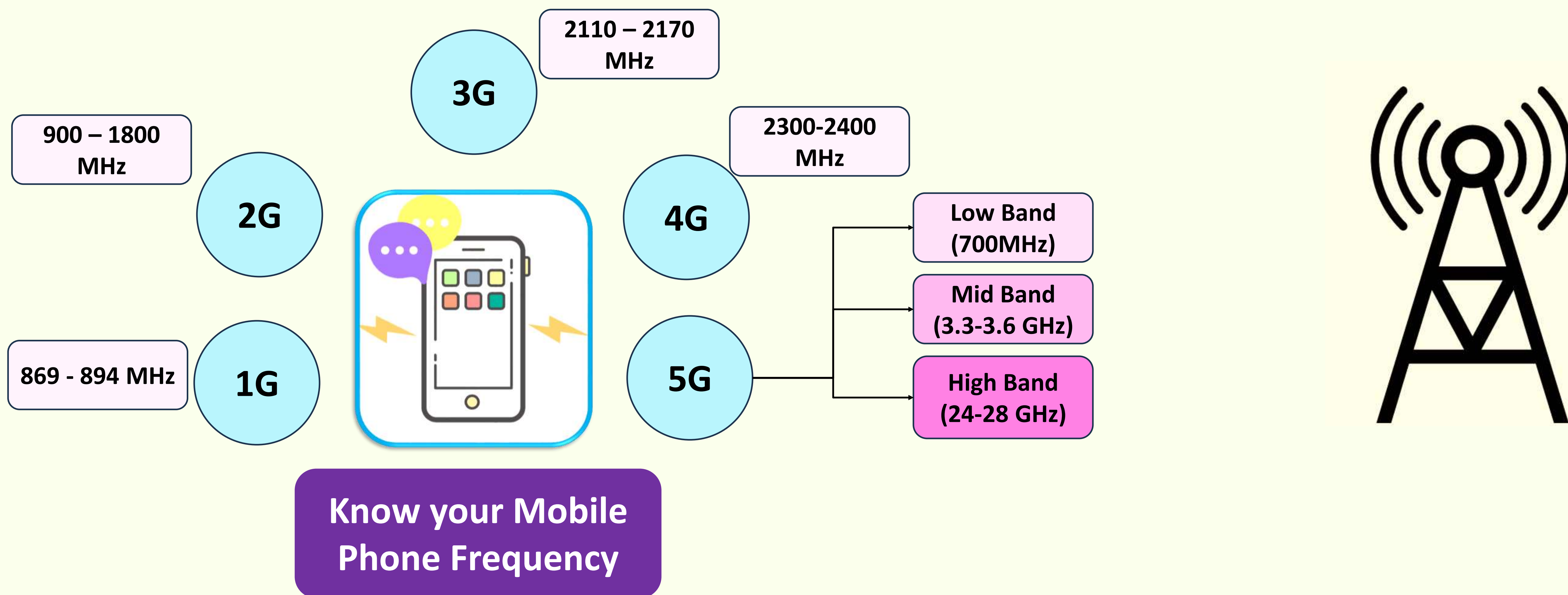




Is Your Mobile Phone Radiation Safe ?

📱 Your mobile phone sends out something called "radiation," which is like invisible energy waves. **SAR or Specific Absorption Rate** tells us how much radiation our bodies absorb when we use our phones.



Let's learn how to use our phones safely to keep ourselves healthy

Safety & Precautionary measures

- 1. **Keep Your Brain Safe:**
- Use your phone's speaker or headphones when talking for a long time. It keeps the radiation away from your head!
- Limiting mobile phone usage, especially for prolonged calls, and using hands-free options or speaker mode can reduce exposure to radiation.

- 3. **Regulatory Guidelines and Standards:**
- Established regulatory guidelines by ICNIRP, WHO, TRAI to be followed.

Country	Certification (Organisation)	SAR Limit (W/Kg)
USA	Federal Communications Commission (FCC)	1.6 for 1g of tissue
Canada	Innovation Science and Economic Development (ISED)	1.6 for 1g of tissue
India	Department of Telecommunications (DoT)	1.6 for 1g of tissue
European Union	CE	2.0 for 10g of tissue

- 4. Look for phones with lower SAR values. They're like superheroes that keep you safer!

- Children and Vulnerable Groups:**
- Children and adolescents may be particularly vulnerable to the effects of mobile phone radiation due to their developing nervous systems and thinner skulls.
 - Pregnant women are also advised to minimize mobile phone exposure due to potential risks to the developing fetus

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