	Quality Factor	Absorbed Dose	
TYPE OF RADIATION	(Q)	Equal to	
		a Unit Dose	
		Equivalent*	
X, gamma, or beta radiation and high-speed electrons	1	1	
Alpha particles, multiple- charged particles, fission fragments, and heavy particles of		0.07	
unknown charge	20	0.05	
Neutrons of unknown energy	10	0.1	
High-energy protons	10	0.1	

MEAN QUALITY FACTORS AND ABSORBED DOSE EQUIVALENCIES

*Absorbed dose in gray equal to 1 Sv or the absorbed dose in rad equal to 1 rem.