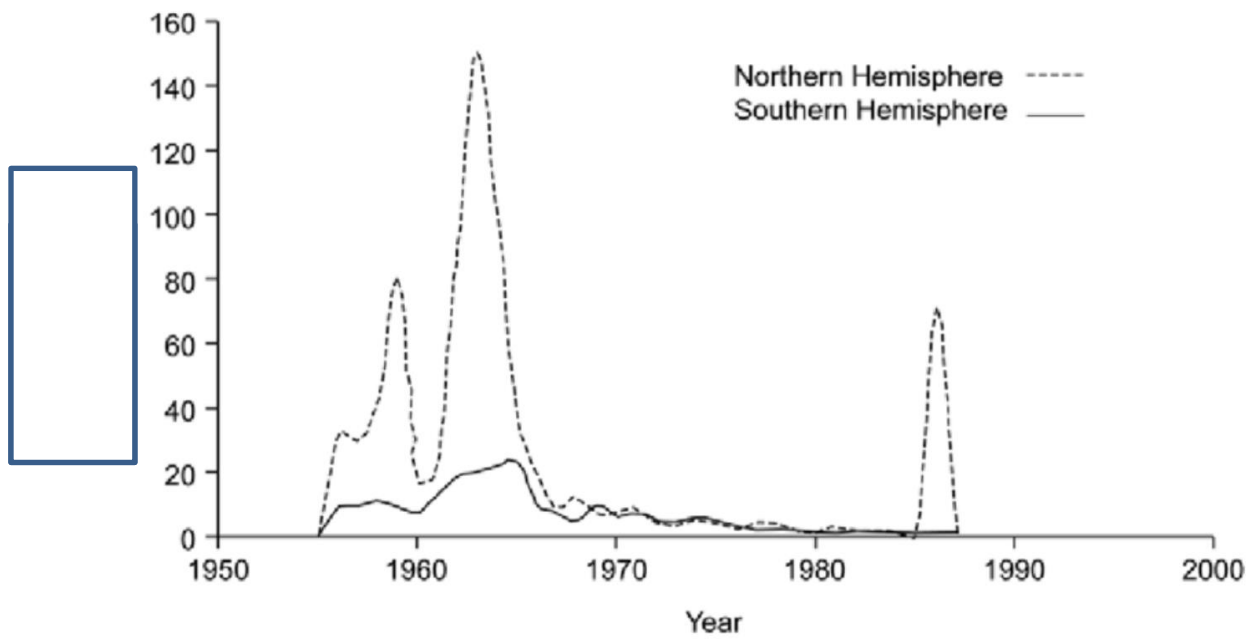
- Circa 70 naturally occurring radionuclides on Earth (most of them are heavy radioactive elements from the natural decay chains)

Decay series	Decay mode of the mother nuclide	Half-life of the mother nuclide [y]
$^{238}\text{U} \dots ^{226}\text{Ra} \dots ^{206}\text{Pb}$	α	$4.468 \cdot 10^9$
$^{235}\text{U} \dots ^{207}\text{Pb}$	α (sf: $3.7 \cdot 10^{-7}\%$)	$7.038 \cdot 10^8$
$^{232}\text{Th} \dots ^{208}\text{Pb}$	α	$1.405 \cdot 10^{10}$

- Several important light elements, such as **H-3, C-14, K-40, etc.**

These radioactive species are ubiquitous, occurring in plants, animals, the air we breathe, the water we drink, the soil, etc. **For example**, in a 70 kg man one finds:

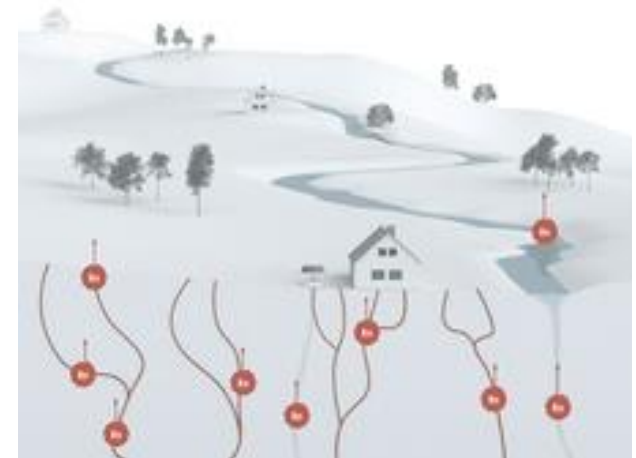
~ 4.4 kBq of K-40 & ~ 3.6 kBq of C-14.



Radionuclides in food

- ❑ All foods contain natural radionuclides. The natural radioactivity in foods contributing to the radiation exposure to humans is mainly caused by the **K-40** and the long-lived radionuclides of the uranium-radium decay chain and the thorium decay chain.

...
U-238,
U-234,
Ra-226,
Ra-228,
Pb-210,
Po-210
Th-230, Th-232 & Th-228
...



Radon decay products can deposit on leaf surfaces and be taken up in the leaves

- ❑ Among artificial radionuclides, **Cs-137** plays an important role as to food from forests, i.e. edible wild mushrooms and game, in particular wild boars.
 - **Legacy of the Chernobyl accident and the atmospheric nuclear weapons tests**

A “practical” guide to radioactive dose





=

0.1 MICROSIEVERT

Airport
security scan

Flight from NY to LA

Long flights expose you to more radiation than airport security.

400 BANANAS
40 μSv



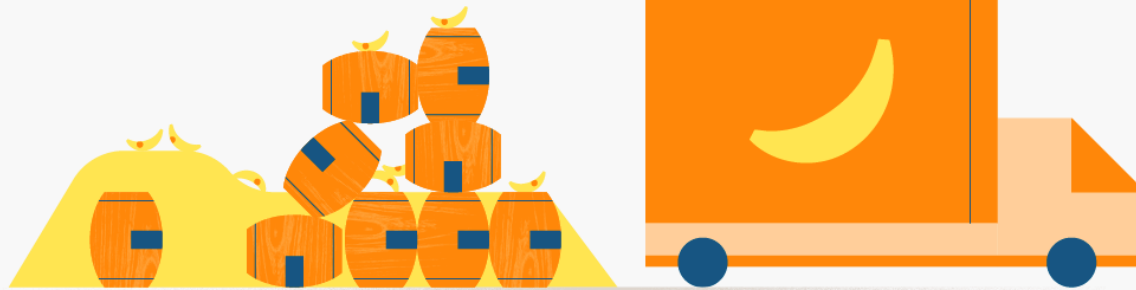
Living in a concrete stone, or brick building for a year

