



Electromagnetic Radiation

www.emraware.com

Simple Ways to Reduce Your Exposure

Based upon the precautionary principle



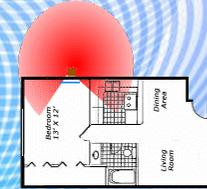
Mobile Phones 700MHz-2.6GHz

Hold away from head or use speaker mode. Use air tube headset. Hold by lower edge. Minimise call duration. Prefer texting. Enable airplane mode when not in use. Avoid weak signal areas, walking during calls, and carrying in pocket or contact with body. Limit data intensive apps. Buy non-smart phone.



Laptops & Tablets 2.4GHz/5GHz

Laptops and tablets contain multiple antennas. Enable airport mode or disable all wireless functions, including bluetooth and GPS, via OS control panel. Use cabled internet. Avoid close proximity to body. Place on table, cushion, etc. Install night light software (e.g. f.lux) to limit sleep disturbance.



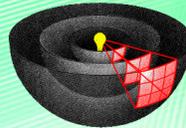
Smart Meters 900MHz-2.1GHz

Request to opt out of smart meter installation. If unsuccessful, have the adjoining internal wall professionally covered with metal film, sheet or RF shielding paint. Move living and sleeping areas as far as possible from the meter. Relocate meter box away from habitation. Avoid wireless "smart" appliances.



Cordless Phones 900MHz/2.4GHz

Most cordless phones transmit 24/7, even when no call is in progress. Hold away from head or use speaker phone. Avoid older models that transmit on 900MHz. Situate base station away from frequently occupied areas. Prefer brands like Gigaset with an "Eco Mode" setting that only transmits during calls.



Inverse Square Law Maintain Distance

Distance from ANY source of EMR is critical. If you move from 1 metre away to 3 metres, magnetic field intensity is reduced by the square of three, or 9 times. Move 4 metres away and it is reduced by 16 times. 5 metres 25 times, and so on. Consider relocating to a less electropolluted area.



Mains Electricity 50/60Hz

Situate living and sleeping areas away from high current white goods, air conditioners, electric room or water heaters, inverters, meter boxes and street power lines. Avoid electric blankets, induction cooktops. Test wiring for "dirty electricity" and earth loops. Prefer gas, or solar with 12VDC appliances.



Wi-Fi Modems 2.4GHz/5GHz

Most "Wi-Fi" modems have ports for connecting one or more RJ45 cables. If your computer or laptop does not have a matching "ethernet" socket, purchase a USB adaptor. Remember to then disable the Wi-Fi function of both computer and modem via their software interfaces. Avoid "free Wi-Fi" areas.



Telecom Towers Phone: 700MHz-2.6GHz NBN: 2.4GHz/5GHz

Have metal film, sheet or RF shielding paint professionally applied to wall and ceiling surfaces nearest the tower. Eat fresh fruit and vegetables to offset oxidative stress. Plant tall foliage. Sleep in a metal screened enclosure. Walk barefoot, shower or take trips away to allow your body to recover.



Compact Fluorescent 25KHz-60KHz

CFL's, and many LED lamps, introduce switching noise into a building's wiring and airspace, as well as eye-straining flicker and an unbalanced light spectrum. Where permitted, use incandescent lamps, still widely sold in the form of spot or decorative globes. CFL's release toxic mercury if broken.

Adopt sensible precautions. Do not rely upon "EMR protection" gimmicks such as stickers, chips, pendants or shields.

The above content is provided for general information only. As personal circumstances may vary, please rely upon your own enquiries and seek appropriate professional advice. The effectiveness of any EMR reduction measure should be confirmed through use of certified test equipment.