# Checklist for Low-EMF Computer

## Set-up For Any Computer
- Device always on a table. Feet flat on floor. Screen is at—or slightly below—eye level.
- The "high-five test:" If you can't properly high-five your computer screen, you’re sitting too close. Position monitor at least 24 inches (61 cm) away from you.
- Reduce glare by adjusting screen tilt/position.
- Light your area with soft light beside your device (not fluorescent, not strong LED).
- Use laptops and tablets running on battery-only. Avoid or minimize use during charging.
- Use a three-prong grounded power cable for laptops, tablets, and desktops.
- Move electrical wires, chargers, and electric equipment away from your body.

## Use Wired, Not Wi-Fi and Not Bluetooth
- Use corded (not Wi-Fi, not Bluetooth) mouse, keyboard, printer, speakers, and other accessories.
- Connect devices to your modem using ethernet cord. Check if you need an adapter to connect to the ethernet.
- After connecting by ethernet cord, make sure Wi-Fi is OFF on device and modem, and make sure Bluetooth is off on devices.
- Multiple users? Connect a corded ethernet switch to the modem or to the ethernet, then you can add more ethernet cords to numerous devices.

## Remember Settings
- Device settings: Wi-Fi OFF & Bluetooth OFF. If you do this by Airplane Mode, confirm both are OFF.
- Turn OFF wireless antennas in your Wi-Fi router/modem. (Best is to replace with WiFi-free modem.)

## Reduce Blue Light on ALL Screens
- Blue light blocker covers are usually available for all screens.
- Blue-blocking eyeglasses.
- Download software that reduces blue light and flicker.

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How to Reduce Electromagnetic Fields

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<tr>
<th>Create A Sleep Sanctuary</th>
<th>In Cars &amp; Other Vehicles</th>
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<tr>
<td>Remove all screens and electronics from bedroom and other sleep areas.</td>
<td>Prefer all phones and screens are powered OFF (or at least set to Airplane Mode with both Bluetooth and Wi-Fi OFF).</td>
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<tr>
<td>Use a battery-powered alarm clock.</td>
<td>For GPS prefer without Bluetooth.</td>
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<tr>
<td>Do not sleep near a charging device or a charger that is connected to electricity.</td>
<td>Text/call when you are outside the vehicle.</td>
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<tr>
<td>Do not sleep near a video game that is connected to electricity.</td>
<td>You can turn OFF the vehicle's Bluetooth.</td>
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<tr>
<td>At least power OFF wireless and Wi-Fi before bedtime and other periods of non-use. Best Interest is wired (not Wi-Fi).</td>
<td>Contact manufacturer about turning OFF other wireless antennas.</td>
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<tr>
<td>No electrical cords under or near the bed.</td>
<td>A mobile phone that is not in Airplane Mode or powered off automatically goes to high power in traveling vehicles, whether or not the phone is actively being used.</td>
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<tr>
<td>Turn off AND unplug electric blankets and heating pads before using them.</td>
<td>Metal surroundings trap and reflect signals, increasing exposures to all occupants.</td>
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<tr>
<td>Do not sleep at a wall where an appliance or electrical panel/meter is on the other side.</td>
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Smart Meters
(measure consumption of electricity/water/gas)
Smart meters emit several types of EMFs: radiofrequency, magnetic, harmonics.

- Opt out of a smart meters.
- Analogue meters are the safest.
- Join with others in your community to ensure everyone has a free "Opt-Out."

All Electronics Emit EMFs
Even when Wi-Fi is OFF, EMFs spill out of devices because of the electrical or battery power. This applies whether or not the device or appliance has a screen. The intensity of this exposure is reduced by increased distance from the source.

- Do not put electronic devices on laps.
- Keep and use screens and electronics on a table.

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Reduce Cell Phone EMF Radiation Exposure
First and foremost: Minimize your overall use, and prefer a corded phone.