700 BANANAS
70 μSv



CT Scan

100,000 BANANAS
10,000 μSv



Smoking a pack of cigarettes a day for 1 year

240,000 BANANAS
24,000 μSv

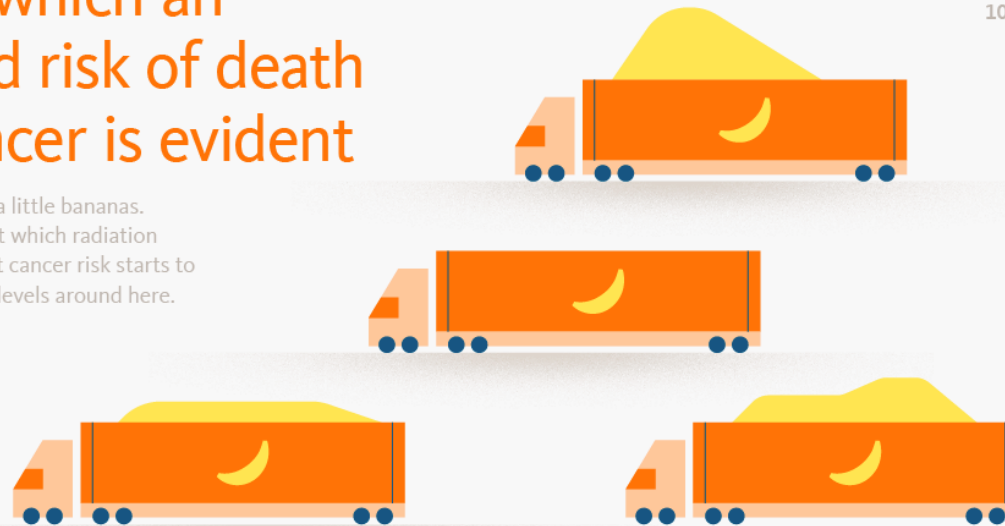
Need another reason to quit?
Smoking a pack a day exposes you
to more radiation than everything
above put together.



Dose at which an increased risk of death from cancer is evident

Now it's starting to get a little bananas.
There's no precise line at which radiation becomes dangerous, but cancer risk starts to increase to measurable levels around here.

1 MILLION BANANAS
100,000 μSv

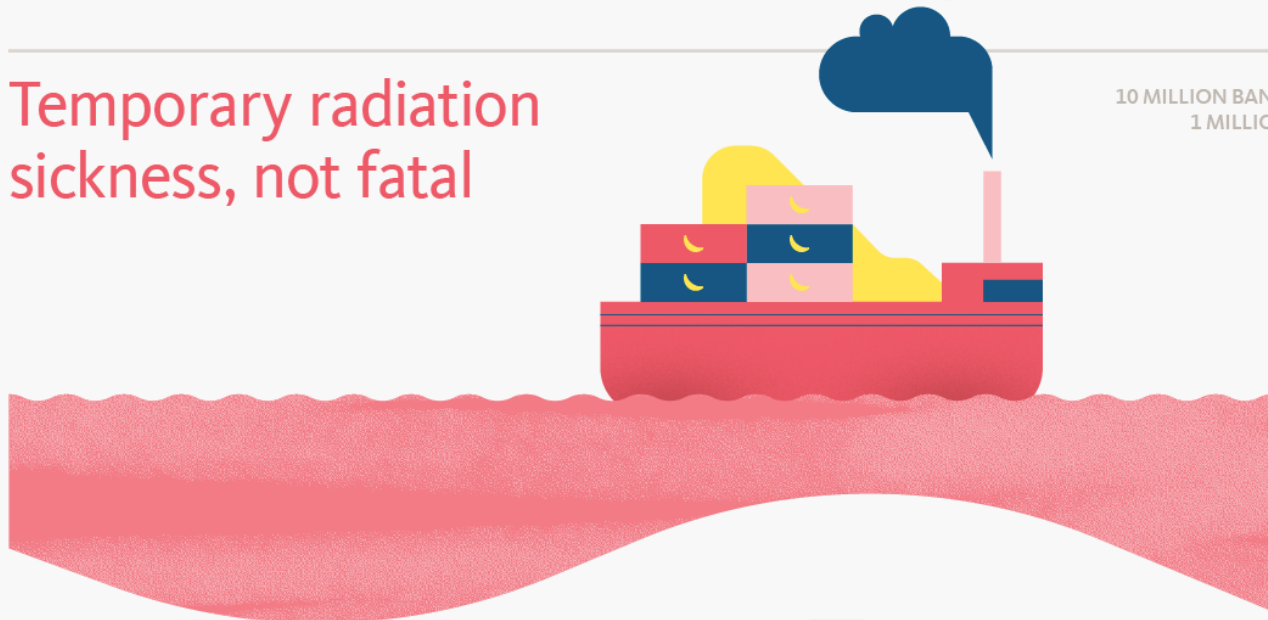


Average dose of Chernobyl residents evacuated after 1986 accident

3.5 MILLION BANANAS
350,000 μSv



Temporary radiation sickness, not fatal



10 MILLION BANANAS
1 MILLION μSv

Fatal dose, death within 2 weeks



100 MILLION BANANAS
10 MILLION μSv

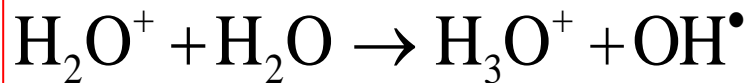
Break

- ❑ **Biological effects** are usually thought of **as effects on cells**.
- ❑ **Ionizing radiation interacts with atoms by ionization.**
- ❑ **The biological effects of radiation result mainly from damage to the DNA, which is the most critical target within the cell.**
- ❑ **Direct Action Damage:**
 - The radiation interacts **directly** with the critical target in the cell.
 - The interactions lead to the chain of physico-chemical events that will produce the biological damage.
 - This is the dominant process for high LET radiation.
- ❑ **Indirect Action Damage:**
 - The radiation interacts **indirectly** with other molecules: 80% water.
 - **Production of free radicals.**
 - The free radicals produce chemical damage in the critical target molecule.
 - This is the dominant process for low LET radiation (2/3 of damage).

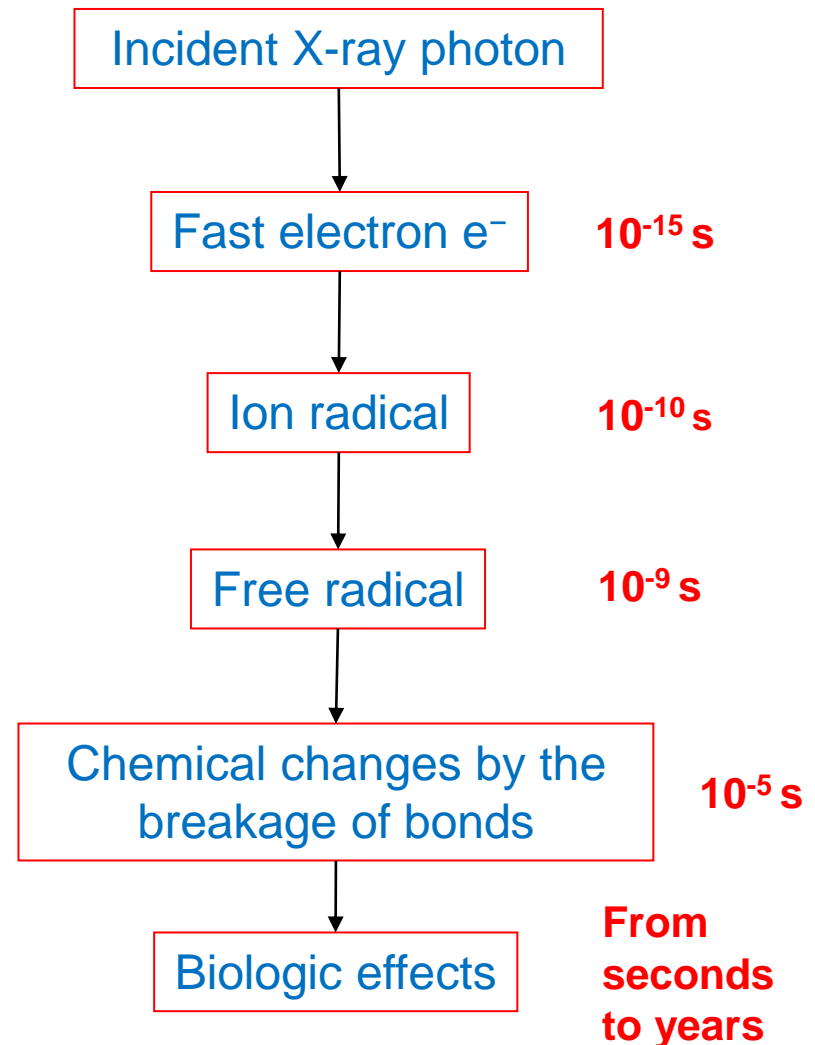
- ❑ Radiation interacts with a water molecule (80% cell is water).
- ❑ Ionization of the water molecule:



