

# LF EMF

## 1. Low Frequency EMF

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### Materials:

- electromagnetic fields of low frequency(LF) of 30 to 300Hz.
- Electric fields are measured in units of volts per meter, or V/m. Magnetic fields are measured in milli-Gauss, or mG
- Recommended EMF to be less than 2.5 mG in living areas
- The EMF is always the strongest near the source and diminishes as you move away from the source.
- The effects of EMFs on biological tissue remains the most controversial aspect of the EMF issue, with virtually all scientists agreeing that more research is necessary to determine safe or dangerous levels.
- Electromagnetic hypersensitivity (ES) is a physiological disorder characterized by symptoms directly brought on by exposure to electromagnetic fields. It produces neurological and allergic-type symptoms. Symptoms may include, but are not limited to, headache, eye irritation, dizziness, nausea, skin rash, facial swelling, weakness, fatigue, pain in joints and/or muscles, buzzing/ringing in the ears, skin numbness, abdominal pressure and pain, breathing difficulty, and irregular heartbeat.
- Precautionary steps to reduce EMF exposure are as follow:
  - Increase the distance between yourself and the EMF source – sit at arm's length from your computer terminal.
  - Avoid unnecessary proximity to high EMF sources – don't let children play directly under power lines or on top of power transformers for underground lines.
  - Reduce time spent in the field – turn off your computer monitor and other electrical appliances when you aren't using them.

### Observations:

- At the time of the inspection, the LF EMF level was less than 2.6 mG, and the Average Max in different areas in the house was between 1.1 and 1.3 mG. These levels are considered to be low and safe for living areas.

# HF EMF

## 1. High Frequency EMF

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**Materials:**

- Electromagnetic fields of High frequency(HF) range: 50MHz to 3.5GHz.
- Recommended magnetic field intensity to be less than 10 W/Cm2 in living areas

**Observations:**

- At the time of the inspection HF magnetic field intensity was less than 2.6 W/cm2. These levels are considered to be low EMF intensity and safe for living areas.