we care about you every day

so please

Practice Safe Tech

EHtrust.org
**PRACTICE SAFE TECH**

Use and carry wireless gear away from your head and body. Wireless connections (in use or on standby) are radiation that the World Health Organization says is a possible cause of human cancer.

**Beware of weak network signals.** Gear works harder and emits more radiation when the signal is weak.

**Before bedtime power off all wireless devices and networks.** Most of them constantly emit radiation, including when no one is using. #PracticeSafeTech

**Power off more often.** Each wireless-enabled device doses every person in the connection/coverage area with radiation:

- each component and any size of wireless gear/accessories/appliances, baby monitors, cordless phones, etc.

**For voice/data/entertainment prefer corded landlines and wireline connections.** Also cordless phones, WiFi routers, and wireless game and entertainment base stations all emit radiation. Choose, provide and request wireline options so everyone can #PracticeSafeTech.

**Say no to tech while moving** [driving, walking, biking, blading, skiing, etc.]. Distraction for a second can be the difference between life and death.

EHtrust.org