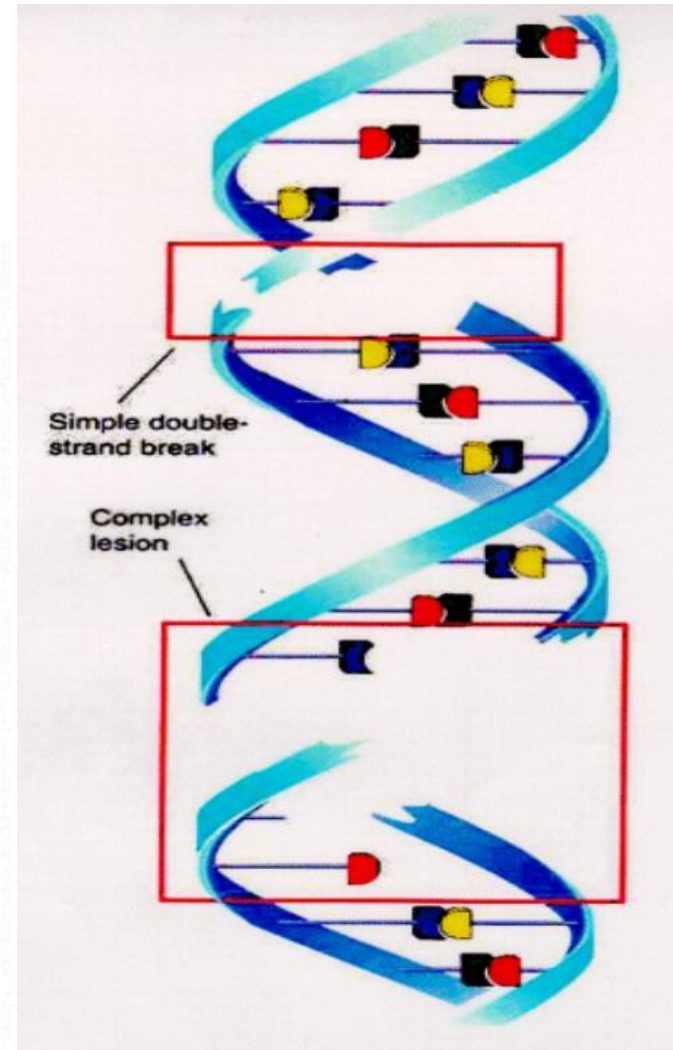
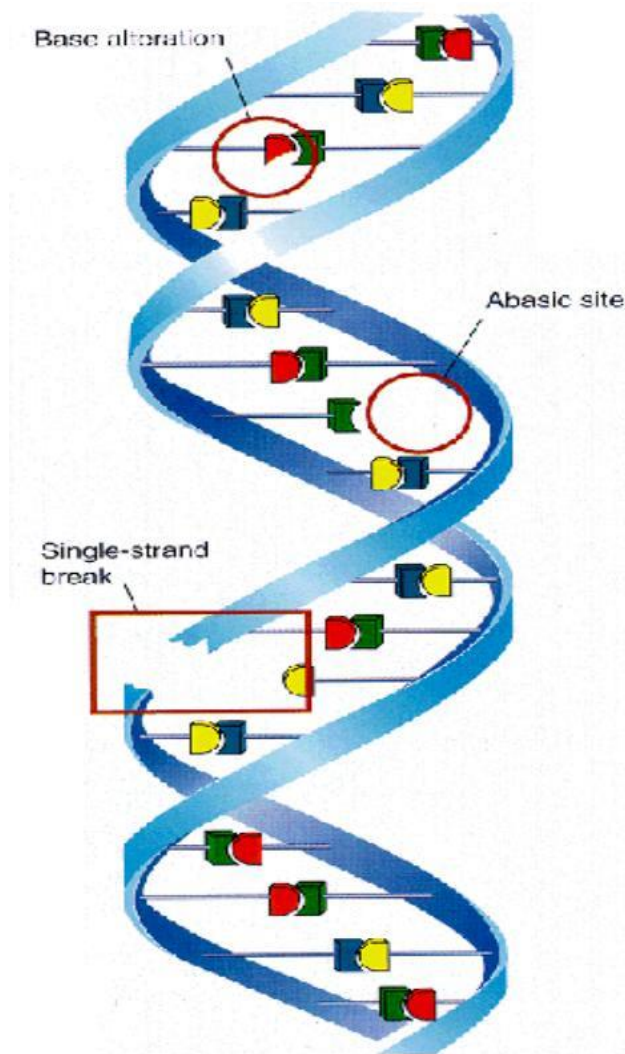
- ❑ Ion radical forms free radical:



- ❑ Hydroxyl radical OH^\bullet diffuses and attacks the DNA molecule.



- ☐ Base pair deletion
- ☐ Cross-linking injuries
- ☐ Single strand break
- ☐ Double strand break
- ☐ Multiple (complex) lesions



- ❑ **No effect.**
- ❑ **Division delay.**
- ❑ **Apoptosis:** cell death before it can divide.
- ❑ **Reproductive failure:** cell death when attempting **mitosis**.
- ❑ **Genomic instability:** delayed reproductive failure.
- ❑ **Mutation:** cells survives, but contains mutation in genome.
- ❑ **Transformation:** mutation leads to carcinogenesis.
- ❑ **Bystander effects:** damaged cell induces damage in surrounding ones.
- ❑ **Adaptive response:** increased resistance to radiation.

- ❑ The harmful effects of radiation may be classified into:
 - **Stochastic**: the probability of the effect increases with dose. There is no threshold, but it may be assumed that there is always a small probability the event occurring even at small doses.
 - **Deterministic**: there is a threshold for the effect, above which the severity increases with dose.

