



## RF Health and Safety Training

### Peoplesafe® 6.0—Course Syllabus

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#### **Lesson 1: RF Basics and Definitions**

General introduction to electromagnetic energy (EME) and radio frequencies in particular—what it is, how it is used, how it is transmitted, and the difference between ionizing and non-ionizing radiation

Topic 1 – Electromagnetic Energy (EME)

Topic 2 – Transmitting EME

Topic 3 – Ionizing vs. non-ionizing radiation

#### **Lesson 2: Biological Hazards**

Survey of how EME (both ionizing and non-ionizing) affects the body, the physical hazards associated with EME, and how to determine the absorption rate of EME

Topic 1 – Physical Hazards of EME

Topic 2 – Determining Absorption Rate of EME

#### **Lesson 3: Standards, Regulations, and Compliance**

Overview of the OSHA and FCC standards for maximum permissible exposure (MPE) to EME—the different levels for general population vs. occupational—and the relationship between the FCC's MPE limits and OSHA's current regulations (at both federal and state levels)

Topic 1 – Federal Communications Commission (FCC)

Topic 2 – Occupational Safety

#### **Lesson 4: Personal RF Safety, Site Compliance and Site Safety**

Instructions on what to look for when approaching a site where EME is present (different types of signage and what each means), types of personal protective equipment available and how to use them, and recommended site visit procedures to ensure safe operations in an EME or RF environment

Topic 1 – Training for Increased EME Awareness

Topic 2 – Antenna Basics

Topic 3 – Personal Protective Equipment

Topic 4 – Site Visit Procedures

Topic 5 – Achieving Compliant Sites

#### **Course Assessment/Exam**

Pool of 35 questions closely tied to the course material to test the students' understanding of the subject matter; a score of 75% qualifies as passing.