See The Fine Print

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

Apple iPads

"to be sure that human exposure to RF energy does not exceed the FCC, IC, and European Union guidelines, always follow these instructions and precautions: Orient the device in portrait mode with the Home button at the bottom of the display, or in landscape mode with the cellular antenna away from your body or other objects."

Is the location of the antenna obvious? Which side or top or bottom?

"Seizures, Blackouts, and Eyestrain

A small percentage of people may be susceptible to blackouts or seizures (even if they have never had one before) when exposed to flashing lights or light patterns such as when playing games or watching video. If you have experienced seizures or blackouts or have a family history of such occurrences, you should consult a physician before playing games or watching videos on your iPad. Discontinue use of iPad and consult a physician if you experience headaches, blackouts, seizures, convulsion, eye or muscle twitching, loss of awareness, involuntary movement, or disorientation. To reduce risk of headaches, blackouts, seizures, and eyestrain, avoid prolonged use, hold iPad some distance from your eyes, use iPad in a well-lit room, and take frequent breaks."

Apple iPhone 3GS

"To reduce exposure to RF energy, use a handsfree option, such as the builtinspeakerphone, 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 astested 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."

http://www.apple.com/legal/rfexposure/iphone2,1/en/

Apple iPhone 4

"To reduce exposure to RF energy, use a handsfree option, such as the builtin speaker phone, the supplied headphones, or other similar accessories.

Carry iPhone at least 10mm away from your body to ensure exposure levels remain at or below the astested 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."
http://www.apple.com/legal/rfexposure/iphone3,1/en/

Apple IPhone 4S

"To reduce exposure to RF energy, use a handsfree option, such as the builtin speaker phone, the supplied headphones, or other similar accessories. Carry iPhone at least 10mm away from your body to ensure exposure levels remain at or below the astested 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."

http://www.apple.com/legal/rfexposure/iphone4,1/en/

Apple iPhone 5

"To reduce exposure to RF energy, use a handsfree option, such as the builtin speaker phone, the supplied headphones, or other similar accessories. Carry iPhone at least 10mm away from your body to ensure exposure levels remain at or below the astested 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."
http://www.apple.com/legal/rfexposure/iphone5,1/en/

Apple iPhone 5S

"To reduce exposure to RF energy, use a handsfree option, such as the builtin speakerphone, the supplied headphones, or other similar accessories. Carry iPhone at least 5mm away from your body to ensure exposure levels remain at or below the astested 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."

http://www.apple.com/legal/rfexposure/iphone6,2/en/

Apple iPhone 6

"To reduce exposure to RF energy, use a handsfree option, such as the builtin speakerphone, the supplied headphones, or other similar accessories. Carry iPhone at least 5mm away from your body to ensure exposure levels remain at or below the astested 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."
http://www.apple.com/legal/rfexposure/iphone7,2/en/

AT&T SL82 Series Cordless Phones

The **telephone base** 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. If you choose to use a clipping device, please make sure to only use the supplied AT&T belt clip.
http://cdn-media-att.vtp-media.com/ecp/documents/product_Product/364/UserManual/5977/SL82118_manual_i10.pdf

Baby Monitor Motorola MBP33

"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."

Belkin WIFI Router Manual

"Caution: Exposure to Radiofrequency Radiation: The device shall be used in such a manner that the potential for human contact normal operation is minimized. This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with a minimum distance of 20cm between the radiator and your body."

Blackberrry Bold 9900 9930 "keep the BlackBerry device at least 0.59 in. (15 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 0.59 in. (15 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 0.59 in. (15 mm) from your body when the BlackBerry device is transmitting.

To reduce radio frequency exposure consider these safety guidelines:
Use the BlackBerry device in areas where there is a strong wireless signal. The indicator that provides information about the strength of the wireless signal is located in the upper-right corner of the home screen and displays five ascending bars. Three or more bars indicate a strong signal. A reduced signal display, which might occur in areas such as an underground parking structure or if you are traveling by train or car, might indicate increased power output from your BlackBerry device as it attempts to connect to a weak signal.

• Use hands-free operation if it is available and keep the BlackBerry device at least 0.59 in. (15 mm) from your body (including the abdomen of pregnant women and the lower abdomen of teenagers) when the BlackBerry device is turned on and connected to the wireless network. For more information about carrying your BlackBerry device, see the holster information in the "Accessories" section of this document.

