

# A short guide to EMF/RF exposure sources

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Key: Most concern: +++ Some concern: ++ Check: + No Concern: (blank)

Power frequency (ELF) & VLF	Home	Work	Outside
Wiring problems in the building	++	+++	
Net and stray currents from local electricity network	++	++	+
Electric night storage heaters	+++		
Service risers in blocks of flats (for electricity, gas, etc)	++		
Transformers and motors (usually in appliances)	++	++	
Hair driers (especially in the evening after about 8 pm)	+++		
Electric cooking Hobs (stand back a bit)	++		
Electricity meters (locate away from beds and chairs and not behind walls)	+		
Lift motors (usually only a few rooms affected)	+		
Electric welding equipment		+++	
MRI scanners		+++	
Lots of heavy duty industrial equipment, electric fork lift trucks		+++	
Electric Railways (especially carriages with electric roof pantographs)			+++
Car tyres (metal inside magnetised during manufacture)			++
Car battery in boot/trunk of car; built in Bluetooth			++

Mixed frequencies (ELF up to microwave)	Home	Work	Outside
Microwave Ovens (emit high ELF magnetic fields)	+++		
CFLs (compact fluorescent lamps)	++	++	
Induction Hobs	+++		
Microwave ovens (high ELF and microwave)	++		
Smart Meters	++		
Smart electrical appliances	++		
EAS shop door security tag systems	++	+++	++
MRI scanners		+++	
Airplanes (WiFi and seat-back video screens)			++

Radio-frequency (including microwave)	Home	Work	Outside
DECT cordless phones base units (emit RF 24/7)	+++	+++	
DECT cordless phone handsets	+++	+++	+++
Mobile phones (even on standby esp. at night)	+++	+++	+++
WiFi and wireless devices	+++	+++	++
Mobile phone base station (measure fields to check exposure levels)	+++	+++	+++
Micro- and femto-base station for mobile phones	+	+++	++
Games consoles (need unplugging - not just turning 'off')	++		
RFID (RF identity tag systems)	++	+++	++
RF physiotherapy equipment		+++	
Mobile phone base stations (can be red category)		++	
Plastic bag sealers (heat welders)		+++	