

What Your Cell Company Says

Instructions for reducing cell phone radiation exposure are simple--if you're able to find them. See them here, straight from the user manuals.

Blackberry Torch

If you do not use a body-worn accessory equipped with an integrated belt clip supplied or approved by RIM when you carry the BlackBerry device, keep the BlackBerry device at least 0.98 in. (25 mm) from your body when the BlackBerry device is transmitting. When using any data feature of the BlackBerry device, with or without a USB cable, hold the BlackBerry device at least 0.98 in. (25 mm) from your body. If you use a body-worn accessory not supplied by RIM when you carry the BlackBerry device, verify that the accessory does not contain metal and keep the BlackBerry device at least 0.98 in. (25 mm) from your body when the BlackBerry device is transmitting.

Apple iPhone 3GS, Apple iPhone 4, Apple iPhone 4S, Apple iPhone 5, Apple iPhone 5S, Apple iPhone 6

To reduce exposure to RF energy, use a hands-free option, such as the built-in speakerphone, the supplied headphones, or other similar accessories. Carry iPhone at least 15mm away from your body to ensure exposure levels remain at or below the as-tested levels. Cases with metal parts may change the RF performance of the device, including its compliance with RF exposure guidelines, in a manner that has not been tested or certified.

LG G2

This device was tested for typical body-worn operations with the back of the phone kept 1 cm (0.39 inches) between the user's body and the back of the phone. To comply with FCC RF exposure requirements, a minimum separation distance of 1 cm (0.39 inches) must be maintained between the user's body and the back of the phone.

LG G3

When a carry case, belt clip or holder is used for bodyworn operation, it shouldn't contain metal and should position the product at least 1.5 cm away from your body. In order to transmit data files or messages, this device requires a quality connection to the network. In some cases, transmission of data files or messages may be delayed until such a connection is available. Ensure the above separation distance instructions are followed until the transmission is completed.

HTC One M8 and HTC Desire

To ensure that RF exposure levels remain at or below the tested levels, use a belt-clip, holster, or similar accessory that maintains a minimum separation distance of 1.0 cm between your body and the device, with either the front or back of the device facing towards your body. Such accessories should not contain any metallic components. Body-worn accessories that do not meet these specifications may not ensure compliance with applicable SAR limits and their use should be avoided.

What Your Cell Company Says (cont'd)

Nokia Lumia Icon

This device meets RF exposure guidelines when used either in the normal use position against the ear or when positioned at least 5/8 inch (1.5 centimeters) away from the body. The specific maximum SAR values can be found in the Certification Information (SAR) section of this user guide. For more info, visit [SAR Trick](#). When a carry case, belt clip or other form of device holder is used for body-worn operation, it should not contain metal and should provide at least the above-stated separation distance from the body. Note that mobile devices may be transmitting even if you are not making a voice call.

Sony Xperia Z2

For body-worn operation, the phone has been tested when positioned a minimum of 15 mm from the body without any metal parts in the vicinity of the phone or when properly used with an appropriate accessory and worn on the body. For devices which include "WiFi hotspot" functionality, SAR measurements for the device operating in WiFi hotspot mode were taken using a separation distance of 10 mm.

Samsung Galaxy S5, Samsung Galaxy Note 3, Samsung Galaxy S5 Active

Body-worn SAR testing has been carried out at a separation distance of 1 cm. To meet RF exposure guidelines during body-worn operation, the device should be positioned at least this distance away from the body. Organizations such as the World Health Organization and the US Food and Drug Administration have suggested that if people are concerned and want to reduce their exposure, they could use a hands-free accessory to keep the wireless device away from the head and body during use, or reduce the amount of time spent using the device.

Google Nexus 5

This device meets RF exposure guidelines when used either in the normal use position against the ear or when positioned at least 1.5 cm away from the body. When a carry case, belt clip or holder is used for body-worn operation, it should not contain metal and should position the product at least 1.5 cm away from your body.

Other Devices

These are examples, specific safety instructions may vary by product.

Laptop

Usage precautions during 3G connection: Keep safe distance from pregnant women's stomachs or from lower stomachs of teenagers.

Body worn operation: Important safety information regarding radiofrequency radiation (RF) exposure. To ensure compliance with RF exposure guidelines the Notebook PC must be used with a minimum of 20.8 cm antenna separation from the body.

Other Devices (cont'd)

These are examples, specific safety instructions may vary by product.

Baby Monitor

The Baby unit shall be installed and used such that parts of the user's body other than the hands are maintained at a distance of approximately 20 cm (8 inches) or more.

Gaming Console

To comply with IC RF exposure compliance requirements, the antenna used for this transmitter must be installed to provide a separation distance of at least 20 cm from all persons and must not be co-located or operating in conjunction with any other antenna or transmitter.

Printer

In order to avoid the possibility of exceeding the FCC radio frequency exposure limits, human proximity to the antenna shall not be less than 20 cm (8 inches) during normal operation.