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best practice

Some health authorities such as the WHO and many public authorities provide advice to limit exposure and promote the use of mobile phones in optimal safety conditions.

recommendations for use to reduce your exposure to radio waves:



1- Use an earpiece (or hands-free kit) for your phone calls. This reduces the exposure of your head to radio waves. However, when you use an earpiece or headphones, stay alert to your surroundings especially when walking near roads or using other types of transportation, such as bicycles.



2- Use your mobile device in good reception conditions. In fact, your terminal automatically adjusts its transmission power according to the radio signals it receives from your network operator. Reception is good when the display screen shows 4-5 bars. This is not always the case in certain areas or situations, particularly underground parking, lifts, in cars or trains, or just in an area poorly covered by the network, far away from mobile base station. Moreover, using your mobile in good reception conditions will extend the autonomy of its battery.



3- Use the SMS or internet functions of your mobile phone. To do this, you have to look at the mobile phone screen, and therefore hold the phone away from the head and torso, reducing exposure.



4- With or without an earpiece, keep your mobile phone or other mobile device away from the stomach of a pregnant woman or lower abdomen of adolescents.



for more information:

mobile phones and public health on the WHO website (<http://www.who.int/mediacentre/factsheets/fs193/en/index.html>)
"Mobiles: information and precautions for use" on the Culture Mobile website (<http://www.culturemobile.net/questions-ethique/mobile-informations-et-precautions-usage>) (in French)
guaranteeing safe and responsible usage - orange.com (<http://www.orange.com/en/responsibility/customers-and-trust/guaranteeing-safe-and-responsible-usage>)

safety measures for users and others:



6- Do not use the phone while driving, even with a hands-free kit. Use while driving is dangerous and is a real factor in serious accidents, resulting in particular from the distraction generated by the conversation itself or any other use (SMS, mobile internet, etc.). Mobile use in a vehicle while driving, without a 'hands-free kit', is also now illegal in many countries.



7- Keep a distance of at least 15 cm between your phone or other mobile device and any electronic implants (pacemakers, insulin pumps, neurostimulators, etc.). Use the device on the other side of the implant to avoid possible interference. Consult the instructions of your medical device and talk to your doctor.



8- Respect the safety instructions and restrictions of use of your mobile in specific places or situations (airplanes, hospitals, service stations, professional garages, etc.).



9- Do not listen to a mobile phone or tablet playing music at full volume for long periods. At full volume, prolonged listening to the music player may damage your hearing irreversibly. In any event, listening at moderate volume is recommended.



10- Only buy your mobile phone through conventional distribution channels, ensuring traceability and compliance of equipment with international recommendations. It is important to find out about the equipment, the instructions for use and the safety precautions which are included in the manufacturer's instructions for the device.