

### **14.11 Radio Frequency (RF) Awareness**

Radio frequency (RF) exposure may be encountered during machine-room access. Be aware and obey the following safety practices.

- (a) Be aware that RF energy exists.
- (b) Obey all posted signs.
- (c) Never stop directly in front of an antenna.
- (d) The maximum permissible exposures are set approximately 10 times lower than the levels that are known to cause adverse effects. ANSI has guidelines for these limits.
- (e) Never touch an antenna. Touching un-insulated antennas or other un-insulated objects on an antenna may cause burns. Most antennas are insulated by a fiberglass coating for your protection.
- (f) Assume that all antennas are active and maintain a minimum of 3-ft. safe distance per FCC guidelines. Some communication providers recommend maintaining a 7-ft. distance from the emitting source.
- (g) As a precaution, if a pacemaker is worn, you should consult your physician before entering an outlined area around an antenna.
- (h) Effects of RF exposure do not accumulate over time.
- (i) Prolonged exposure to low levels of RF energy are not considered to be a health risk.
- (j) Prolonged exposure to sufficiently high levels of RF energy can cause a buildup of heat.
- (k) Contact your supervisor if you have concerns.