• Reduce the amount of time spent on calls."

Blackberry Torch 9800 & 9900

When you wear the BlackBerry device close to your body, use a RIM approved holster with an integrated belt clip or maintain a distance of 0.98 in. (25 mm) between your BlackBerry device and your body while the BlackBerry device is transmitting. Use of body-worn accessories, other than RIM approved holsters with an integrated belt clip, might cause your BlackBerry device to exceed radio frequency (RF) exposure standards if the accessories are worn on your body while the BlackBerry device is transmitting.

The long term effects of exceeding RF exposure standards might present a risk of serious harm.

For more information about the compliance of this BlackBerry device with the FCC RF emission guidelines, visit www.fcc.gov/ oet/ea/fccid and search for the FCC ID for your BlackBerry device as listed below:

BlackBerry® Torch™ 9800 smartphone (model number RCY71UW): FCC ID L6ARCY70UW

BlackBerry Torch 9800 smartphone (model number RDG71UW): FCC ID L6ARDG70UW

To reduce radio frequency (RF) exposure consider these safety guidelines:

• Use the BlackBerry device in areas where there is a strong wireless signal. The indicator that provides information about the strength of the wireless signal is located in the upper-right corner of the Home screen and displays five ascending bars. Three or more bars indicate a strong signal. A reduced signal display, which might occur in areas such as an underground parking structure or if you are traveling by train or car, might indicate increased power output from your BlackBerry device as it attempts to connect to a weak signal.

• Use hands-free operation if it is available and keep the BlackBerry device at least 0.98 in. (25 mm) from your body (including the abdomen of pregnant women and the lower abdomen of teenagers) when the BlackBerry device is turned on and connected to the wireless network.

For more information about carrying your BlackBerry device, see the holster information in the "Additional safety guidelines" section of this document. • Reduce the amount of time spent on calls.

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 bodyworn operation, it should not contain metal and should position the product at least 1.5 cm away from your body."
http://www.scribd.com/doc/186597866/Google Nexus5UserManualGuide

HP 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.”

HTC Desire

"To ensure that RF exposure levels remain at or below the tested levels, use a beltclip, holster, or similar accessory that maintains a minimum separation distance of 1.0cm 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. Bodyworn accessories that do not meet these specifications may not ensure compliance with applicable SAR limits and their use should be avoided."
http://www.virginmobileusa.com/resources/phones/prepaid/manual/htcdesire...

HTC One M8

To ensure that RF exposure levels remain at or below the tested levels, use a beltclip, 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. Bodyworn accessories that do not meet these specifications may not ensure compliance with applicable SAR limits and their use should be avoided. http://www.showthefineprint.org/see-the-fine-print

Ipod Touch

"Specific Absorption Rate (SAR) refers to the rate at which the body absorbs RF energy. The SAR limit is 1.6 watts per kilogram in countries that set the limit averaged over 1 gram of tissue and 2.0 watts per kilogram in countries that set the limit averaged over 10 grams of tissue. During testing, iPod radios are set to their highest transmission levels and placed in positions that simulate use near the body, with 5mm separation.

To reduce exposure to RF energy, use the supplied headphones or other similar accessories. Carry iPod at least 5mm 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 Vu Plus

"Exposure to Radio Frequency Signal Your wireless handheld portable telephone is a low power radio transmitter and receiver. When it is ON, it receives and also sends out radio frequency (RF) signals. In August, 1996, the Federal Communications Commissions (FCC) adopted RF exposure guidelines with safety levels for handheld wireless phones. Those guidelines are consistent with the safety standards previously set by both U.S. and international standards bodies: ANSI C95.1 (1992) * NCRP Report 86 (1986) ICNIRP (1996) Those standards were based on comprehensive and periodic evaluations of the relevant scientific literature.

Phone Operation NORMAL POSITION: Hold the phone as you would any other telephone with the antenna pointed up and over your shoulder.

Safety Guidelines Safety Guidelines 119 Tips on Efficient Operation For your phone to operate most efficiently:] Do not touch the antenna unnecessarily when the phone is in use. Contact with the antenna affects call quality and may cause the phone to operate at a higher power level than otherwise needed. Driving Check the laws and regulations on the. . .

