



# KCA TOOL BOX TALK: RF Radiation

Radiofrequency (RF) radiation is the energy used to transmit wireless information. Cellular, television, and other antennas located on roof tops, sides of buildings, news gathering trucks, and other structures can give off levels of RF radiation that are harmful to workers.

### Signatures

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_
16. \_\_\_\_\_
17. \_\_\_\_\_
18. \_\_\_\_\_

### Preventing Exposure:

- Before starting work, ask your supervisor or the building manager if cellular or other RF antennas are present and get a copy of the current RF radiation survey results.
- Look around you to see if you can spot antennas in your work area or nearby. They can be rectangular panels, dish-shaped, cylindrical or rod-shaped. They may also be disguised in a stand-alone structure like a building chimney or a flag pole.
- Look for posted signs and barriers and follow the instructions.
- Avoid standing right in front of or close to an antenna. Stay at least 6 feet away from a single antenna or 10 feet away from a group of antennas.
- Assume the antenna is energized or "hot". Touching a "hot" antenna can give a serious burn.
- Know the warning signs of RF radiation exposure, such as a headache, dizziness, labored breathing, reddening of the skin and suddenly feeling over heated. Leave the area immediately if you feel symptoms.

For more information visit OSHA STANDARD: General Duty Clause Section  
(5)(a)(1) of the OSHA Act FCC RULES & REGULATIONS: 47 CFR 1.1307(b)