What is RF Radiation?

Radiofrequency (RF) radiation, a type of non-ionizing radiation, is the energy used to transmit wireless information. At low levels it is not considered a hazard. But at the levels produced by telecommunications equipment, including radio, television, and cellular antennas, RF radiation can “pose a considerable health risk”¹ for workers. As demand for cellular and wireless services grows, more of these antennas are being placed on rooftops and sides of buildings. Many are disguised to hide their presence.

What to look for…

Antennas that generate RF radiation come in different shapes and sizes and emit RF radiation in different directions. **Rectangular panel antennas** or dish-shaped transmitting antennas* generally send out RF radiation in one direction. **Cylindrical or rod-shaped antennas** emit RF radiation in more than one direction up to 360 degrees. **Hidden antennas** are designed to blend into their surroundings. They can be stand-alone (e.g. a flag pole) or a panel that blends into the side of a building, chimney, rooftop, or sign. These antennas are harder to identify and make it difficult to determine the RF radiation emitting direction.

Are you in danger?

Do you perform work where telecommunications antennas are present? If the answer is **YES**, then you could be exposed to hazardous levels of RF radiation.

Why it’s dangerous…

- RF radiation is invisible.
- Power levels vary. The amount of RF radiation can be low when you start working and then spike to higher levels without warning.
- Symptoms are often delayed. By the time you feel the symptoms, such as overheating, reddening of the skin, and burns, you have already been over-exposed.
- Your risk increases the closer you are to the antenna and the longer you work in the RF radiation field. RF radiation may interfere with medical devices (e.g. pacemakers), and concerns have been raised about possible non-thermal effects (e.g. nerve damage and psychological injuries).