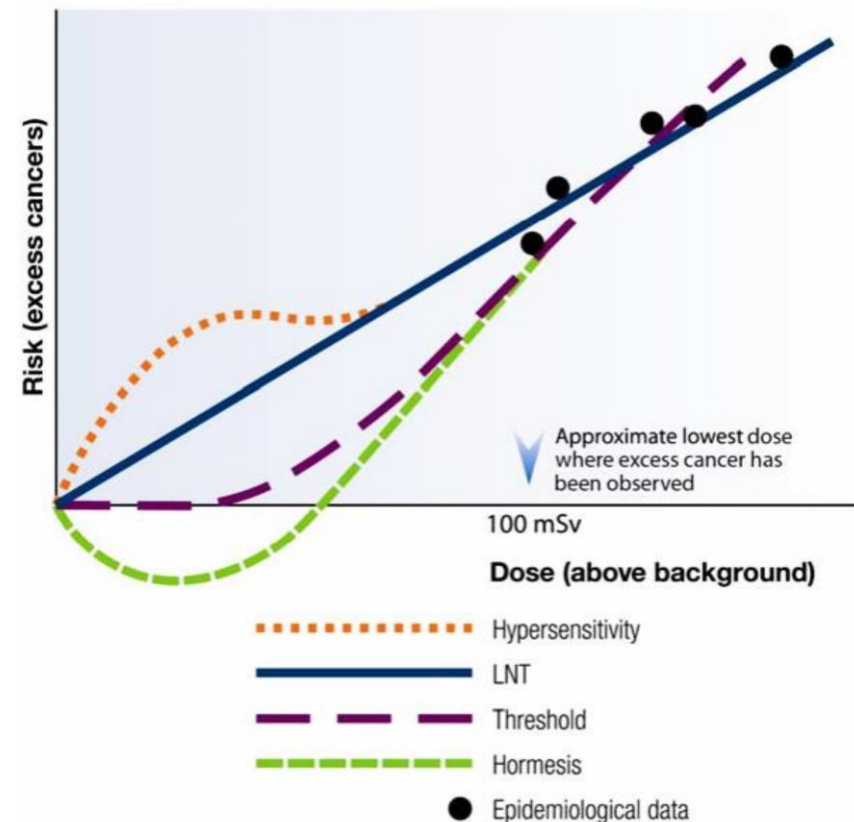
- ❑ Related to the response of an organ or tissue to radiation:
 - **Acute** (after high doses): cells are killed in large quantities. Tissues and organs are damaged. Rapid body response.
 - **Late** (after low doses): cells are damaged or changed. Slow body response.

☐ Cancer Induction

- The **most important stochastic effect** for radiation safety considerations
- Reliable evidence through Hiroshima & Nagasaki (H&N) dataset
- Linear pattern of risk with respect to dose
- Controversy with respect to extrapolation to very low dose (airline pilots; inhabitants of area of high radiation background)
- Decline of radiosensitivity with age
- Complicated process (multi-stage, large amount of parameters)

☐ Hereditary Defects

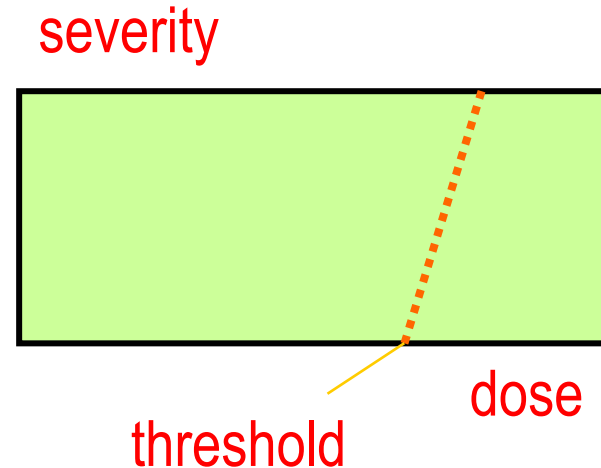
- Demonstrated during animal experiments
- No increase of defects in patients exposed to radiations in Japan (H&N) and Chernobyl



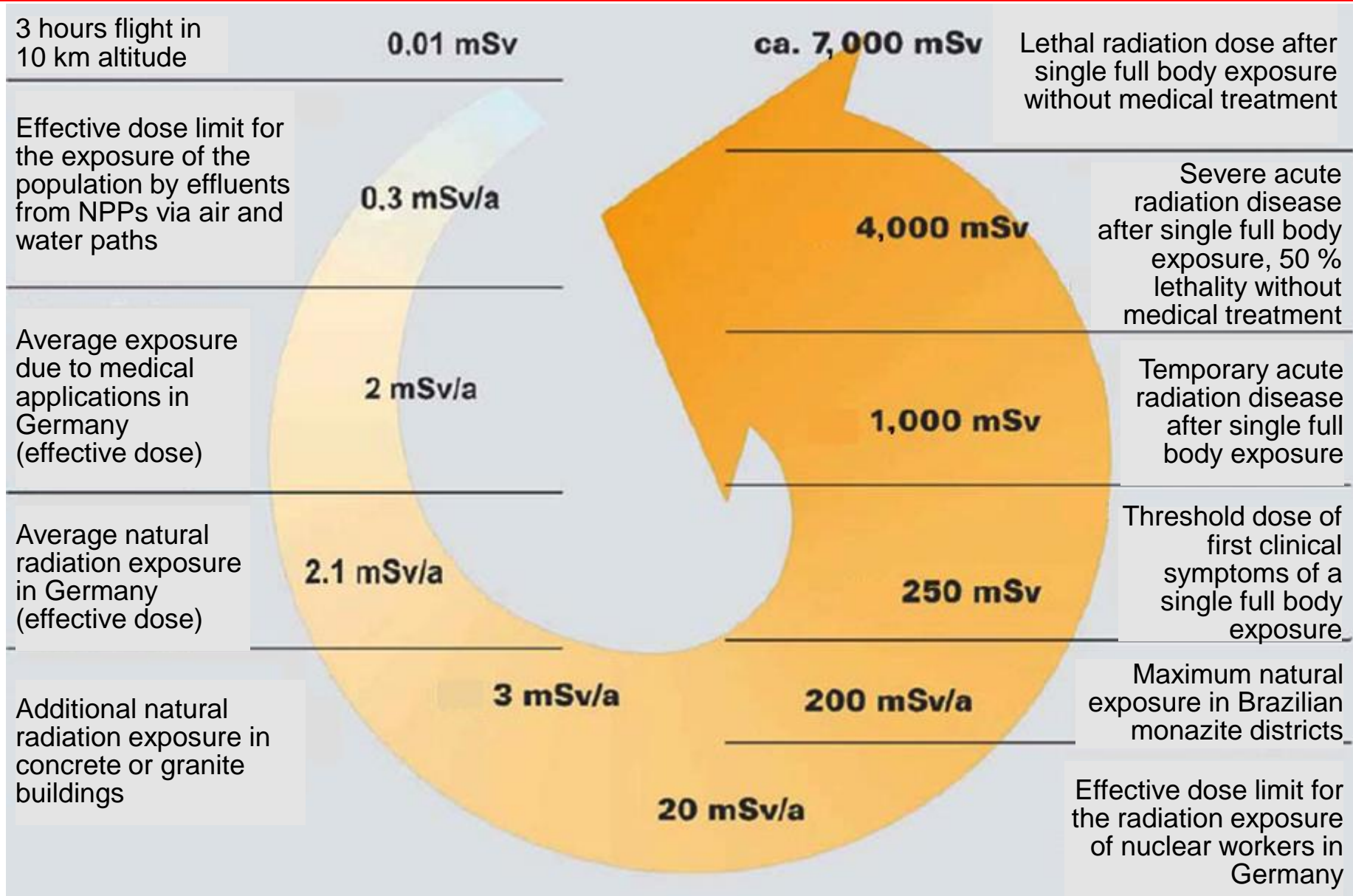
- Due to cell killing.
- Only above dose threshold.
- Specific to tissues.
- Severity of harm is dose dependent.
- Examples:
 - Skin breakdown
 - Cataract of the lens of the eye
 - Sterility
 - Kidney failure
 - Acute radiation syndrome (whole body)

