



How to reduce exposure to RF radiation

Here are some recommendations:

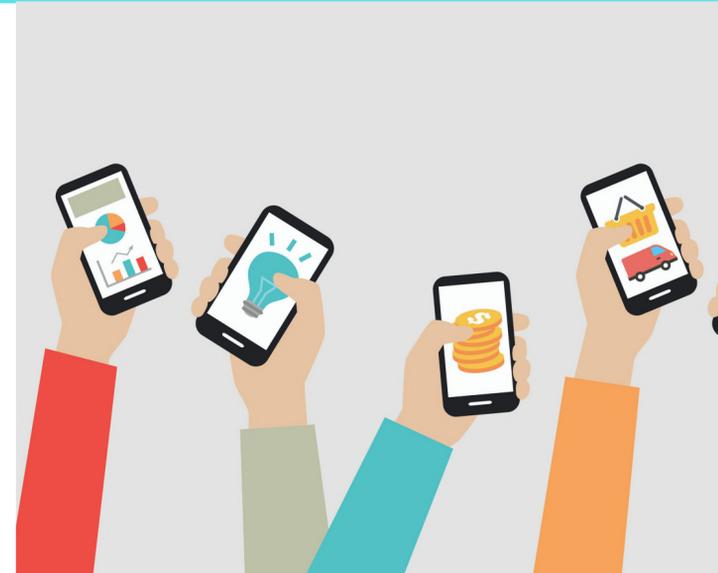


1.) WI-FI

- Turn your Phone and WiFi OFF when not in use especially at night.
- Get wired! Connect to the Internet using ethernet connection. Run a cord from your router to your devices. Adapters are available to connect ethernet to small devices such as smartphones, tablets, e-readers.

2.) MOBILE PHONES

- Set airplane mode to ON when phone not in use or when your child is playing with the phone.
- Use your mobile phone on SPEAKER MODE.
- Avoid carrying your phone against the body.
- Keep an eye on signal strength. The weaker the signal the more radiation the phone emits.
- Avoid making calls in cars, elevators, trains and buses.
- Turn your phone off at night, or set it to airplane mode.



3.) PHONE TOWERS

- Identify the emitter at RFNSA.com.au (i.e Telstra/Optus/Vodafone).
- Send a letter of objection to the Telco.
- Gather support in your council area and make your objections known to council.
- Follow Raymond Broomhalls 22 Step Plan.
- Take legal action if required.

4.) SMART METERS

- Attach a "Do NOT install Smart Meter" NOTICE onto your electricity box.
- Contact your energy provider and demand a standard meter be installed instead.
- Install a smart meter shield.
- If the smart meter is installed outside of a bedroom, make sure the head of your bed is not up against that wall.
- Paint the wall behind the smart meter with EMF blocking paint.



5.) SMART DEVICES

- Ensure tablets are used in airplane mode and that movies/cartoons are downloaded prior to watching it.
- Avoid wearing fitness trackers and smart watches.
- Swap wireless/bluetooth headsets with airtube headphones.
- Do not expose your baby to wireless baby monitors or smart nappies.
- Do not use your laptop or tablet on your lap or near your stomach, especially pregnant women or teenagers.