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REL

The REL (Recommended Exposure Limit, also called NIOSH REL), is an exposure limit recommended by **NIOSH** scientists to **OSHA**. RELs are science-based recommendations rather than legal standards. They are based on animal and human studies.

A REL is defined in up to three ways:

- A **[time-weighted average \(TWA\)](#)** concentration that NIOSH recommends not be exceeded for up to a 10-hour workday during a 40-hour workweek.
- A ceiling value, which NIOSH recommends not be exceeded at any time during the workday (unless noted otherwise).
- A **[short-term \(STEL\)](#)** value, which NIOSH recommends not be exceeded for longer than 15 minutes during a workday (unless noted otherwise).

[Example REL:](#)

NIOSH RELs are often more conservative than the corresponding **[TLV values](#)**, and NIOSH's consideration of available research and studies is regarded as thorough.

REL information online

REL values are not shown in CAMEO Chemicals but can be found online and in the print and online NIOSH pocket guide:

- **[NIOSH Pocket Guide to Chemical Hazards](#)**: Includes REL values, along with other information, for nearly 700 substances and substance groups. **[In the guide:](#)**



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