

Options to Reduce EMF Exposure from “Smart” Utility Meters

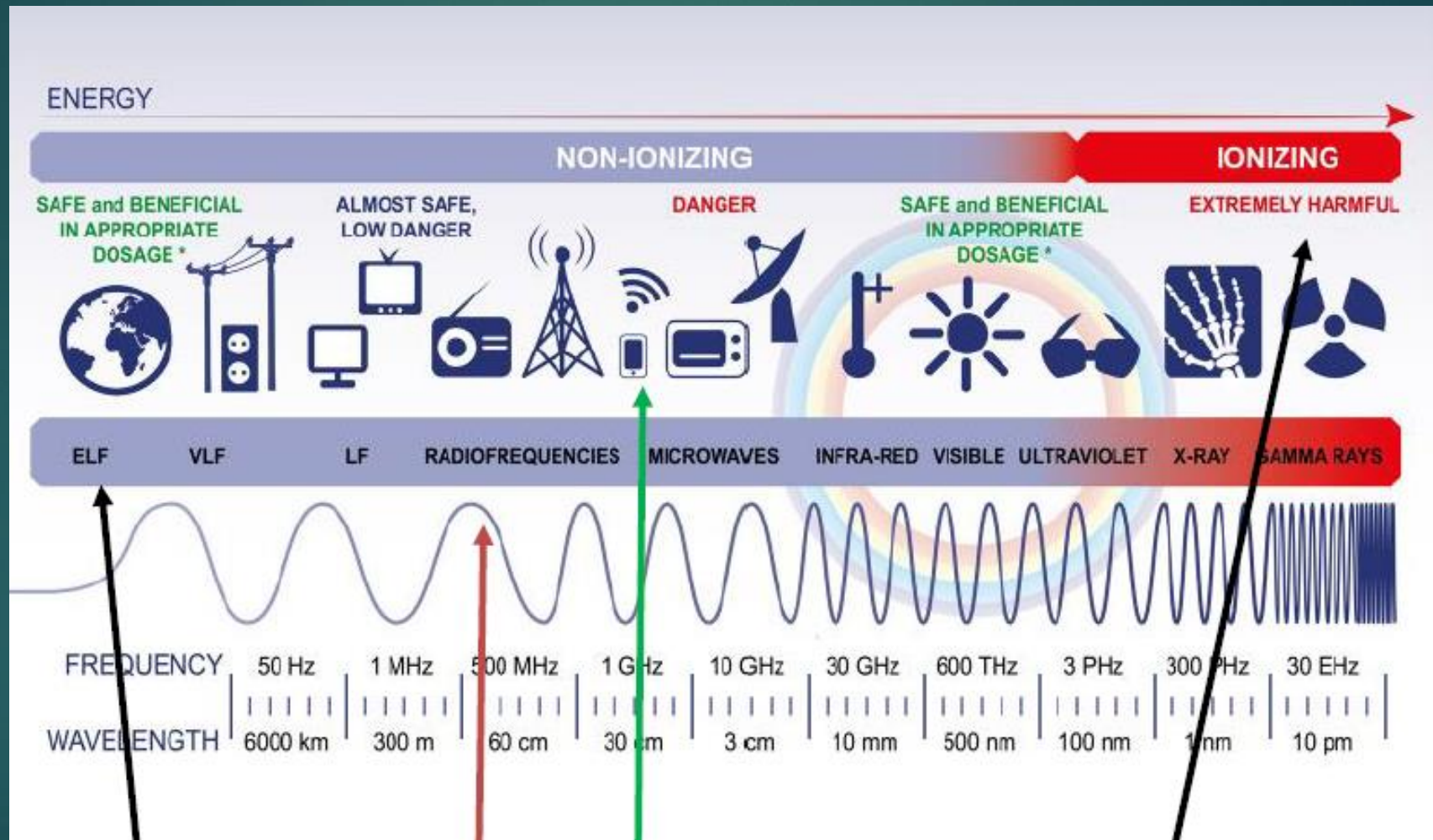


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SafeTechNC.org

Electromagnetic Radiation Spectrum



Four Types of Electromagnetic Fields/Radiation

1. Electric Fields: Voltage in Air

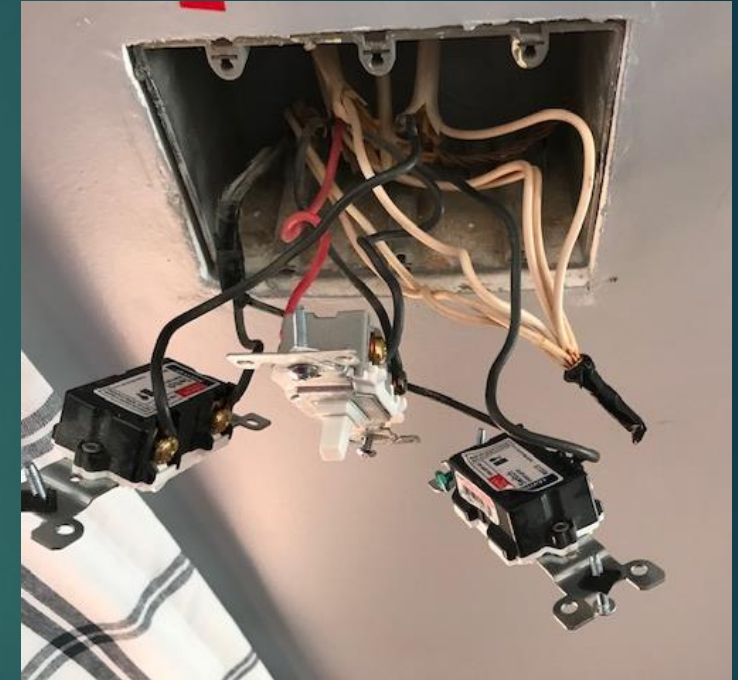
- ▶ Effects: neurological, sleep disturbances
- ▶ Overhead Power Lines
- ▶ Wiring in Walls
- ▶ All Electronics
- ▶ Lower if grounded
- ▶ Lamps: no ground wire
- ▶ Grounding mats

(Akerstedt, Balassa, Belyaev)



2. Magnetic Fields: Current in Air

- ▶ Affects: DNA damage, cancer, miscarriage
- ▶ Overhead Power Lines
- ▶ Wiring Errors
- ▶ Laptops
- ▶ Stove Tops: Induction
- ▶ Cars: alternators, battery, steel in tires
- ▶ Motors in motion: refrigerators



(IARC, 2002; Li, D, 2017)

3. Dirty Electricity: higher-frequencies voltage transients – above 60 Hz

- ▶ Case Studies: MS, CA, ASD, DM
- ▶ Wiring Errors
- ▶ Solar Energy Inverters
- ▶ Energy-Saving Bulbs: CFL, some LED
- ▶ Dimmer switches
- ▶ Variable Speed Motors in HVAC, pool/well pumps
- ▶ Switch Mode Power Supplies (laptops)
- ▶ Filtering with wiring errors increases magnetic fields



(Havas, Milham, Sakurai)

4. Radio Frequency Radiation (RF) from all Wireless Devices

- ▶ Cell Phones
- ▶ Cell Towers / 5G
- ▶ Wi-Fi
- ▶ Wi-Fi enabled Printers
- ▶ Air pods
- ▶ Cordless phones
- ▶ Cordless mouse, keyboard
- ▶ Baby Monitors
- ▶ Gaming Stations
- ▶ Smart Utility Meters
- ▶ Smart Speakers: Alexa, Echo
- ▶ Smart Fitness Watches
- ▶ C-Pap: turn blue tooth off

