Element 2 (Technician) Graphics – For use on/after July 1, 2003



(A) Limits for Occupational/Controlled Exposure				
Frequency Range (MHz)	Electrical Field Strength (V/m)	Magnetic Field Strength (A/m)	Power Density (mW/cm ²)	Averaging Time (minutes)
0.3-3.0 3.0-30 30-300 300-1500 1500-100,000	614 1842/f 61.4 	1.63 4.89/f 0.163 	(100)* (900/f ²)* 1.0 f/300 5	6 6 6 6
(B) Limits for General Population/Uncontrolled Exposure				
(B) Limits		ŕ – –	controlled Expo	sure
(B) Limits Frequency Range (MHz)	for General Po Electrical Field Strength (V/m)	Magnetic Field Strength (A/m)	Power Density (mW/cm ²)	Averaging Time (minutes)

Figure T0-2

Estimated distances to meet RF power density guidelines with a horizontal half-wave dipole antenna (estimated gain, 2 dBi). Calculations include the EPA ground reflection factor of 2.56.			
Frequency: 7 MHz Estimated antenna gain: 2 dBi Controlled limit: 18.37 mw/cm ² Uncontrolled limit: 3.67 mw/cm ²			
Transmitter	Distance to	Distance to	
power	controlled	uncontrolled	
(watts)	limit	limit	
100	1.4'	3.1'	
500	3.1'	6.9'	
1000	4.3'	9.7'	
1500	5.3'	11.9'	

Estimated distances to meet RF power density guidelines in the main beam of a typical 3-element "triband" Yagi for the 14, 21 and 28 MHz amateur radio bands. Calculations include the EPA ground reflection factor of 2.56.

Frequency: 28 MHz Antenna gain: 8 dBi Controlled limit: 1.15 mw/cm² Uncontrolled limit: 0.23 mw/cm²

Transmitter	Distance to	Distance to
power	controlled	uncontrolled
(watts)	limit	limit
100	11'	24.5'
500	24.5'	54.9'
1000	34.7'	77.6'
1500	42.5'	95.1'

Estimated distances to meet RF power density
guidelines in the main beam of a 17-element Yagi
on a five-wavelength boom designed for weak
signal communications on the 144 MHz amateur
radio band (estimated gain, 16.8 dBi). Calculations
include the EPA ground reflection factor of 2.56.
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Frequency: 144 MHz Estimated antenna gain: 16.8 dBi Controlled limit: 1 mw/cm² Uncontrolled limit: 0 2 mw/cm²

Uncontrolled mint. 0.2 mw/cm			
Transmitter	Distance to	Distance to	
power	controlled	uncontrolled	
(watts)	limit	limit	
10	10.2'	22.9'	
100	32.4'	72.4'	
500	72.4'	162'	
1500	125.5'	280.6'	
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Estimated distances to meet RF power density
guidelines with a VHF quarter-wave ground plane
or mobile whip antenna (estimated gain, 1 dBi).
Calculations include the EPA ground reflection
factor of 2.56.

Frequency: 146 MHz Estimated antenna gain: 1 dBi Controlled limit: 1 mw/cm² Uncontrolled limit: 0.2 mw/cm²

Transmitter	Distance to	Distance to
power	controlled	uncontrolled
(watts)	limit	limit
10	1.7'	3.7'
50	3.7'	8.3'
150	6.4'	14.4'

Estimated distances to meet RF power density guidelines in the main beam of UHF 5/8 ground plane or mobile whip antenna (estimated gain, 4 dBi). Calculations include the EPA ground reflection factor of 2.56.

Frequency: 446 MHz Estimated antenna gain: 4 dBi Controlled limit: 1.49 mw/cm² Uncontrolled limit: 0.3 mw/cm²

encontrolled milit: 0.5 mw/em			
Transmitter	Distance to	Distance to	
power	controlled	uncontrolled	
(watts)	limit	limit	
10	1.9'	4.3'	
50	4.3'	9.6'	
150	7.5'	16.7'	