- Use speaker phone
- Hold the phone away from head & body.
- Do not carry a powered ON phone in your pocket or bra.
- Reduce active apps & background apps.
- Turn OFF notifications & automatic updates.
- Avoid use when signal is weak.
- Children should not use mobile phones except in an emergency.
- Avoid use inside a metal vehicle as radiation reflects and increases — in a car, van, bus, truck, train, airplane, elevator.
- High data transfers (such as video and photos) increases EMF radiation emissions.

Around the House

☑ Replace cordless phone with cored phone.
☑ Replace Bluetooth and Wi-Fi with wired connections (including for baby monitors).
☑ Arrange to replace your smart utility meter with an analogue meter.
☑ Disconnect or remove fluorescent light fixtures.
☑ Wire up gaming stations and controllers, TVs, and other entertainment systems.
☑ Replace strong LED bulbs.
☑ Forward mobile phones to home cored phone line so mobiles can be off more often.

Talk to friends and family so they are aware and can make choices.

Tips & Tricks

Get a battery-powered alarm clock for bedrooms.

Learn how to use a cord to connect your tablet, laptop, and mobile phone to Internet.

Text from your cored computer with online apps.

LCD screens have lower EMFs.

Use an electricity timer or a power strip to power off electrical/electronic items off when not in use.

Purchase, rent, or borrow an EMF meter to "see" the levels in your home.

Safer Charging

- Do not use wireless charging.
- Charge devices away from work/sleep/living spaces.
- Do not use or sleep with a mobile phone/device while it is charging.
- Do not sleep with a powered on device.

Prefer a Corded Telephone

Prefer to have and use a cored telephone (not cordless). If a cored landline is not available, then prefer Voice over Internet Protocol (VoIP) or a telephone line connection from your Internet provider.

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### Sources of Magnetic Field EMF Radiation

Magnetic fields are linked to miscarriage, leukemia, and more. MFs penetrate through solids (for example: through walls and metal, people and pets). Know sources and distance yourself. Minimize exposure time.

- Powerlines
- Power strips (and stronger when on)
- Electrical panel
- Appliances
- Microwave oven
- Magnetic induction
- Hybrid cars (measure levels at all seats)
- Overhead projectors
- Electrical wiring errors (electrician can fix)
- Variable-speed motors
- Variable-speed motors (HVAC, portable fans and heaters, other appliances that are stationary or portable, treadmills)
- Electronic power converters
- Devices with switched-mode power supply
- LCD TVs & Plasma TVs
... many other items

### Sources of Wireless

- Mobile phones
- Home/office cordless phones
- Cordless phone base stations
- Tablets/Laptops/Desktops
- Wi-Fi router/modem
- Video game consoles and handsets
- Baby monitors (near baby & near parent)
- Wireless-enabled MP3 players
- Signal boosters
- Security home hubs
- “Smart speakers” & virtual assistants
- Wireless peripherals such as headphones, printer, speakers, keyboard, mouse.
- Wearable wireless tech including “smart”watches and fitness wristbands.
- “Smart” appliances
- Wi-Fi
- Bluetooth
... many other items

### Sources of EMF Due To Electromagnetic Interference (EMI)

The best way to reduce EMI is to remove sources:

- Dimmer switches
- CFL light bulbs
- Fluorescent lights
- Several types of LED light bulbs
- Digital utility billing meters
- Solar panel inverters
- Electronics chargers
- Variable-speed motors (HVAC, portable fans and heaters, other appliances that are stationary or portable, treadmills)
- Electronic power converters
- Devices with switched-mode power supply
- LCD TVs & Plasma TVs
... many other items

### Safer Lighting

Lights can create EMI if they have a switched-mode power supply.

- Choose incandescent or halogen bulbs (with edison screw base), cleaner LEDs.
- Do not use CFL bulbs.
- Do not use fluorescent light fixtures.
- Minimize/remove bright white LEDs.

### Replace Sources of EMI

- Replace dimmer switches with on/off switches.
- Replace CFL and fluorescent light bulbs/ fixtures with safer lighting.
- Choose machinery without variable-speed motors.
- Prefer electronics without switched-mode power supply.
- When devices or chargers are not in use, unplug them from the power source.

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