

Understanding SAR



To communicate with the network, mobile phones emit low levels of radio waves (also known as radiofrequency or 'RF' energy) when being used.

Governments around the world have adopted comprehensive international safety guidelines, developed by independent scientific organizations, governing the exposure to RF energy. Mobile phones are designed to operate within these stringent limits.

SAR

What is SAR?

SAR stands for Specific Absorption Rate which is the unit of measurement for the amount of RF energy absorbed by the body when using a mobile phone. Although the SAR is determined at the highest certified power level in laboratory conditions, the actual SAR level of the phone while operating can be well below this value. This is because the phone is designed to use the minimum power required to reach the network. Therefore, the closer you are to a base station, the more likely it is that the actual SAR level will be lower.

Does a lower SAR mean that a phone is safer?

No. Variations in SAR do not mean that there are variations in safety. While there may be differences in SAR levels among phone models, all mobile phones must meet RF exposure guidelines.

Where can I get the SAR value for my phone?

SAR information for new model phones will be included with the materials that come with the mobile phone. In addition, this information will be available from the website of your mobile phone manufacturer.

Where can I go if I want more information?

There are several good sources of information by government and international agencies on the general issue of mobile phones and health.

World Health Organization (WHO)

www.who.int/emf

U.S Food and Drug Administration

www.fda.gov/cdrh/ocd/mobilphone.html

U.K National Radiological Protection Board

www.nrpb.org.uk/

The Mobile Manufacturers Forum, the international association of mobile phone manufacturers, also has a comprehensive website – www.mmfai.org – to help answer consumer questions on health issues.



**Mobile Manufacturers
Forum**