□ Thresholds for deterministic effects:

- Cataracts of eye lens: 2-10 Gy
- Permanent sterility
 - males 3.5-6 Gy
 - females 2.5-6 Gy
- Temporary sterility
 - males 0.15 Gy
 - females 0.6 Gy

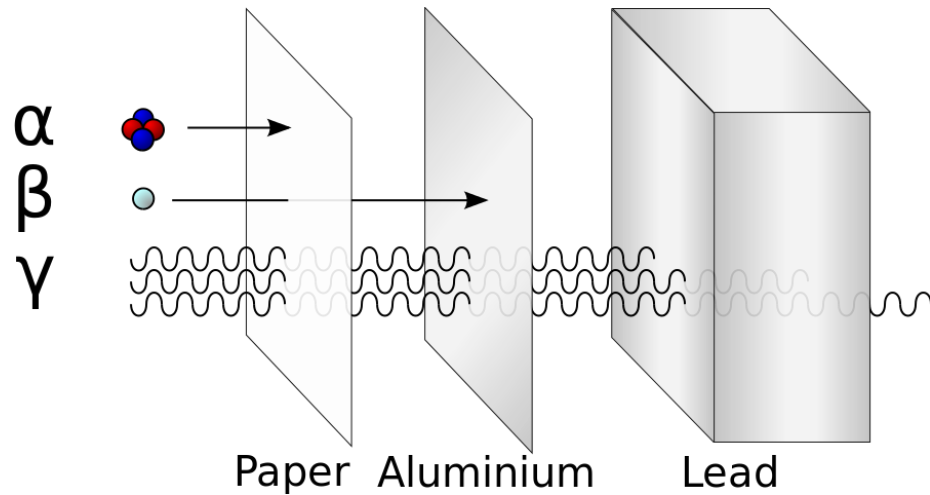


Radiation effects: Dose Ranges



- ❑ Not all cells are equally sensitive to radiation.
- ❑ Those cells actively reproducing are more sensitive:
 - DNA is exposed to damage when the cell is dividing.
 - Non reproducing cells are more resistant to radiation.
- ❑ Classify cells according to their rate of reproduction:
 - Constantly reproducing: e.g. Lymphocytes.
 - Moderate regeneration: e.g. Gastrointestinal lining cells.
 - Slowest to regenerate: e.g. Muscle and Nerve cells.
- ❑ Fast reproducing cells well oxygenated are the most susceptible:
 - Tumour at the periphery. Irradiation causes rapid shrinkage -> Fractional irradiation.
 - Foetus: the sensitivity of the developing embryo is very large.

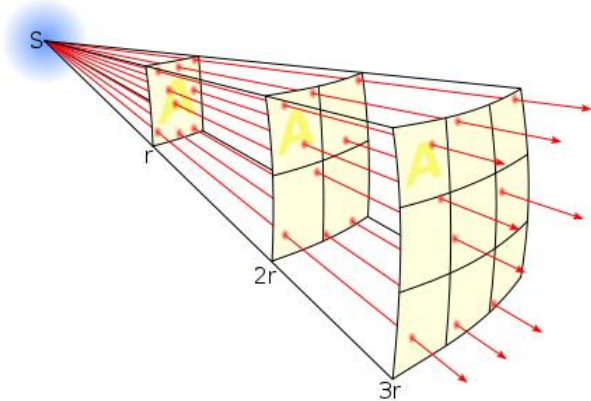
Radiation protection principles and shielding



- ◆ “As Low As Reasonable Achievable”: A principle of keeping radiation doses and releases of radioactive materials to the environment as low as can be achieved, based on technologic and economic considerations

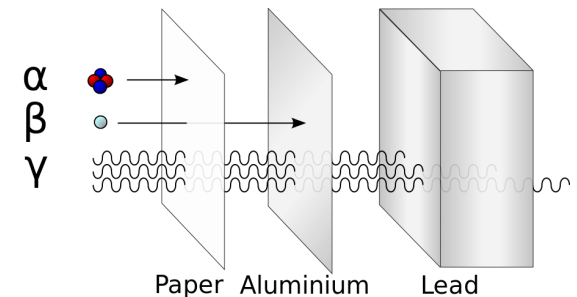
✧ Factors to consider to reduce exposure

- ① **Time:** Reducing the time of an exposure reduces the effective dose proportionally.
- ② **Distance:** Increasing distance reduces dose due to the inverse square law.
- ③ **Shielding:** A mass of absorbing material placed around a radioactive source, to reduce radiation levels

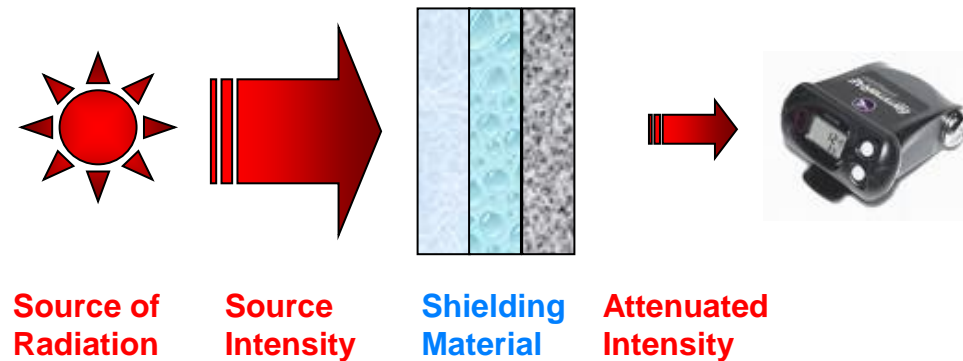


$$\frac{Intensity_1}{Intensity_2} = \frac{distance_2^2}{distance_1^2}$$

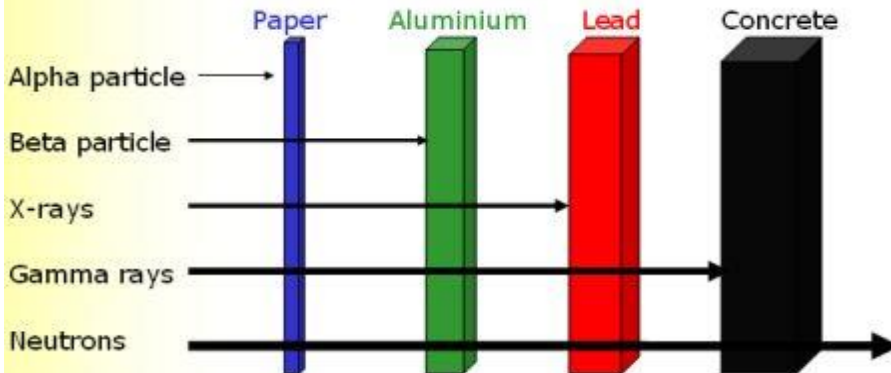
$$Intensity \propto \frac{1}{distance^2}$$



- ❑ Purpose of radiation shielding:
 - Reduce the radiation exposure to persons and equipment.
 - Can be used to control radiation and thus is an **important aspect of Radiation Protection**.
- ❑ Radiation shielding is **based upon the mechanisms by which different radiations interact** in an absorbing medium.
- ❑ **Radiation shielding is a very complex discipline:**
 - There are many radiation sources.
 - There is a wealth of materials and geometric configurations.



