

Checklist for Low EMF Computer

Computer Set Up

- ✓ 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 <24 in.
- ✓ Keep glare down - adjust screen position.
- ✓ Desk light with soft light to the side of device (not fluorescent or strong LED).
- ✓ Use laptops running on battery (rather than while charging) as much as possible.
- ✓ Use a three-prong grounded power cable for laptops.
- ✓ Move electrical wires and electric equipment away from your body.

Use Wired Not Wi-Fi or Bluetooth

Corded (not Wi-Fi) for mouse, keyboard, printer and speakers.

Connect device with ethernet to your modem (not Wi-Fi.)

Check if you need an ethernet adapter.

Need several lines?

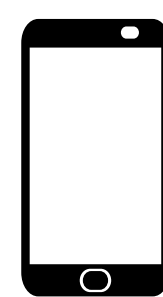
Connect multiple lines to one ethernet port with an ethernet switch.



Remember Settings

- Device settings to (Airplane mode) Wi-Fi OFF & Bluetooth OFF
- Turn OFF wireless antennas in your Wi-Fi router/modem. (Best to replace with Wi-Fi free modem.)

Reduce Blue Light on ALL Screens



- Blue light blocker covering for all screens.
- Blue-blocking glasses.
- Download software to reduce bluelight and flicker.

How to Reduce Electromagnetic Fields

Create A Sleep Sanctuary

- ✓ Remove all screens, electronics and screens from bedroom.
- ✓ Do not sleep near a charging phone or plugged in video game or device.
- ✓ Wireless and Wi-Fi powered OFF at night. Best is wired - not Wi-Fi- internet.
- ✓ No electrical cords under or near the bed.
- ✓ Use a battery powered alarm clock.
- ✓ Unplug electric blankets & heating pads.
- ✓ Do not sleep against wall with electric panel, electric meter or appliance on other side.

In the Car

All phones and screens should be OFF.

At minimum Airplane mode with Bluetooth & Wi-Fi OFF.

Best- get a GPS without Bluetooth.

Text/call when you are outside the car.

Turn car Bluetooth OFF.

Contact manufacturer to turn other wireless antennas OFF.

Remember, phones got to high power in traveling vehicles.

Metal reflects wireless and can increase your exposure.

Smart Meters

Smartmeters emit radiofrequency, magnetic fields and harmonics.

- Opt out of a smartmeter.
- An analogue is the safest option.
- Join with others to ensure everyone has a free "Opt-Out."

All Electronics Emit EMFs

Even if the Wi-Fi is OFF, EMFs come from the electricity. Thankfully, these drop off rapidly with distance.

- Do not rest a laptop or electronic on your lap.
- Always keep screens and electronics on a table.

Reduce Cell Phone Radiation Exposure

First & 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.
- Turn notifications/automatic updates OFF.

- Children should not use mobile phones except for emergencies.
- Avoid using phone with a weak signal.
- Avoid cell phone in a vehicle (car, bus, train or airplane) as radiation reflects & increases.
- High data transfers like video and photos increases radiation emissions.

Around the House

- ✓ Replace cordless phone with corded phone.
- ✓ Replace Bluetooth and Wi-Fi with wired connections. No Wi-Fi baby monitors.
- ✓ Replace your smart utility meter with an analogue meter.
- ✓ Wire up gaming stations and controllers.
- ✓ Remove fluorescent lights and strong LEDs.
- ✓ Forward cell phones to home corded phone line so cell phones can be off more.
- ✓ Talk to your friends and family so they are aware and can make choices.

Tips & Tricks

Get a battery powered alarm clock for bedrooms.

Learn how to hardwire your ipad and cell phone to ethernet.

Text from your computer with online aps.

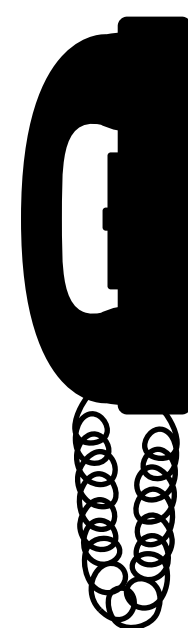
LCD screens have lower EMFs.

Use a Christmas tree timers or a power strip to turn electric items off when not in use.

Purchase an EMF meter to learn the levels in your home.

Safer Charging

- Do not use wireless charging.
- Charge devices away from working/sleeping/living spaces.
- Do not use a charging cell phone.
- Do not use or sleep with a powered on or charging device.



Prefer a Corded Telephone

Use a corded telephone (not cordless.)
If no landline then 1. Voice over Internet Protocol (VoIP) system, or 2. a telephone line connection from your internet provider.

Sources of Magnetic Field EMFs

Magnetic fields are linked to miscarriage leukemia and more. Know sources and distance yourself. Minimize time.

- Powerlines
- Power strips with lots of wires plugged in
- Electrical panel

- Appliances
- Microwave oven
- Magnetic induction
- Hybrid cars (measure levels in all seats)
- Overhead projectors
- Electrical wiring errors (electrician can fix)
- Electrical substation

Sources of Wireless

- Cell phones
- Home/office cordless phones
- Cordless phone base stations
- Tablets/Laptops
- Wi-Fi router
- Video gaming consoles/handsets,
- Baby monitors
- Wireless MP3 players
- Signal boosters
- Security home hubs
- Smart speakers & Virtual assistants
- Wireless peripherals such as headphones, printer, speakers, keyboard and mouse.
- Wearable wireless tech including “smart” watches and fitness wristbands.
- Wireless “Smart” appliances
- Wi-Fi & Bluetooth

Sources of EMF Interference (EMI)

The best way to reduce EMI is to remove sources:

Dimmer switches

CFL light bulbs

Fluorescent lights

Several types of LEDs

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

Safer Lighting

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

- Choose incandescent or halogens with edison screw base, “cleaner” LEDs.
- Do not use CFL or fluorescents.
- 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.
- Choose electronics without a switched-mode power supply whenever possible.
- Unplug devices and battery chargers when not in use.