QUICK VIEW INDICATOR LIGHTS

RED: Extreme

Move away from this exposure.
Flashing indicates more than 10x extreme.
Fast flashing indicates more than 100x extreme.
Fastest flashing indicates more than 1000x extreme.

ORANGE: High

Try to limit the time of your exposure at this level.

YELLOW: Moderate

Reduce this level for long term exposure.

GREEN: Slight

Good for sleeping areas and long term exposure.

Flashing indicates best and ideal conditions.

RF / MICROWAVE EXPOSURE GUIDELINES

1› BUILDING BIOLOGY PRECAUTIONARY GUIDELINES (SBM-2015) For Sleeping Areas*

Power density (Peak)	No Concern	Slight Concern	Severe Concern	Extreme Concern
microWatts per square meter µW/m²	< 0.1	0.1 - 10	10 - 1000	> 1000
microWatts per square cm µW/cm²	< 0.000,01	0.000,01 - 0.001	0.001 - 0.1	> 0.1
milliWatts per square meter mW/m²	<0.000,1	0.000,1 - 0.01	0.01 - 1	> 1
Signal strength				
Volts per meter V/m	< 0.006,14	0.006,14 – 0.061,4	0.061,4 – 0.614	> 0.614

2› BIOINITIATIVE REPORT PRECAUTIONARY GUIDELINES (Dec 31, 2012) **Updated 2014-2020** www.bioinitiative.org

BioInitiative Working Group, Cindy Sage and David O. Carpenter, Editors. A Rationale for a Biologically-based Public Exposure Standard for Electromagnetic Radiation. Precautionary target level is **3 - 6 µW/m²** or **0.000,3 – 0.000,6 µW/cm²** (Peak)

3› CANADA AND UNITED STATES GOVERNMENT GUIDELINES (1999, 2009, 2019)

In Canada, guidelines for Radio Frequency Wave exposure lay under the jurisdiction of Health Canada. Safety code 6 was developed in 1999 and offers federal guidelines for safe RF exposure levels. These limits are in the range of **2,000,000 to 10,000,000 µW/m² or 200 to 1000 µW/cm² (Time Averaged)** and are based solely on the short term thermal effects or the heating of body tissue. Adverse biological effects have been documented at levels far below Safety Code 6 guidelines. No Canadian biological exposure guidelines exist for long term exposure to low level Radio Frequency Radiation. This also holds true for the USA and their FCC guidelines.

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