

^{210}Po α decay [1964EiZZ](#), [1973Go39](#)

Type	Author	History Citation	Literature Cutoff Date
Full Evaluation	F. G. Kondev	NDS 201,346 (2025)	21-Jan-2025

Parent: ^{210}Po : $E=0.0$; $J^\pi=0^+$; $T_{1/2}=138.3763$ d 25; $Q(\alpha)=5407.53$ 7; $\% \alpha$ decay=100

^{210}Po - $T_{1/2}$: Weighted average of 138.3749 d 6, 138.3832 d 11 and 138.3726 d 6 in [1964EiZZ](#) [calorimetry], supersedes 138.4005 d 58 ([1954Ei20](#)). Others: 138.37 d 3 ([1953Cu46](#)) and 138.40 d 21 ([2015Zh41](#), 700 d long measurement) [α counting].

^{210}Po - $Q(\alpha)$: From [2021Wa16](#).

[1964EiZZ](#): Resistance-bridge type calorimeter. Three series of measurements 1954-1958 (47 observations), 1963-1964 (78 observations) and 1964 (19 observations) were carried out.

[1973Go39](#): magnetic spectrograph at BIPM; chemically purified ^{210}Po source; absolute $E\alpha$ measurement.

Others: [1933Ro03](#), [1934Le01](#), [1951Gr15](#), [1951St75](#), [1952Ba20](#), [1952De08](#), [1952Ri14](#), [1952Ru08](#), [1953Co64](#), [1953Cu46](#), [1954Br07](#), [1955Ha09](#), [1955Ro30](#), [1956As46](#), [1956Sh24](#), [1957Ag15](#), [1957Ov09](#), [1957Ov10](#), [1958Ba45](#), [1958Wh09](#), [1960Br20](#), [1960Fe04](#), [1961Be13](#), [1961Ry05](#), [1962Br22](#), [1963Ru04](#), [1964Wa19](#), [1973Go39](#), [1974Br22](#), [1975Fi09](#), [1975Ra10](#), [1975Ra11](#), [1977Sc07](#), [1978Ov03](#), [1991Ry01](#), [1999Oh02](#), [2015Zh41](#), [2018Sh12](#), [2023Av04](#).

 ^{206}Pb Levels

$E(\text{level})^\dagger$	$J^\pi^\dagger$	$T_{1/2}^\dagger$
0.0	0^+	stable
803.043 25	2^+	8.17 ps 8
1166.4 3	0^+	0.75 ns 4

† From Adopted Levels.

 α radiations

$E\alpha$	$E(\text{level})$	$I\alpha^\ddagger$	HF †	Comments
4441.1 5	1166.4	$<6 \times 10^{-7}$	>5.9	$E\alpha$: From $Q(\alpha)$ and $E(\text{level})$. $I\alpha$: From non-observation of ce in 1978Ov03 .
4516.58 10	803.043	0.001233 21	1.232 21	$E\alpha$: From $Q(\alpha)$ and $E(\text{level})$. Measured: 4525 keV 5 (1960Fe04). $I\alpha$: From $I\gamma(803.04\gamma)$ and $\alpha(\text{tot})$. Directly measured $I\alpha(4516.58\alpha)/I\alpha(5304.33\alpha)=1.070 \times 10^{-5}$ 21 (1958Ba45) and 8.83×10^{-6} 47 (1999Oh02).
5304.33 7	0.0	100	1.000	$E\alpha$: From the evaluation of 1991Ry01 , based on 1973Go39 results. Others: 5298 keV 6 (1933Ro03), 5298.8 keV 21 (1934Le01), 5300.6 keV 26 (1954Br07), 5304.3 keV 29 (1953Co64), 5297.8 keV 15 (1957Ag15), 5305.4 keV 10 (1958Wh09), 5308.6 keV 30 (1960Br20), 5302.5 keV 15 (1961Be13), and 5304.9 keV 6 (1961Ry05).

† $r_0(^{206}\text{Hg})=1.40879$ 4 is calculated from $\text{HF}(5304.33\alpha)=1.0$.

‡ Absolute intensity per 100 decays.

 $\gamma(^{206}\text{Pb})$

X rays are produced primarily by shake-off of electrons during the passage of α particles through the atom. The measured $I(K \text{ x ray})/I\alpha$ values are 2.28×10^{-6} 20 ([1999Oh02](#)), 1.65×10^{-6} 17 ([1975Ra10](#)), 1.97×10^{-6} 13 ([1975Fi09](#)), 1.5×10^{-6} 5 ([1951Gr15](#)), 2.0×10^{-6} 4 ([1952Ba20](#)), 1.6×10^{-6} 5 ([1952Ri14](#)), 1.5×10^{-6} 3 ([1957Ov10](#)), and 2.0×10^{-6} 5 ([1974Br22](#)); For $I(L \text{ x ray})/I\alpha$ see [1952Ri14](#), [1952Ru08](#), [1974Br22](#), [1975Fi09](#), [1975Ra11](#), and [1977Sc07](#). For $I(M \text{ x ray})/I\alpha$ see [1963Ru04](#).

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^{210}Po α decay [1964EiZZ,1973Go39](#) (continued) $\gamma(^{206}\text{Pb})$ (continued)

E_γ [†]	I_γ [‡]	$E_i(\text{level})$	J_i^π	E_f	J_f^π	Mult. [†]	α [#]	Comments
803.04 3	0.001220 22	803.043	2 ⁺	0.0	0 ⁺	E2	0.01032 14	$\alpha(\text{K})=0.00804$ 12; $\alpha(\text{L})=0.001745$ 25; $\alpha(\text{M})=0.000420$ 6; $\alpha(\text{N}+..)=0.0001290$ 18 $\alpha(\text{N})=0.0001065$ 15; $\alpha(\text{O})=2.06\times 10^{-5}$ 3; $\alpha(\text{P})=1.89\times 10^{-6}$ 3 I_γ : Weighted average of 0.00121 6 (1955Ha09), 0.0012 1 (1955Ro30), 0.00121 8 (1956As46), 0.00122 9 (1957Ov09), 0.00132 8 (1957Ov09), 0.00115 9 (2018Sh12) and 0.00122 3 (2023Av04). Others: 0.00180 14 (1951Gr15), 0.0016 2 (1952Ri14), and 0.0012 2 (1956Sh24). Indirect measurements: 0.001059 21 and 0.000874 47 from $I\alpha(4516.58\alpha)$ and $\alpha(\text{tot})$ in 1958Ba45 and 1999Oh02 , respectively. Mult.: $\alpha(\text{K})_{\text{exp}}=0.0081$ 14 (1999Oh02).

[†] From adopted gammas.[‡] Absolute intensity per 100 decays.[#] Total theoretical internal conversion coefficients, calculated using the BrIcc code ([2008Ki07](#)) with “Frozen Orbitals” approximation based on γ -ray energies, assigned multiplicities, and mixing ratios, unless otherwise specified. ^{210}Po α decay [1964EiZZ,1973Go39](#)

Decay Scheme

Intensities: $I_{(\gamma+ce)}$ per 100 parent decays