

Appendix A: Mini-Guide for Measuring a Property

(Available to download and print at www.emfanalysis.com/book-resources/)

Part A: Measurements of Neighborhood upon Arriving at Property

- 1.) Measure the magnetic fields as you walk along the road and around the house. You want the readings to be below 1 mG.
 - a. Your readings of magnetic fields outside the home = _____

- 2.) Measure the Microwave Radiation (RF) in the neighborhood. Ideally the measurements are below $100 \mu\text{W}/\text{m}^2$ ($10 \mu\text{W}/\text{m}^2$ for sensitive safe). The following are the readings you want depending on the meter you are using.
 - a. Cornet Meter = $0.1000 \text{ milliWatts}/\text{m}^2$. Your readings = _____
 - b. Gigahertz Solutions = $100 \mu\text{W}/\text{m}^2$. Your readings = _____

Part B: Measurements within Home:

- 1.) Measure the magnetic fields in the home with the electricity on and off. Pay particular attention to field strength in sleeping areas. Fields below 0.1 milliGauss are ideal.
 - a. Magnetic fields with electricity *on* = Bed 1: _____ Bed 2: _____
 - b. Magnetic fields with electricity *off* = Bed 1: _____ Bed 2: _____

- 2.) Measure the Microwave Radiation (RF) in the home. Ideally the measurements are below $10\text{-}20 \mu\text{W}/\text{m}^2$ in the bedrooms (for sensitive people, I recommend below $5 \mu\text{W}/\text{m}^2$ in sleeping areas). The following are ideal readings depending on the meter you are using:
 - a. Cornet Meter = $0.0100 \text{ milliWatts per m}^2$. Your readings = _____
 - b. Gigahertz Solutions = $5 \mu\text{W}/\text{m}^2$. Your readings = _____

- 3.) Measure electric fields through body voltage or digital electric field meter. Ideal BV is below 1.0 Volt with electricity on and below 0.1 Volt with circuit breakers off. Ideal digital electric field is below $5.0 \text{ V}/\text{m}$ ("sensitive safe" = $1.0 \text{ V}/\text{m}$).
 - a. Electric Field with electricity *on* = Bed 1: _____ Bed 2: _____
 - b. Electric Field with electricity *off* = Bed 1: _____ Bed 2: _____

- 4.) Measure electrical line noise (EMI) in outlets throughout home. Here are the ideal measurement levels. Check to see what type of lighting (CFL & LED vs incandescent) is used and if there is a solar inverter installed nearby. These will increase EMI readings and can often be mitigated.
 - a. Line Noise EMI Meter – Ideal is below 400 mV: Your readings = _____
 - b. Radio Shack AM Radio – Does the sound change when walking in and out of home? Can you locate high static areas in the home where EMI sources may be located?