

of the EMF Research and Public Information Dissemination (EMF RAPID) Program (see page 50). This study measured magnetic field exposure of about 1,000 people of all ages randomly selected among the U.S. population. Participants wore or carried with them a small personal exposure meter and kept a diary of their activities both at home and away from home. Magnetic field values were automatically recorded twice a second for 24 hours. The study reported that exposure to magnetic fields is similar in different regions of the country and similar for both men and women.

Estimated Average Magnetic Field Exposure of the U.S. Population			
Average 24-hour field (mG)	Population exposed (%)	95% confidence interval (%)	People exposed* (millions)
> 0.5	76.3	73.8–78.9	197–211
> 1	43.6	40.9–46.5	109–124
> 2	14.3	11.8–17.3	31.5–46.2
> 3	6.3	4.7–8.5	12.5–22.7
> 4	3.6	2.5–5.2	6.7–13.9
> 5	2.42	1.65–3.55	4.4–9.5
> 7.5	0.58	0.29–1.16	0.77–3.1
> 10	0.46	0.20–1.05	0.53–2.8
> 15	0.17	0.035–0.83	0.09–2.2

\*Based on a population of 267 million. This table summarizes some of the results of a study that sampled about 1,000 people in the United States. In the first row, for example, we find that 76.3% of the sample population had a 24-hour average exposure of greater than 0.5 mG. Assuming that the sample was random, we can use statistics to say that we are 95% confident that the percentage of the overall U.S. population exposed to greater than 0.5 mG is between 73.8% and 78.9%. Source: Zaffanella, 1993.

The following table shows average magnetic fields experienced during different types of activities. In general, magnetic fields are greater at work than at home.

Estimated Average Magnetic Field Exposure of the U.S. Population for Various Activities					
Average field (mG)	Population exposed (%)				
	Home	Bed	Work	School	Travel
> 0.5	69	48	81	63	87
> 1	38	30	49	25	48
> 2	14	14	20	3.5	13
> 3	7.8	7.2	13	1.6	4.1
> 4	4.7	4.7	8.0	< 1	1.5
> 5	3.5	3.7	4.6		1.0
> 7.5	1.2	1.6	2.5		0.5
> 10	0.9	0.8	1.3		< 0.2
> 15	0.1	0.1	0.9		

Source: Zaffanella, 1993.

## Q What levels of EMF are found in common environments?

A Magnetic field exposures can vary greatly from site to site for any type of environment. The data shown in the following table are median measurements taken at four different sites for each environment category.

EMF Exposures in Common Environments					
Magnetic fields measured in milligauss (mG)					
Environment	Median* exposure	Top 5th percentile	Environment	Median* exposure	Top 5th percentile
OFFICE BUILDING			MACHINE SHOP		
Support staff	0.6	3.7	Machinist	0.4	6.0
Professional	0.5	2.6	Welder	1.1	24.6
Maintenance	0.6	3.8	Engineer	1.0	5.1
Visitor	0.6	2.1	Assembler	0.5	6.4
SCHOOL			Office staff	0.7	4.7
Teacher	0.6	3.3	GROCERY STORE		
Student	0.5	2.9	Cashier	2.7	11.9
Custodian	1.0	4.9	Butcher	2.4	12.8
Administrative staff	1.3	6.9	Office staff	2.1	7.1
HOSPITAL			Customer	1.1	7.7
Patient	0.6	3.6			
Medical staff	0.8	5.6			
Visitor	0.6	2.4			
Maintenance	0.6	5.9			

\*The median of four measurements. For this table, the median is the average of the two middle measurements.  
Source: National Institute for Occupational Safety and Health.

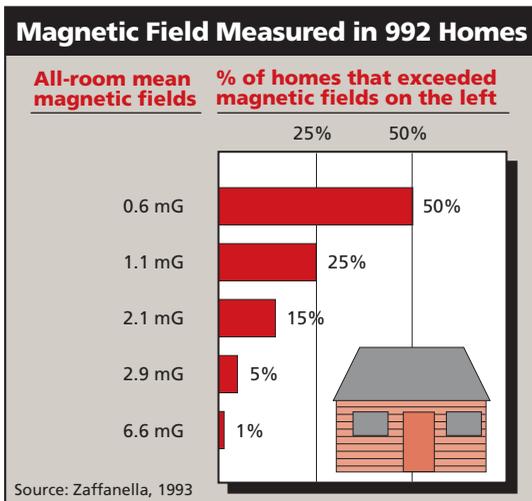
## Q What EMF field levels are encountered in the home?

### A Electric fields

Electric fields in the home, on average, range from 0 to 10 volts per meter. They can be hundreds, thousands, or even millions of times weaker than those encountered outdoors near power lines. Electric fields directly beneath power lines may vary from a few volts per meter for some overhead distribution lines to several thousands of volts per meter for extra high voltage power lines. Electric fields from power lines rapidly become weaker with distance and can be greatly reduced by walls and roofs of buildings.

### Magnetic fields

Magnetic fields are not blocked by most materials. Magnetic fields encountered in homes vary greatly. Magnetic fields rapidly become weaker with distance from the source.



