



TRAINING OUTLINE

COURSE TITLE: _____ **DATE:** _____ **INSTRUCTOR:** _____

LOCATION: _____ **TIME:** _____ **COMPANY:** _____

Safety training was conducted on the above date by the instructor indicated. The following line items identify the topics covered during the training session.

SUMMARY OF TRAINING

1) Introduction

- a) Standards
- b) Why Training?

2) Terminology

- a) Electric & Magnetic Field (EMF)
- b) Definition: Wavelength
- c) Definition: Frequency
- d) Units of Measurement
- e) RF Radiation

3) RF Emitters

- a) RF Towers
- b) Antennas
 - i. Definition: Omnidirectional Antenna
 - ii. Monopole Antennas
 - iii. Dipole Antennas
 - iv. Definition: Directional Antenna
 - v. Dish Antennas
- c) RF Fields
 - i. Near Fields
 - ii. Far Fields

4) Detection Devices

- a) Spatial Averaging
- b) Probes & Meters
- c) Calibration
- d) EMF Meters
- e) Spectrum Analyzers
- f) Broad-Spectrum Analyzers

5) Exposure

- a) Exposure Limits
 - i. Maximum Permissible Exposure



TRAINING OUTLINE

- ii. General Population
 - iii. Occupational
 - iv. Specific Absorption Rate (SAR)
 - v. Definition: Specific Absorption Rate
 - vi. Partial vs. Whole-Body Irradiation
 - vii. Continuous vs. Intermittent
 - b) RF Radiation Effects
 - i. Non-Targeted & Targeted Effects
 - ii. Thermal Effects
 - iii. Non-Thermal Effects
 - iv. Cumulative Heating
 - v. Symptoms
 - c) Emergency Response
- 6) Site Safety**
- a) Standard Operating Procedures
 - i. Hazard Assessment
 - ii. Rf Source Inventory
 - iii. Radiation Protection Guide
 - iv. RF Emission Compliance Studies
 - v. EME Site Study
 - vi. EME Site Modeling
 - vii. Site Safety Plan
 - viii. Site Remediation
 - b) RF Categories
 - i. Categories I & II
 - ii. Category III
 - iii. Category IV
 - iv. Category V
 - c) RF Safety Signs
 - i. Information Sign
 - ii. Notice Sign
 - iii. Caution Sign
 - iv. Warning Sign
- 7) Controls**
- a) Elimination & Substitution
 - i. Source Removal
 - b) Engineering Controls
 - i. Shielding



TRAINING OUTLINE

- ii. Lockout/Tagout
- c) Administrative Controls
 - i. Hazcom Program
 - ii. Medical Surveillance

8) PPE

- a) Hard Hats
- b) Ear Protection
- c) Eye Protection
- d) Clothing
- e) Thermals
- f) RF Suits
- g) Gloves
- h) Footwear
- i) Personal RF Monitors
- j) Fall Protection

9) Conclusion