

**CUMULATIVE OCCUPATIONAL EXPOSURE HISTORY**

1. Name: Last, First, Middle Initial				2. Identification Name		3. ID Type	4. Sex – M or F	5. Date of Birth
6. Monitoring Period		7. Licensee or Registrant Name		8. License or Registration Number		9. Record/ Estimate/ No Record	10. Routine or PSE	
11. DDE	12. LDE	13. SDE, WB	14. SDE, ME	15. CEDE	16. CDE	17. TEDE	18. TODD	
6. Monitoring Period		7. Licensee or Registrant Name		8. License or Registration Number		9. Record/ Estimate/ No Record	10. Routine or PSE	
11. DDE	12. LDE	13. SDE, WB	14. SDE, ME	15. CEDE	16. CDE	17. TEDE	18. TODD	
6. Monitoring Period		7. Licensee or Registrant Name		8. License or Registration Number		9. Record/ Estimate/ No Record	10. Routine or PSE	
11. DDE	12. LDE	13. SDE, WB	14. SDE, ME	15. CEDE	16. CDE	17. TEDE	18. TODD	
6. Monitoring Period		7. Licensee or Registrant Name		8. License or Registration Number		9. Record/ Estimate/ No Record	10. Routine or PSE	
11. DDE	12. LDE	13. SDE, WB	14. SDE, ME	15. CEDE	16. CDE	17. TEDE	18. TODD	
19. Signature of Monitored Individual		20. Date Signed	21. Certifying Organization		22. Signature of Designee		23. Date Signed	

**ARKANSAS DEPARTMENT OF HEALTH**  
**INSTRUCTIONS AND ADDITIONAL INFORMATION PERTINENT TO THE COMPLETION OF FORM Z**

1. Type or print the full name of the monitored individual in the order of last name (include Jr., Sr., III, etc.), first name, and middle name (if applicable).
2. Enter the individual's identification number, including punctuation. This number should be the 9 digit social security number or other unique identifier.
3. Enter the code for the type of identification used as follows:

<u>CODE</u>	<u>ID TYPE</u>
SSN	U.S. Social Security Number
PPN	Passport Number
CSI	Canadian Social Insurance Number
WPN	Work Permit Number
IND	Index Identification Number
OTH	Other
4. Circle the sex of the individual being monitored.
5. Enter the date of birth of the individual being monitored in the format MM/DD/YY.
6. Enter the monitoring period for which this report is filed. The format should be MM/DD/YY – MM/DD/YY.
7. Enter the name of the licensee, registrant, or facility not licensed by the Agency that provided monitoring.
8. Enter the Agency license or registration number or numbers.
9. Circle either Record, Estimate, or No Record. Choose "Record" if the dose data listed represent a final determination of the dose received to the best of the licensee's or registrant's knowledge. Choose "Estimate" only if the listed dose data are preliminary and will be superseded by a final determination resulting in a subsequent report. An example of such an instance would be dose data based on self-reading dosimeter results, and the licensee or registrant intends to assign the record dose on the basis of TLD results that are not yet available.
10. Circle either Routine or PSE. Choose "Routine" if the data represent the results of monitoring for routine exposures. Choose "PSE" if the listed dose data represent the results of monitoring of planned special exposures received during the monitoring period. If more than one PSE was received in a single year, the licensee or registrant should sum them and report the total of all PSE's.
11. Enter the deep dose equivalent (DDE) to the whole body.
12. Enter the eye dose equivalent (LDE) recorded for the lens of the eye.
13. Enter the shallow dose equivalent recorded for the skin of the whole body (SDE, WB).
14. Enter the shallow dose equivalent recorded for the skin of the extremity receiving the maximum dose (SDE, ME).
15. Enter the committed effective dose equivalent (CEDE).
16. Enter the committed dose equivalent (CDE) recorded for the maximally exposed organ.
17. Enter the total effective dose equivalent (TEDE). The TEDE is the sum of items 11 and 15.
18. Enter the total organ dose equivalent (TODE) for the maximally exposed organ. The TODE is the sum of items 11 and 16.
19. Signature of the monitored individual. The signature of the monitored individual on this form indicates that the information contained on the form is complete and correct to the best of his or her knowledge.
20. Enter the date this form was signed by the monitored individual.
21. (Optional) Enter the name of the licensee, registrant, or facility not licensed by the Agency providing monitoring for exposure to radiation (such as a DOE facility) or the employer if the individual is not employed by the licensee or registrant and the employer chooses to maintain exposure records for its employees.
22. (Optional) Signature of the person designated to represent the licensee, registrant, or employer entered in item 21. The licensee, registrant, or employer who chooses to countersign the form should have on-file documentation of all the information on the Agency Form Y being signed.
23. (Optional) Enter the date this form was signed by the designated representative.

**(All doses should be stated in rem.)**