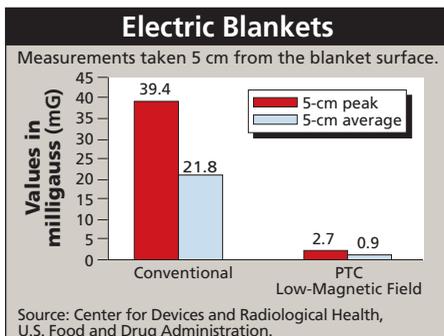
The chart on the left summarizes data from a study by the Electric Power Research Institute (EPRI) in which spot measurements of magnetic fields were made in the center of rooms in 992 homes throughout the United States. Half of the houses studied had magnetic field measurements of 0.6 mG or less, when the average of measurements from all the rooms in the house was calculated (the all-room mean magnetic field). The all-room mean magnetic field for all houses studied was 0.9 mG. The measurements were made away from electrical appliances and reflect primarily the fields from household wiring and outside power lines.

If you are comparing the information in this chart with measurements in your own home, keep in mind that this chart shows averages of measurements taken throughout the homes, not the single highest measurement found in the home.

## Q What are EMF levels close to electrical appliances?

A Magnetic fields close to electrical appliances are often much stronger than those from other sources, including magnetic fields directly under power lines. Appliance fields decrease in strength with distance more quickly than do power line fields.

The following table, based on data gathered in 1992, lists the EMF levels generated by common electrical appliances. Magnetic field strength (magnitude) does not depend on how large, complex, powerful, or noisy the appliance is. Magnetic fields near large appliances are often weaker than those near small devices. Appliances in your home may have been redesigned since the data in the table were collected, and the EMF they produce may differ considerably from the levels shown here.



The graph shows magnetic fields produced by electric blankets, including conventional 110-V electric blankets as well as the PTC (positive temperature coefficient) low-magnetic-field blankets. The fields were measured at a distance of about 2 inches from the blanket's surface, roughly the distance from the blanket to the user's internal organs. Because of the wiring, magnetic field strengths vary from point to point on the blanket. The graph reflects this and gives both the peak and the average measurement.

<b>Sources of Magnetic Fields (mG)*</b>									
	Distance from source					Distance from source			
	6"	1'	2'	4'		6"	1'	2'	4'
<b>Office Sources</b>					<b>Workshop Sources</b>				
<b>AIR CLEANERS</b>					<b>BATTERY CHARGERS</b>				
Lowest	110	20	3	–	Lowest	3	2	–	–
Median	180	35	5	1	Median	30	3	–	–
Highest	250	50	8	2	Highest	50	4	–	–
<b>COPY MACHINES</b>					<b>DRILLS</b>				
Lowest	4	2	1	–	Lowest	100	20	3	–
Median	90	20	7	1	Median	150	30	4	–
Highest	200	40	13	4	Highest	200	40	6	–
<b>FAX MACHINES</b>					<b>POWER SAWS</b>				
Lowest	4	–	–	–	Lowest	50	9	1	–
Median	6	–	–	–	Median	200	40	5	–
Highest	9	2	–	–	Highest	1000	300	40	4
<b>FLUORESCENT LIGHTS</b>					<b>ELECTRIC SCREWDRIVERS (while charging)</b>				
Lowest	20	–	–	–	Lowest	–	–	–	–
Median	40	6	2	–	Median	–	–	–	–
Highest	100	30	8	4	Highest	–	–	–	–
<b>ELECTRIC PENCIL SHARPENERS</b>					Distance from source				
Lowest	20	8	5	–	1' 2' 4'				
Median	200	70	20	2					
Highest	300	90	30	30					
<b>VIDEO DISPLAY TERMINALS (see page 48) (PCs with color monitors)**</b>					<b>Living/Family Room Sources</b>				
					<b>CEILING FANS</b>				
Lowest	7	2	1	–	Lowest	–	–	–	
Median	14	5	2	–	Median	3	–	–	
Highest	20	6	3	–	Highest	50	6	1	
					<b>WINDOW AIR CONDITIONERS</b>				
					<b>Bathroom Sources</b>				
					<b>HAIR DRYERS</b>				
Lowest	1	–	–	–	Lowest	–	–	–	
Median	300	1	–	–	Median	3	1	–	
Highest	700	70	10	1	Highest	20	6	4	
					<b>COLOR TELEVISIONS**</b>				
					<b>ELECTRIC SHAVERS</b>				
Lowest	4	–	–	–	Lowest	–	–	–	
Median	100	20	–	–	Median	7	2	–	
Highest	600	100	10	1	Highest	20	8	4	

