

RF EXPOSURE CALCULATION RECORD

Antenna Description: _____

Evaluator name: _____

Date: _____

LIMITATION:

Divide 156.8 by the operating frequency in MHz: _____ (0.16 wavelengths, in feet)

When people are **further than this distance from the antenna**, use the ARRL RF exposure calculator: <http://arrl.org/rf-exposure-calculator>

Record data entered into calculator:

Power at antenna (watts): _____

Mode & Duty Cycle: _____

Transmit duty Cycle: TX time: _____ RX time: _____

Antenna Gain (dB): _____

Operating Frequency (MHz) : _____

Calculator Results:

Minimum Safe Distance - Controlled (feet): _____

Minimum Safe Distance - Uncontrolled (feet): _____

Otherwise, result is obtained by (check one):

_____ Antenna Modeling: HF 100W SSB to a half wave dipole: 5' controlled, 10' uncontrolled

_____ Measured data on hand-held radios: 22 W on 2m, 5 W on 440 (in normal position)

_____ Other (explain on reverse side of this page)