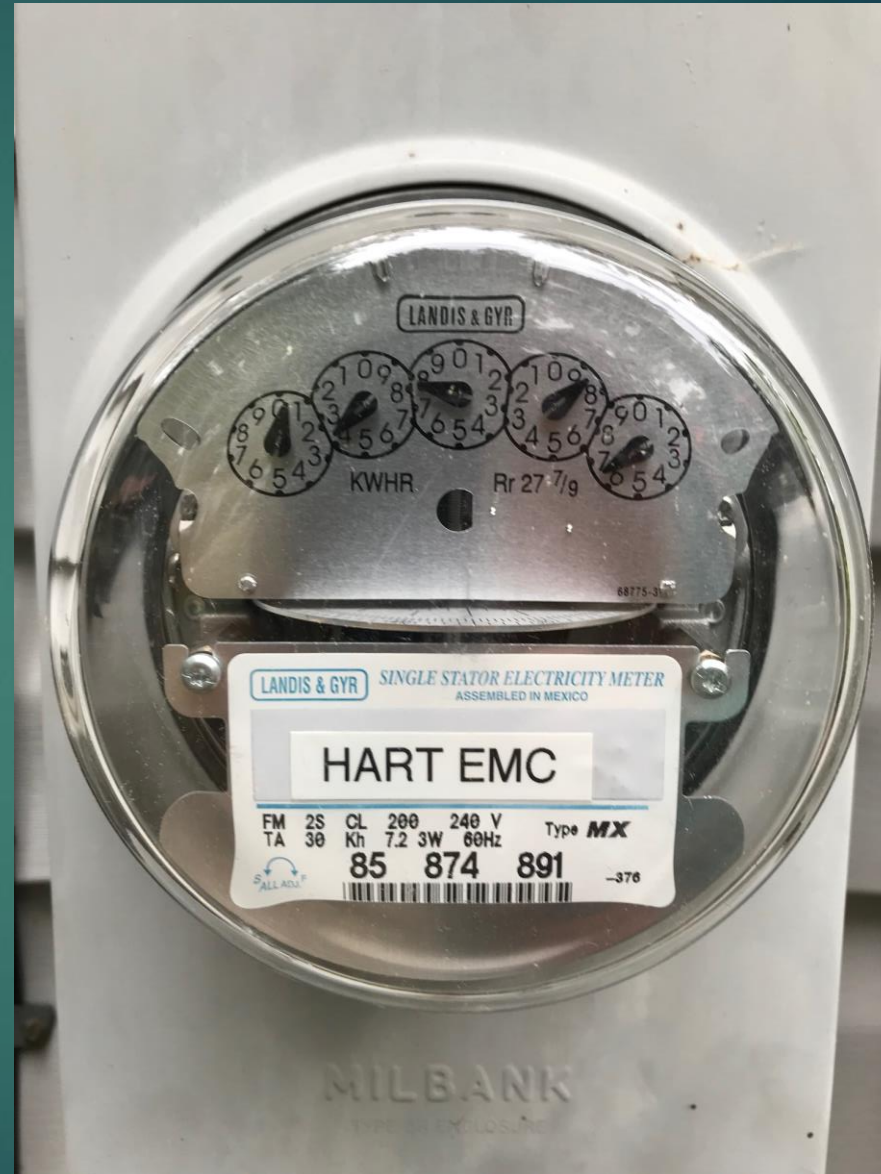


Typical Smart Meter



Analog Meter

some now
have RF built
into bottom



Low Budget, Effective Shield!

- ▶ 2 layers: Heavy-duty foil about 30 inches long
- ▶ Wrap & secure with HVAC (foil) tape
- ▶ Leave small hole out front or side
- ▶ Make 2 tiny holes in bottom for drainage
- ▶ Optional:
create metal “roof”



Inside Home: About 4-6 ft behind meter

Line with 2 layers of
Laminated
MW Absorber
from LessEMF.com

Place 1 layer of foil
in between



Or: Iron Maiden by
DEFiltersLLC.com: \$550-570



If No Signal:
Place Foil
over pet
cone/ collar



Measure Wireless Radiation

Safe & Sound Classic II:
\$149: Simple & sensitive



Safe & Sound Pro II \$385
Specific & sensitive



Coupon Code for 20% off ends
today!

Spring2023
at SLT.co



Great Resources at their FAQ



Interested? Help Needed!



EMF Sensitives' Summer Camp: A Celebration of Wellbeing & Belonging

in Western NC
Summer 2024

Thank you!
Please visit SafeTechNC.org
and Support our Work!



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Together Creating Havens for Health & Healing

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