EMR Safety in the Built Environment

Fact Sheet

In a time of drastic change it is the learners who inherit the future. The learned usually find themselves equipped to live in a world that no longer exists. – Eric Hoffer

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There are many simple, immediate, and cost-free steps that anyone can take to help reduce their exposure to electromagnetic toxins within the built environment, without forsaking the modern conveniences to which everyone has become accustomed.

The following steps can easily merge into your daily lifestyle without inconvenience:

1) When talking on the cell phone, use speakerphone or an AirTube headset to reduce exposure to your head.
2) Avoid carrying your cell phone against the body (like in a pocket, sock, bra or pants). Cell phone manufacturers cannot guarantee that the amount of radiation you're absorbing will be at a safe level.
3) Choose wired Internet (i.e. ethernet cords and wired routers) at home instead of wireless systems. If you do use wireless systems, unplug them during sleeping hours or when you are not using them.
4) Choose wired (i.e. non-wireless) options for tech and accessories such as computers, laptops, printers, gaming consoles and handsets, mouse, keyboard, video cameras, security systems, HVAC, audio speakers, headphones, microphones and other accessories.
5) Use a corded home/office landline phone whenever possible to minimize the need for a cell phone. Remember that cordless home phones emit radiofrequency, and the cordless phone base station continually emits RF. As an initial step, unplug the cordless phones when not in use (and at night).

Despite taking these steps in the home environment, electromagnetic radiation can nonetheless pervade a home, school, or commercial building from within. The myriad sources of EMR include:

AC ELECTRIC FIELDS: AC voltage in electrical installations, cables, appliances, outlets, walls, floors, beds, high-tension power lines and other power / electrical lines.

AC MAGNETIC FIELDS: AC current in electrical installations, cables, appliances, transformers, motors, overhead and ground cables, power lines, and railways.

RADIOFREQUENCY RADIATION: cell phones, mobile mast towers and antennas, wireless routers and devices, trunked radio systems, line-of-sight systems, commercial radar and military radar, cordless DECT phone bases and handsets, wireless gaming consoles, smart meters, and smart home systems.

DC ELECTRIC FIELDS: synthetic carpeting, drapes and textiles, vinyl wallpaper, varnishes, laminates, stuffed toy animals, TV and computer screens.

DC MAGNETIC FIELDS: steel components in beds, mattresses, furniture, appliances, building materials; DC current in street cars, photovoltaic systems.

RADIOACTIVITY: building materials, stones, tiles, slags, waste products, devices, antiques, ventilation, terrestrial radiation, location, environment.

GEOLOGICAL DISTURBANCES: currents and radioactivity in the earth; local disturbances caused by faults, fractures, and underground water courses.

SOUND & VIBRATION: traffic noise, air traffic, train traffic, industry, buildings, devices, machines, motors, transformers, bridges.

On a global scale, afflictions related to electromagnetic sensitivity are on the rise. Associated conditions and symptoms include: allergies and sensitivities, Chronic Fatigue Syndrome (CFS), neurological and behavioral disorders (including autism), autoimmune iseases, cancers, and Alzheimer's Disease. Public concern and questions about EMF exposure have increased as a result of media coverage of the research, studies and litigation. Although several environmentally-sensitive individuals have recognized EMF health effects for quite some time, it is taking longer for this information to be adopted mainstream by officials, experts, and the general public.

The Precautionary Principle directs us to heed early warnings from researchers and scientists who have published on the biological health effects of EMR, as well as from the personal experiences of the environmentally sensitive populations. As we progress in our modern world, preventative actions and protective policies will need to be developed to ensure public health, while establishing long-term sustainable systems and technologies.