Typical radiation shielding materials



Interaction properties of radiation.

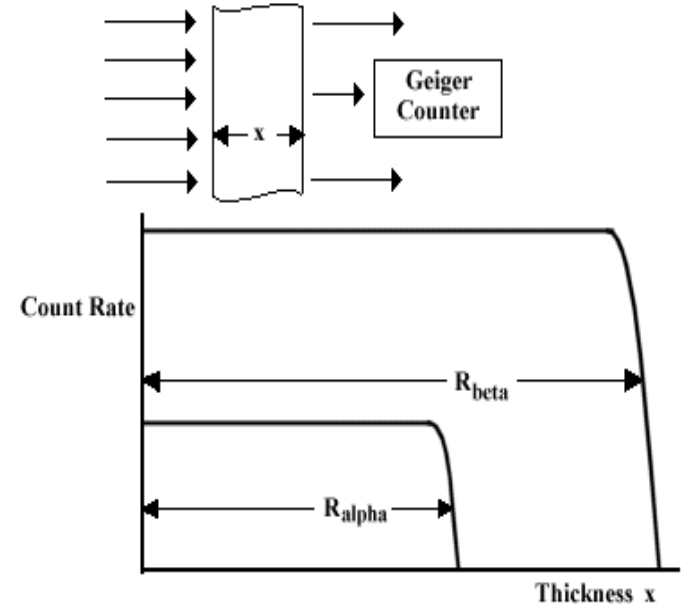
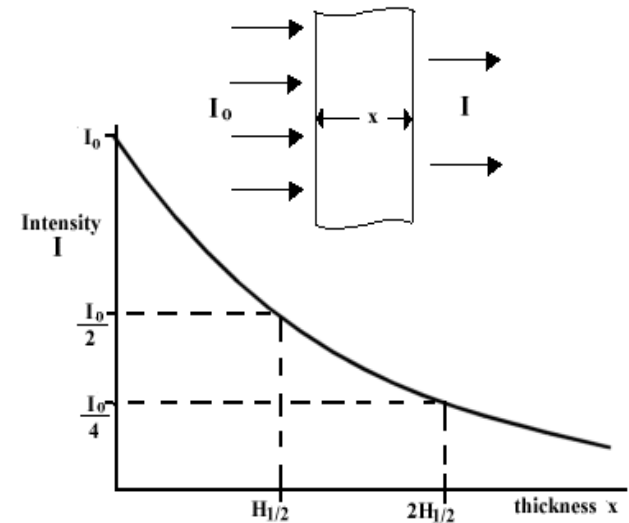
Radiation	Charge	Energy	Range in air	Range in H ₂ O
α particles	+2	3–10 MeV	2–10 cm	20–125 μ m
β^+ , β^- particles	± 1	0–3 MeV	0–10 m	<1 cm
Neutrons	0	0–10 MeV	0–100 m	0–1 m
X-rays	0	0.1–100 keV	m–10 m	mm–cm
Gamma rays	0	0.01–10 MeV	cm–100 m	mm–10s of cm

Attenuation:

- A **reduction in intensity** of radiation with respect to distance traveled through a medium.

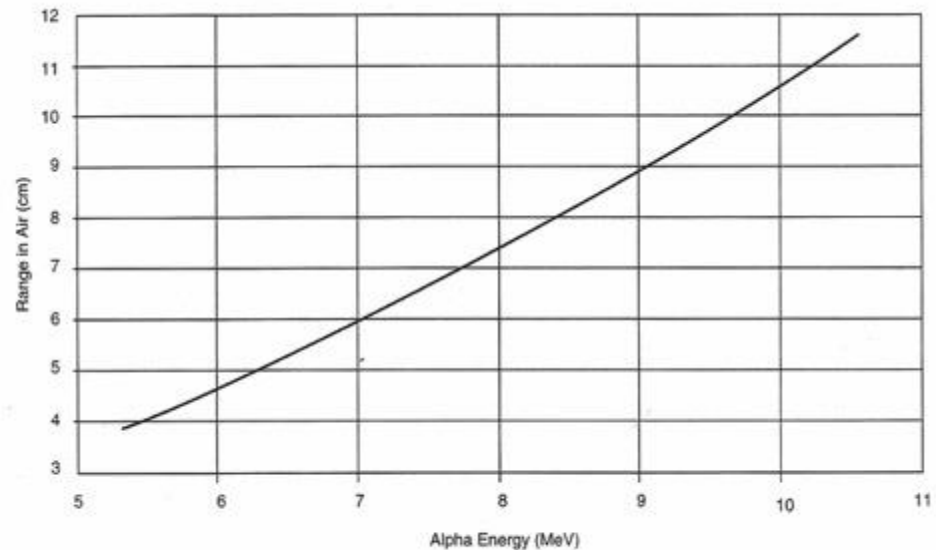
Range R_{particle} :

- In passing through matter, charged particles ionize and thus lose energy in many steps, **until their energy is (almost) zero**. The distance to this point is called the range of the particle.
- The range depends on:
 1. The type of particle,
 2. its initial energy and
 3. the material which it passes through.



- ❑ Alpha particles are easy to shield due to their short and well predictable range.
- ❑ External radiation:
 - Absorbed by very **thin** layers of dense materials (range generally less than 1mm).
 - Stopped by dead skin layer.
- ❑ Internal Radiation:
 - Considerable damage to biological tissue:
Large ionization.
 - High LET radiation.
- ❑ **Shielding avoids spread and contact by using fixatives on surfaces.**
- ❑ Very short range makes detection difficult:
 - Detector windows must be thin.
 - Highly contaminated areas may be missed by failing to get close enough.

