

RF Exposure and Your Station

In some recent rule changes the FCC has strengthened its stance on RF exposure in all radio services, including amateur radio. There are two dates you need to be aware of in order to be in compliance with the new regulations:

1. May 3, 2023 if you were exempt from doing an RF evaluation under the “old” rules.
2. May 3, 2021 if you put a new station on the air or make any change to the power radiated by an existing station.

For most of us we only need to make some simple calculations using an online calculator to ensure we are not exceeding the exposure limits. Rather than go into details here I will refer you to the ARRL website and 2 sites that the ARRL recommends for using in calculating the exposure.

<http://www.arrl.org/files/file/Technology/RFsafetyCommittee/RFXFAQJune15.pdf>

<http://www.lakewashingtonhamclub.org/resources/rf-exposure-calculator/>

http://hintlink.com/power_density.htm

You should be able to complete your evaluation using the above links and will most likely find that you are in compliance without having to make any changes to your station(s). It would be a good idea to make a record of your evaluations, though it is not required, in the event the FCC should contact you perhaps based on an RFI complaint from a neighbor.