



## Electromagnetic Hypersensitivity (EHS) Tip Sheet

### Background

As societies industrialize and the technological revolution continues, there has been an unprecedented increase in the number and diversity of electromagnetic field (EMF) sources. These sources include video display units (VDUs) associated with computers, mobile phones and their base stations. While these devices have made our life richer, safer and easier, they have been accompanied by concerns about possible health risks due to their EMF emissions.

For some time a number of individuals have reported a variety of health problems that they relate to exposure to EMF. While some individuals report mild symptoms and react by avoiding the fields as best they can, others are so severely affected that they cease work and change their entire lifestyle. This reputed sensitivity to EMF has been generally termed “electromagnetic hypersensitivity” or EHS.<sup>1</sup>

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<sup>1</sup> World Health Organization, [Electromagnetic fields and public health](http://www.who.int/peh-emf/publications/facts/fs296/en/). Accessed on May 04, 2018 from [www.who.int/peh-emf/publications/facts/fs296/en/](http://www.who.int/peh-emf/publications/facts/fs296/en/)

## Common Accommodation Measures for Electromagnetic Hypersensitivity (EHS)

Accommodation	How the City can Help	Assigned To
1. Limit exposure to EMF emissions from mobile devices.	<ul style="list-style-type: none"> <li>Notify all meeting attendees to set mobile phones to airplane mode at the start of the meeting.</li> </ul>	Meeting Organizer
2. Limit exposure to EMF emissions from Wi-Fi and Bluetooth sources, to the best extent possible without significantly affecting City business in adjacent spaces.	<ul style="list-style-type: none"> <li>Temporarily disable City owned WAP device(s) in immediate proximity to the meeting room. Note: Most City owned WAP devices in meeting rooms can be remotely disabled by Peterborough Technology Services (PTS). Some meeting rooms require PTS to physically turn off power to disable the applicable City owned WAP.</li> <li>Temporarily disable Nexicom owned WAP device(s) in immediate proximity to the meeting room.</li> <li>Provide 48 hours notice, not including weekends, to PTS and/or Nexicom, with meeting start and meeting end times.</li> </ul>	Meeting Organizer to coordinate with Peterborough Technology Services and/or Nexicom
3. Limit exposure to fluorescent lighting and older style LED lighting.	<ul style="list-style-type: none"> <li>Turn off or minimize amount of fluorescent lighting and older style LED lighting in the meeting room.</li> <li>Consider booking meeting rooms with adequate windows to the exterior for natural daylighting.</li> <li>Consult with meeting attendee with EHS prior to the meeting and at the start of the meeting to determine how to best suit the accommodation.</li> <li>Consult with other meeting attendees to ensure adequate lighting is provided for everyone.</li> </ul>	Meeting Organizer

### Relevant Contact Information

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