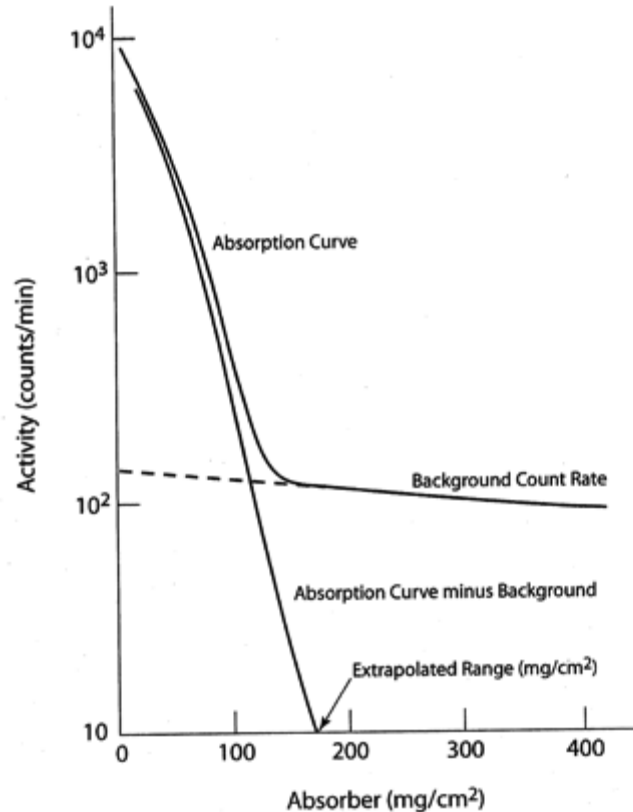
Range almost linear



Range versus energy of alpha particles in air.

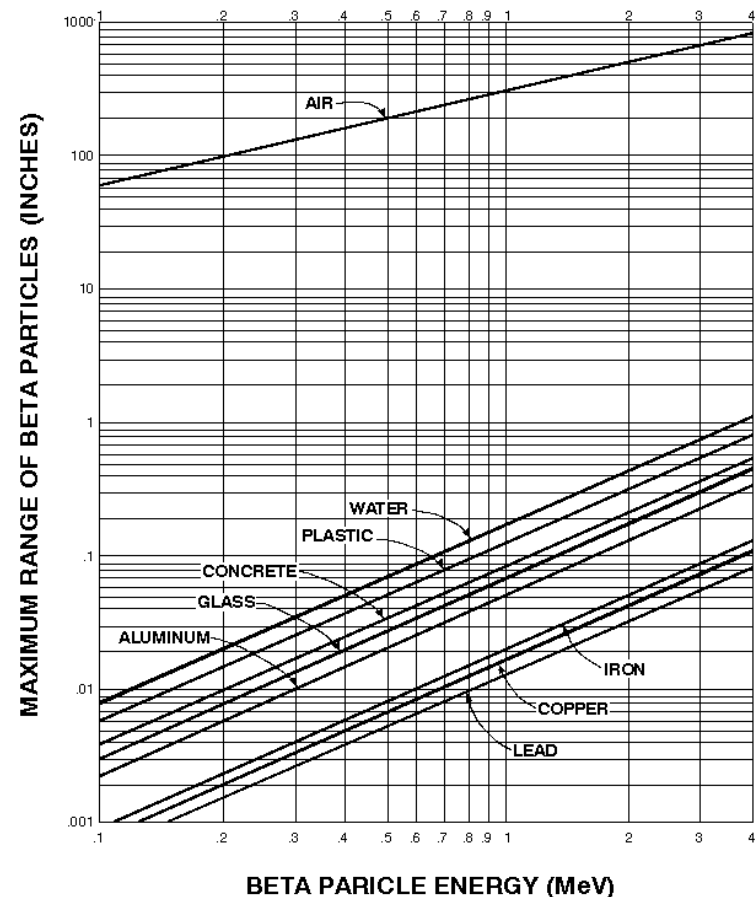
- The attenuation of beta particles in a medium is exponential:
- The range of beta particles is short (few meters in air, tenths of mm in dense materials) and depends on their **kinetic energy** and **Z** of the material.

$$I(x) = I_0 e^{-\mu_{\beta,i}(\rho x)}$$



Decrease in measured activity of a beta particle source versus mg/cm² of absorber thickness that trails off into the background of the detector system. Subtraction of the background portion from the total curve yields a curve that can be extrapolated to estimate the maximum range (in mg/cm²) of the beta source.

MAXIMUM RANGE OF BETA PARTICLES
as a Function of Energy in Various Materials



- ❑ Bremsstrahlung is important for high Z materials (Pb).
- ❑ Shield design must account for the fraction of total energy transformed into photons by Bremsstrahlung.

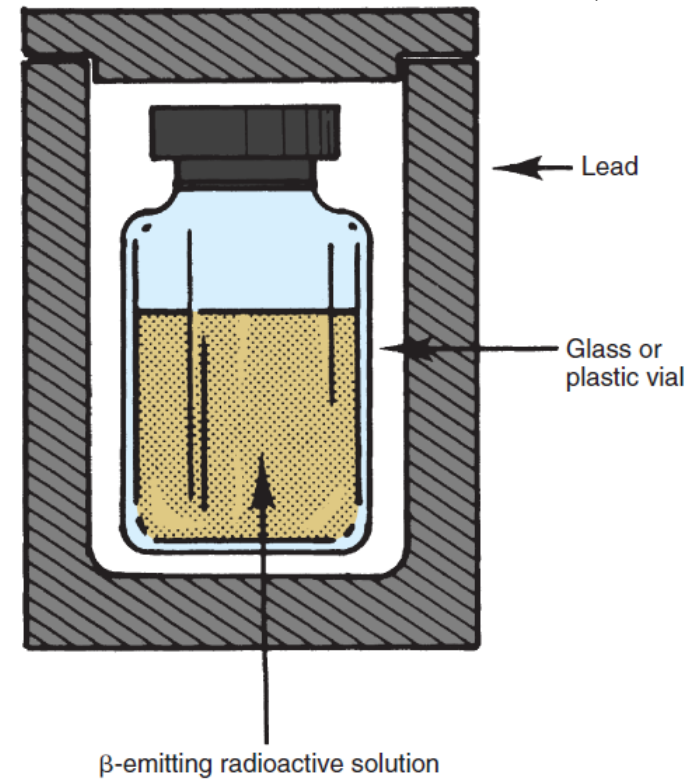
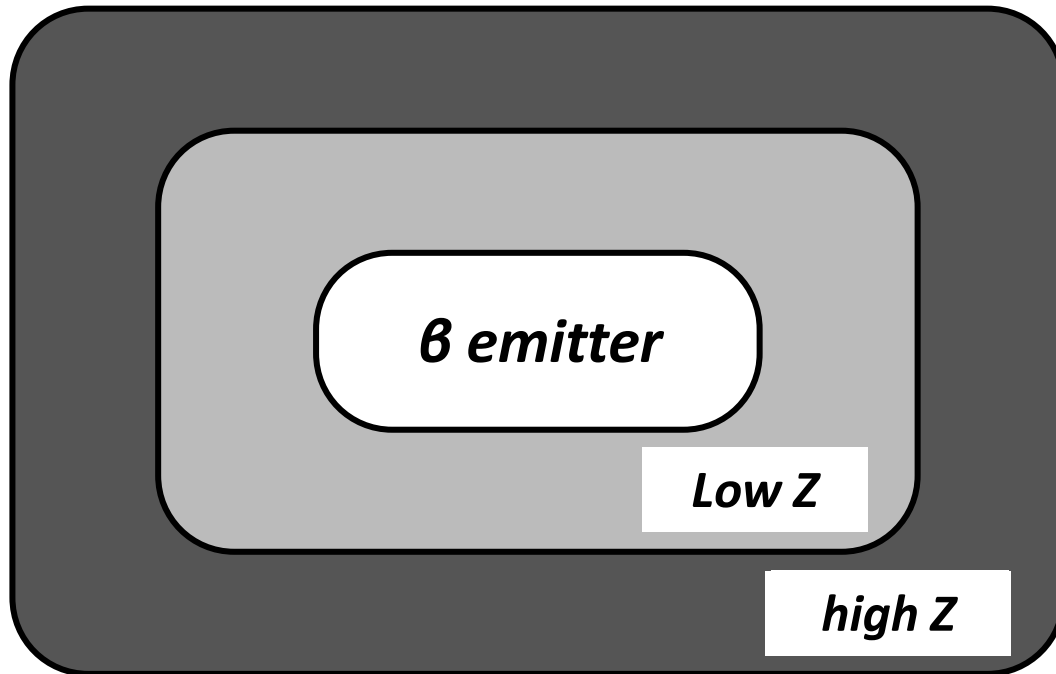


