



INTERNATIONAL COMMISSION ON
THE BIOLOGICAL EFFECTS OF
ELECTROMAGNETIC FIELDS

Safety Tips on Reducing Wireless Radiation Exposure

Below are safety tips—most of which you can implement right away—that can reduce significantly your exposure to wireless radiation. They were compiled by the International Commission on the Biological Effects of Electromagnetic Fields.

The more distance, the better

- Don't carry your cellphone in your pocket, in your bra, or close to your body when it is powered on.
- Use speakerphone, text, or a headset whenever possible.

Reduce time of exposure

- Avoid talking longer than necessary on your cellphone.
- Reduce the time you spend in locations where many people are using cellphones close to each other, especially on public transit.

Wait for a good signal

- Good signals mean your phone needs less power to connect and so produces less radiation.
- Minimize cellphone use when surrounded by metal such as in an elevator, or while travelling in automobiles, buses, trains or aircraft.

Turn things off when you don't need them

- Use airplane mode when your cellphone is not in use.
- Turn off Wi-Fi and Bluetooth on devices when you don't need them. Some devices allow one or both to remain on even in airplane mode.
- Power off your cellphone, Wi-Fi router and other wireless devices at bedtime and at other times when they will not be needed for an extended period.

Use wired connections whenever possible

- Choose fiber-optic, cable or DSL internet services for your home or business.
- Inside your home or business use wired internet connections such as Ethernet.
- Make calls on landlines with wired handsets whenever possible and schedule long phone conversations for when you will have access to landlines.