



Follow these steps to protect you and your family from unnecessary exposure to Electro-Magnetic Radiation (EMR).

Familiarise Yourself With The Issue

Microwave radiofrequency electromagnetic fields are classified as Group 2B 'possibly carcinogenic to humans' (IARC, 2011). There is also a growing body of scientific peer reviewed literature linking EMR exposure to depression, anxiety, brain tumors, blood-brain barrier permeability, impaired functioning in children, DNA damage, infertility, memory, learning & behavioural problems, cancer and more.

Engage A Building Biologist

Building Biologists are radiation experts who will measure and determine the environmental health risks associated with exposure to EMR emissions in your home. Become a SEEN member and receive a professional EMR assessment discount.



Undertake A Risk Assessment

Determine sources of EMR in your home. Sources may include Wi-Fi, wireless computer networks and devices, building infrastructure (SMART Meters) and/or nearby mobile telecommunications infrastructure. You may wish to engage a building biologist for a professional environmental risk assessment of your home.

Eliminate Sources of EMR

- Hardwire your internet connection using an Ethernet cable, ensure Wi-Fi is turned OFF.
- Install a corded landline instead of using your mobile.
- Eliminate or limit exposure to wireless device emissions (Fitbits, Bluetooth Speakers, Air pods, Ipads/Tablets, Foxtel, Microwaves, Alexa, OkGoogle).
- Opt-Out of SMART home infrastructure such as SMART Meter installations. If already installed request the wireless transmission device be disabled.
- Avoid LED and energy saving light bulbs.
- Check for poor wiring and sources of "dirty electricity".

Protect Your Sleep

We heal and grow while we sleep, therefore it is important to ensure an EMF safe sleeping environment, especially for children.

- Turn off ALL wireless devices at night, including your phone and Wi-Fi and remove from the bedroom.
- Turn off circuit breakers for bedrooms at night to limit the electromagnetic field exposures from powerpoints.
- Consider getting a spring-free mattress to reduce EMR conductivity.