

## Recommendations



### For The Federal Government

- **Require Pre-Market Cell Phone Emissions Testing:** The federal government should test the emissions of existing and new cellular devices. Emissions and anticipated absorption should be clearly labeled, as should the location of antennas on each device so these areas could be held away from the body.
- **Set Exposure Standards to Protect Human Health:** The federal government should set exposure standards to protect human health. These standards should include an adequate margin of safety for susceptible populations. This would require a new statute that would assign implementation responsibility to the U.S. Environmental Protection Agency (EPA), an organization that already establishes standards for exposure to radioactive materials. EPA is already responsible for monitoring and enforcing limits for emissions of radioactive materials to the environment.
- **Conduct Scientific Studies to Determine Health Risks:** The federal government should be authorized by Congress to offer competitive grants to independent academic researchers to examine the health effects associated with cellular technologies.
- **New Tax on Cell Phones to Fund Studies:** Funding for the health, safety and environmental studies should be provided for by a designated cell phone sales tax.
- **Prohibit Advertising to Children:** The cell phone industry should be prohibited from marketing their products, applications, and software to children.

- **Producer Lifecycle Responsibility:** Producers of cell phone technologies should be required by the federal government to identify the chemical content of their products. Manufacturers should also be required to establish recycling programs to minimize the release of these chemicals to the environment from landfills or incinerators. Distributors of cell phone products should be required to accept old models, and manufacturers should provide assurance that confidential data on older phones will be destroyed.
- **Vehicle Accident and Cell Phone Use Reporting:** The federal government should require states to collect data on the use of cell phones within vehicles at the time of accidents. These data are not collected by all states, so the role of cell phones as a cause of vehicle accidents is currently underestimated.
- **Cumulative Exposure to RF Radiation:** The federal government should evaluate cumulative exposure to radiofrequency radiation in pregnant women and children. Devices that contribute to total exposure include cell phones, cordless DECT phones, wireless handsets, wireless headsets, wireless routers, Bluetooth devices, wireless alarm systems, etc.
- **Prohibit Use of Cellular Devices in Moving Vehicles:** The federal government should foster new technologies that prevent the use of cellular devices in moving vehicles.
- **Need for Low-Cost RF Measurement Device:** The federal government should adopt design standards for low-cost portable RF measurement devices that would permit members of the public to monitor the presence and intensity of RF emissions within their personal environments. Devices should be certified by the U.S. Department of Energy to ensure that monitors operate with precision and consistency.



## Recommendations For Individuals

- **Do Not Drive and Use Your Cell Phone:** Driving while using cellular devices greatly increases the likelihood of having an accident.
- **Use Speakerphones:** Try to reduce the amount of time spent with the cellular device held against your ear and head. Use a speakerphone, if possible, or a wired headset to reduce your exposure to RF radiation.
- **Avoid Sleeping With Cellular Devices:** Sleeping next to cell phones causes unnecessary exposure to electromagnetic fields. The cell phone should be kept several feet from the bed.
- **Carry Your Cell Phone Safely:** While in standby mode, cell phones normally send and receive signals. Carrying a cell phone in your pants or shirt pocket will emit electromagnetic radiation to nearby tissues. Try to carry your cell phone away from your body.
- **Learn the Emission Rating for Your Phones:** Learn about the emissions and antenna location for your phone. When purchasing cellular devices, consider the relative emission levels of different brands and models, and be especially cautious if you are providing children with access to the device, or if you are a woman of childbearing age.
- **Avoid Psychological Dependency:** Avoid cell dependency by checking and responding to messages at pre-planned times.
- **Reduce Your Exposure to Other Wireless Radiation Sources:** Learn about EMF emissions from other wireless devices in your life, including computers, laptops, routers, DECT phones, etc. Try to minimize your cumulative exposure to these devices. Consider locating wireless devices away from bedrooms and turn off wireless devices when not in use.

