

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: Q#.YYYYSeawolf (updates quarterly, blue characters will change)

PW examples: Jul-Sept 2021 = Q3.2021Seawolf

 Oct-Dec 2021 = Q4.2021Seawolf

 Jan-Mar 2022 = Q1.2022Seawolf

The quarter designation is for the current date, not the period you wish to view.

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.