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Dr. Rühm has been a member of Committee 1 (C1) of the International Commission on Radiological Protection (ICRP) since 2005. He served as C1 Secretary from 2012 to 2016 and was C1 Chair from 2016 until 2021. He was a member of ICRP Task Group (TG) 83 (Protection of Aircraft Crew Against Cosmic Radiation Exposure) and is currently chairing ICRP TG91 (Dose and Dose-Rate Effectiveness Factor), and ICRP TG115 (Risk and Dose Assessment for Radiological Protection of Astronauts). Since 2005 he has served as Editor-in-Chief of the Radiation and Environmental Biophysics Journal. From 2014 to 2020, he was Chair of the European Radiation Dosimetry Group (EURADOS), and in 2020 he was elected Chair of the German Radiation Protection Commission (SSK). In 2020, Werner Rühm was elected by the German Federal Parliament and the Federal Council of Germany as a member of the National Civil Society Board, and in 2021 he was elected Chair of ICRP.

Werner Rühm has published on various topics including quantification of neutron exposure of atomic-bomb survivors, cosmic-ray exposure of air crew, the role of neutrons in risk assessment of atomic-bomb survivors, risks from low dose and low-dose-rate exposures, behaviour of radionuclides in the environment, internal exposures from incorporated radionuclides, and radiation measurement techniques.