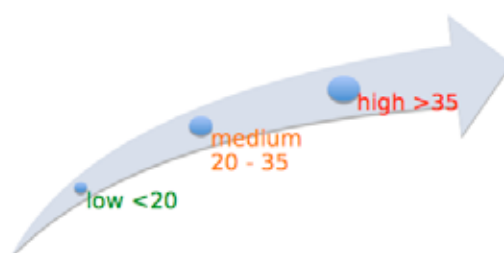


# A guide to safe EMF levels

All mains wiring and electrical devices produce power frequency EMFs, also known as ELF (Extremely Low Frequency) EMFs. Power Frequency EMFs are measured as two different components – the electric component and the magnetic component.

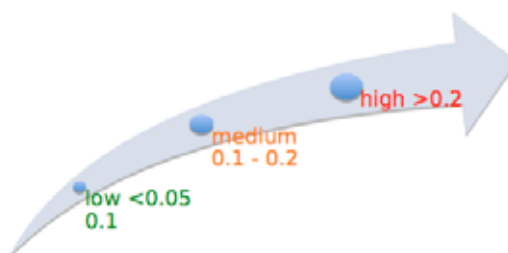
**Electric:** Normal house wiring produces electric fields, as do all electric appliances. Some appliances produce far higher fields than others due to their design. Power frequency electric fields are measured in Volts per metre (V/m) and should be below 20 V/m.

Electric Fields measured in Volts per meter (V/m)



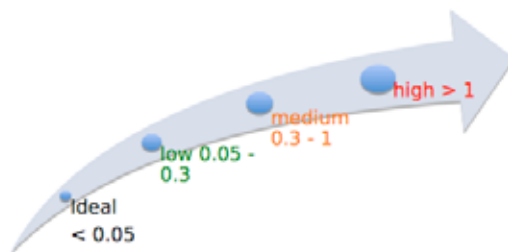
**Magnetic:** Normal house wiring also produces low (background) levels of magnetic fields, but some devices and faults can lead to much higher fields. Power frequency magnetic fields are measured in microtesla ( $\mu\text{T}$ ), and should ideally be below about 0.10  $\mu\text{T}$ . Typical background levels are below 0.05  $\mu\text{T}$ .

Magnetic Fields measured in Microtesla ( $\mu\text{T}$ )



**Radio Frequency:** Radio frequency (RF) fields, including microwave fields, are produced by a wide variety of wireless devices (such as mobile phones, WiFi, cordless phones, etc), as well as microwave ovens. Radio frequency fields are also measured in Volts per metre (V/m) and should be as low as possible, ideally below 0.05 V/m.

Radio Frequency Fields measured in Volts per meter (V/m)



To find out more about specific consultations to help you reduce your exposure to EMFs please get in touch:

**07775 617400 or [info@lighterspaces.com](mailto:info@lighterspaces.com)**