What steps can I take to reduce my exposure to radiofrequency energy from my wireless phone?

If there is a risk from these products - and at this point we do not know that there is - it is probably very small. But if you are concerned about avoiding even potential risks, you can take a few simple steps to minimize your exposure to radiofrequency energy (RF).

Since time is a key factor in how much exposure a person receives, reducing the amount of time spent using a wireless phone will reduce RF exposure.

If you must conduct extended conversations by wireless phone every day, you could place more distance between your body and the source of the RF, since the exposure level drops off dramatically with distance. For example, you could use a headset and carry the wireless phone away from your body or use a wireless phone connected to a remote antenna.

Again, the scientific data do not demonstrate that wireless phones are harmful. But if you are concerned about the RF exposure from these products, you can use measures like those described above to reduce your RF exposure from wireless phone use."

LG G2

This device was tested for typical bodyworn 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.
http://support.bell.ca/_web/Guides/UserGuides/Mobile/LG/LGEN/LGG2usergui...

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.
http://www.lg.com/us/support/softwaremanuals#

Nexus 5 Sprint

"Body-Worn Operation To maintain compliance with FCC RF exposure guidelines, if you wear a handset on your body, use a Sprint-supplied or Sprint approved carrying case, holster or other body-worn accessory. If you do not use a body-worn accessory, ensure the antenna is at least 0.39 inch (1.0 centimeters) from your body when transmitting. Use of non-Sprint-approved accessories may violate FCC RF exposure guidelines. For more information about RF exposure, visit the FCC website at Restricting Children's Access to Your Phone Your phone is not a toy. Do not allow children to play with it as they could hurt themselves and others, damage the phone or make calls that increase your Sprint invoice.

You Agree That We Are Not Responsible For Certain Problems

You agree that neither we nor our parent, subsidiary, or affiliate companies, nor our vendors, suppliers, or licensors are responsible for any damages, delay, interruption or other failure to perform resulting from: …...

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, go to www.sar-tick.com. When a carry case, belt clip or other form of device holder is used for bodyworn 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.
http://download.fds-ncom.nokia.com/supportFiles/phones/files/pdf_guides/devices/Lumia929/Nokia_Lumia_Icon_UG_en_US_Verizon.pdf

Panasonic KX-TG9 Series Cordless Phones

FCC RF Exposure Warning: the base unit must be installed and operated 20 cm (8 inches) or more between the product and all person's body (excluding extremities of hands, wrist and feet).

The handset may be carried and operated with only the specific provided belt-clip. Other non-tested belt-clips or similar body-worn accessories may not comply and must be avoided.
http://service.us.panasonic.com/OPERMANPDF/KXTG9331.PDF

Samsung 3G Laptop

"Usage precautions during 3G connection : Keep safe distance from pregnant women's stomach or from lower stomach 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."

This is a laptop computer and the term "body worn" seems to indicate that the laptop is sitting on the knees or on a desk/table close to the body. The location of the antenna is not specified here so how is the user to know how close the antenna is to the body?

Samsung Galaxy Note 3

Bodyworn SAR testing has been carried out at a separation distance of 1.0 cm. To meet RF exposure guidelines during bodyworn 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 handsfree accessory to keep the wireless device away from the head and body during use, or reduce the amount of time spent using the device.
http://www.samsung.com/sar/sarMain?site_cd=&prd_mdl_name=N9002&selNatCd=...uageCode=EN

Samsung Galaxy S5

Body- worn SAR testing has been carried out at a separation distance of 1.0 cm. To meet RF exposure guidelines during body worn operation, the device should be positioned at least this distance away from the body.

Samsung Galaxy S5 Active Bodyworn 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 handsfree accessory to keep the wireless device away from the head and body during use, or reduce the amount of time spent using the device.
http://www.samsung.com/sar/sarMain?site_cd=&prd_mdl_name=SM-G870&selNatCd=US&la
nguageCode=EN

Samsung Laptop

“Usage precautions during 3G connection: Keep safe distance from pregnant women’s stomach or from lower stomach of teenagers.

Body worn operation: Important safety information regarding radio frequency 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.”

Sony Xperia Z2

For bodyworn 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.
http://wwwsupport-downloads.sonymobile.com/d6503/sar_D6502_D6503_D6543_L50w_1.pdf

X Box 360 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."