FIGURE 6-3 Preferred arrangement for shielding energetic β -emitting radioactive solution. Glass or plastic walls of a vial stop the β particles with minimum bremsstrahlung production, and a lead container absorbs the few bremsstrahlung photons produced.

Attenuation of Photons

$$I(x) = I_0 e^{-\mu x}$$

Half-Value Layer (HVL)

$$\frac{I(x_{1/2})}{I_0} = \frac{1}{2} = e^{-\mu x_{1/2}}$$

$$x_{1/2} = \text{HVL} = \frac{\ln 2}{\mu}$$

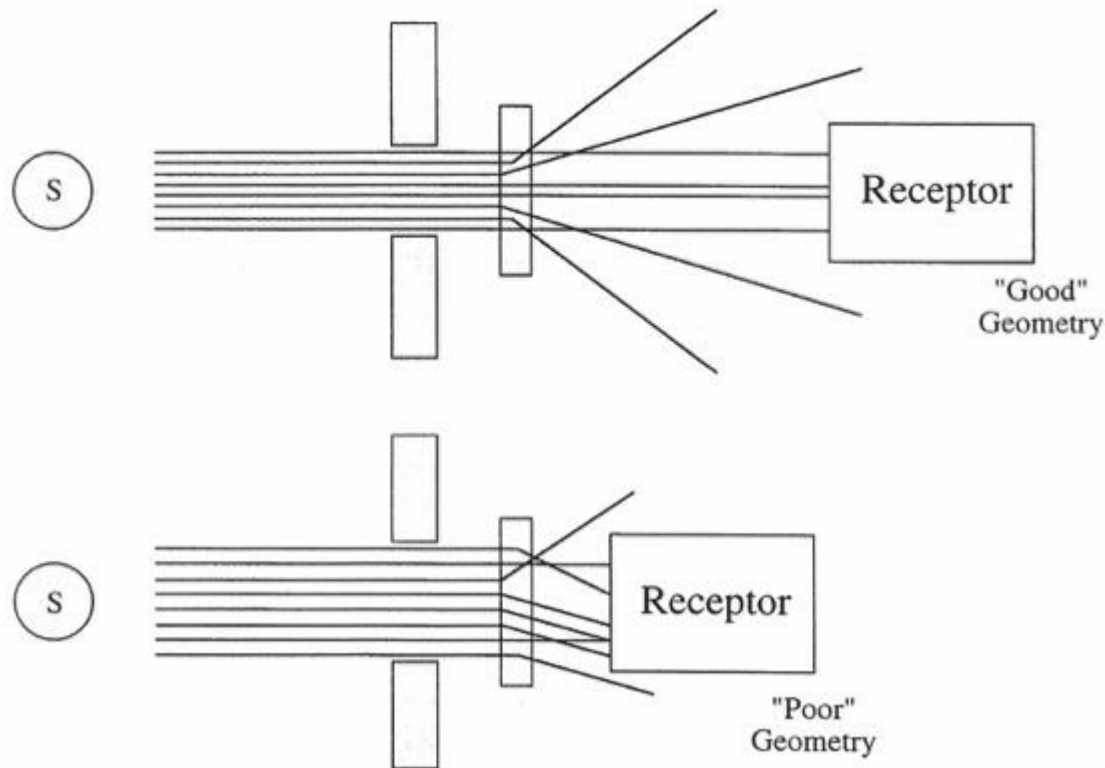
Tenth-Value Layer (TVL)

$$x_{1/10} = \text{TVL} = \frac{\ln 10}{\mu}$$

- ❑ The attenuation obeys an exponential law:
- ❑ The attenuation coefficient μ (cm^{-1}) is the sum for **all interactions**:
 - Depends on photon energy and Z of the absorber medium:
 - => Pb is often used as shield for X-rays.
 - BaSO_4 is incorporated into concrete.
 - μ grows with Z because of rising importance of photoelectric effect and pair production.

□ “Good” and “Bad” geometry:

- **“Good” geometry (narrow-beam)**: Only non-scattered (primary) photons (that have the same energy as the original beam) reach the receptor.
- **“Bad” (broad-beam) geometry**: Also scattered (secondary) photons of lower energy can reach the receptor and lead to a complex energy spectrum.
- Shield design must tend to “good” geometry.



- ❑ The basis is to use materials that enhance the interactions that deplete neutrons:
 - Fast neutrons:
 - **First** moderation: elastic and inelastic scattering (γ -rays).
 - **Then** absorption of thermal neutrons.
 - Thermal neutrons:
 - Absorption: (n,γ) -reactions, but not $(n,2n)$, $(n,3n)$, (n,f) , ...
- ❑ Best moderating materials are those with:
 - Low Z: higher energy loss per collision, e.g., H_2 (1/2E loss per interaction).
 - High elastic scattering X-sections.
- ❑ Best absorbing materials are those with large absorption cross sections for thermal neutrons: e.g., ^{10}B , Cd, H, Li, Gd, ...
- ❑ **Neutron attenuation under “good” geometry conditions:**
$$I(x) = I(0) \cdot \exp(-\Sigma_t \cdot x), \quad \Sigma_t = N \cdot \sigma_t = N \cdot (\sigma_e + \sigma_i + \sigma_\gamma + \sigma_r + \dots)$$
- ❑ **Otherwise**, when the scattering of neutrons “back into the beam” plays a role, it must be taken into account (as for photons), by **buildup factors**, e.g., $B \sim 5.0$ for 20 cm or more water or paraffin.

□ Hydrogenous materials (moderators)

- **Water**: (corrosion, leakage, contamination, etc.).
- **Paraffin**: (flammable). Shielding needed for the 2.225 MeV γ -photon from H neutron capture.
- **Polyethylene**: larger H/volume than water.
- **LiH**: no γ from neutron capture, but Tritium formation from ${}^6\text{Li}$.

□ Elements used as shielding materials in NPP

- **Pb, Fe**: Capture γ -rays, ${}^{59}\text{Fe}$ activation.
- **W**: Better than Pb. Secondary γ -radiation from neutron capture.
- **U (depleted)**: best attenuator for γ -rays, low neutron capture γ , but high γ flux from fast fission reactions.
- **B**: incorporated in Boron based shields. High thermal absorption cross section.
- **Concrete and earth**: high H content; added B.
- **Cd**: large absorption X-section; high capture γ -photons (9.05 MeV).