

## Appendix C: Mini-Guide for Measuring a Property

(Available to download and print at [www.emfanalysis.com/book-resources/](http://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 (closer to 0.1 mG for electrically sensitive people).
  - 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) when you are outside the home. The following are the readings you want depending on the meter you are using.
  - a. Cornet Meter = 0.1000 milliWatts/ $\text{m}^2$ . Your readings = \_\_\_\_\_
  - b. Gigahertz Solutions = Below 10-100  $\mu\text{W}/\text{m}^2$ . 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 10-20  $\mu\text{W}/\text{m}^2$  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 milliWatts per  $\text{m}^2$ . Your readings = \_\_\_\_\_
  - b. Gigahertz Solutions HF35C = 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 V/m (“sensitive safe” = below 1.0 V/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 if dimmer switches and CFL / LED lighting is used or if there is a solar system installed nearby. These will increase EMI readings and can typically 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?