



Radiation Safety HSC 1st Floor, 631-402-2175

You can now access your personal dosimetry reports! Follow these simple directions.

Go to www.myLDR.com

Log in using the following generic password and user name.

user name: stonybrook

password: !1Seawolf

Once you are on the main screen you will see in red on the left "Individual Dose Report (IDR)-System Demonstration" This video gives instructions on how to use the system to get your personal dose history.

Account number is: 0084000

Serial number: From the dosimeter you are currently wearing, see pictures on web page.

Reference – terms you will see

DDE (Deep Dose Equivalent) - applies to external **whole-body** exposure at a tissue depth of 1 cm (1000 mg/cm²) averaged over an area 1 cm².

LDE (Lens Dose Equivalent) applies to external exposure of the **lens of eye** at a tissue depth of 0.3 cm (300 mg/cm²).

SDE (Shallow Dose Equivalent) applies to external exposure of the **skin or extremity** at a tissue depth of 0.007 cm (7 mg/cm²) averaged over an area of 1 cm².