



IS YOUR TECHNOLOGY SAFE?

What every **Canadian** should know about **Electromagnetic Radiation**.

As technology advances and becomes a bigger part of our lives, Canadians' exposure to electromagnetic radiation (EMR) from sources like cell phones, wi-fi, cordless phones and cell towers is growing exponentially. Unfortunately, there is no proof that EMR emissions are safe. More and more studies are emerging that suggest non-ionizing radiation is actually biologically harmful and that chronic long-term exposure can lead to cumulative damage. In addition, studies in Israel and Brazil have linked long term exposure to cell towers with an increase in cancer.

Here is what you should know about the **potential health risks** and the simple things you can do to **reduce your exposure**.

Sources of Electromagnetic Radiation.

Cell towers and rooftop antennae; wireless internet (wi-fi); cordless phones; baby monitors; smart meters; cell phones and smart phones

Involuntary exposure to EMR can happen from sources such as cellular antennae on towers, rooftops, mounted on buildings, utility poles, monopoles, smart meters and wi-fi in schools, hotels and coffee shops. With six cellular suppliers who each want to establish 4G service across the country, requiring the installation of more and more cellular equipment, the levels that Canadians are exposed to will continue to increase.

Canadians are also exposed voluntarily to emissions from sources that we choose to activate – that is, from all wireless technology and devices we enable, including cell phones, smart phones, wifi routers, cordless phones, and baby monitors.

Canada's Guidelines are Outdated.

On May 31, 2011, the World Health Organization (WHO) reclassified EMR as 2B, Possibly Carcinogenic to Humans. Countries such as Switzerland, Italy, China and Russia have all set limits that are 100 times safer than Canada's.

In Canada, the guidelines for what is considered safe exposure are based on Safety Code 6, which deals with the heating of tissues (called "thermal effects") over the short-term (6-minute exposure). However, studies show there are biological effects that occur at levels far below the levels that Health Canada currently deems safe, and experts are appealing for changes. Health Canada's own scientists have identified that there are unknown risks with children and pregnant women, and that long-term studies are needed. Remember asbestos, tobacco, DDT and BPA in baby bottles? Canada should err on the side of caution.

Protecting Children's Health.

Children are not "little adults". Their skulls are thinner, their tissues—including their brains—are not fully developed. Health Canada's own scientists have identified that there are unknown risks with children and pregnant women, and that long term studies are needed. Health Canada advises reducing exposure to cell phones, especially for children. (Oct 2011).

Electrosensitivity.

Some people are more sensitive to EMR and the development of electrosensitivity (ES). The first signs can include irregular heartbeats, headaches, dizziness, fatigue and insomnia. People may be experiencing effects and not know that EMR is the cause.

5 Steps to Reduce Your Exposure.

Technology provides us with many benefits. For many of us it has become an essential part of our work and home. However we cannot continue to turn a blind eye to the long-term effects of EMR on our health. Each of the devices below are harmful since they constantly emit signals as they connect to other devices or the "home base". Most use the same frequency as a microwave oven. Here are a number of simple things that you can do to reduce your exposure:



1. Cell Phones

Keep cell phones away from your head (use the speaker or earplugs) and out of your pocket, bras, etc. Don't sleep with the cell phone near you. Turn it off at night.



2. Cordless Phones

Remove all cordless phones. If you must have them, keep them away from high traffic areas and put them on a timer or turn them off every night.



3. Wi-Fi

If practical, remove the wifi in your home. If not, make sure it is not where someone is exposed all day, such as a bedroom or study. Put it on a timer or turn it off every night.



4. Baby Monitors

Never place the baby monitor by your child's bed. Use a wired monitor.



5. Smart Meters

If possible, opt out of any smart meters. If not, make sure it is not near a bedroom or other high traffic area.

Get informed. Reduce your exposure.

C4ST is a not-for-profit, volunteer-based coalition of parents, citizens and experts whose mission is to educate and inform Canadians and their policy makers about the dangers of exposure to unsafe levels of radiation from technology, and to work with all levels of government to create healthier communities for children and families from coast to coast.

Join C4ST in calling for changes to Canada's outdated regulations.

www.c4st.org www.facebook.com/c4st.org