Continued

Sources of Magnetic Fields (mG)*									
	Distance from source					Distance from source			
	6"	1'	2'	4'		6"	1'	2'	4'
<b>Kitchen Sources</b>					<b>Kitchen Sources</b>				
<b>BLENDERS</b>					<b>ELECTRIC OVENS</b>				
Lowest	30	5	–	–	Lowest	4	1	–	–
Median	70	10	2	–	Median	9	4	–	–
Highest	100	20	3	–	Highest	20	5	1	–
<b>CAN OPENERS</b>					<b>ELECTRIC RANGES</b>				
Lowest	500	40	3	–	Lowest	20	–	–	–
Median	600	150	20	2	Median	30	8	2	–
Highest	1500	300	30	4	Highest	200	30	9	6
<b>COFFEE MAKERS</b>					<b>REFRIGERATORS</b>				
Lowest	4	–	–	–	Lowest	–	–	–	–
Median	7	–	–	–	Median	2	2	1	–
Highest	10	1	–	–	Highest	40	20	10	10
<b>DISHWASHERS</b>					<b>TOASTERS</b>				
Lowest	10	6	2	–	Lowest	5	–	–	–
Median	20	10	4	–	Median	10	3	–	–
Highest	100	30	7	1	Highest	20	7	–	–
<b>FOOD PROCESSORS</b>					<b>Bedroom Sources</b>				
Lowest	20	5	–	–	<b>DIGITAL CLOCK****</b>				
Median	30	6	2	–	Lowest	–	–	–	
Highest	130	20	3	–	Median	1	–	–	
<b>GARBAGE DISPOSALS</b>					High	8	2	1	
Lowest	60	8	1	–	<b>ANALOG CLOCKS</b>				
Median	80	10	2	–	<b>(conventional clockface)****</b>				
Highest	100	20	3	–	Lowest	1	–	–	
<b>MICROWAVE OVENS***</b>					Median	15	2	–	
Lowest	100	1	1	–	Highest	30	5	3	
Median	200	4	10	2	<b>BABY MONITOR (unit nearest child)</b>				
Highest	300	200	30	20	Lowest	4	–	–	–
<b>MIXERS</b>					Median	6	1	–	–
Lowest	30	5	–	–	Highest	15	2	–	–
Median	100	10	1	–					
Highest	600	100	10	–					

Continued

Sources of Magnetic Fields (mG)*									
	Distance from source				Distance from source				
	6"	1'	2'	4'	6"	1'	2'	4'	
<b>Laundry/Utility Sources</b>					<b>Laundry/Utility Sources</b>				
<b>ELECTRIC CLOTHES DRYERS</b>					<b>PORTABLE HEATERS</b>				
Lowest	2	–	–	–	Lowest	5	1	–	–
Median	3	2	–	–	Median	100	20	4	–
Highest	10	3	–	–	Highest	150	40	8	1
<b>WASHING MACHINES</b>					<b>VACUUM CLEANERS</b>				
Lowest	4	1	–	–	Lowest	100	20	4	–
Median	20	7	1	–	Median	300	60	10	1
Highest	100	30	6	–	Highest	700	200	50	10
<b>IRONS</b>					<b>SEWING MACHINES</b>				
Lowest	6	1	–	–	Home sewing machines can produce magnetic fields of 12 mG at chest level and 5 mG at head level.				
Median	8	1	–	–	Magnetic fields as high as 35 mG at chest level and 215 mG at knee level have been measured from industrial sewing machine models (Sobel, 1994).				
Highest	20	3	–	–					

Source: EMF In Your Environment, U.S. Environmental Protection Agency, 1992.

\* Dash (–) means that the magnetic field at this distance from the operating appliance could not be distinguished from background measurements taken before the appliance had been turned on.

\*\* Some appliances produce both 60-Hz and higher frequency fields. For example, televisions and computer screens produce fields at 10,000-30,000 Hz (10-30 kHz) as well as 60-Hz fields.

\*\*\* Microwave ovens produce 60-Hz fields of several hundred milligauss, but they also create microwave energy inside the appliance that is at a much higher frequency (about 2.45 billion hertz). We are shielded from the higher frequency fields but not from the 60-Hz fields.

\*\*\*\* Most digital clocks have low magnetic fields. In some analog clocks, however, higher magnetic fields are produced by the motor that drives the hands. In the above table, the clocks are electrically powered using alternating current, as are all the appliances described in these tables.

## Q What EMF levels are found near power lines?

**A** Power transmission lines bring power from a generating station to an electrical substation. Power distribution lines bring power from the substation to your home. Transmission and distribution lines can be either overhead or underground. Overhead lines produce both electric fields and magnetic fields. Underground lines do not produce electric fields above ground but may produce magnetic fields above ground.

### Power transmission lines

Typical EMF levels for transmission lines are shown in the chart on page 37. At a distance of 300 feet and at times of average electricity demand, the magnetic fields from many lines can be similar to typical background levels found in most homes. The distance at which the magnetic field from the line becomes indistinguishable from typical background levels differs for different types of lines.

### Power distribution lines

Typical voltage for power distribution lines in North America ranges from 4 to 24 kilovolts (kV). Electric field levels directly beneath overhead distribution lines may vary from a few volts per meter to 100 or 200 volts per meter. Magnetic fields directly beneath overhead distribution lines typically range from 10 to 20 mG for main feeders and less than 10 mG for laterals. Such levels are also typical directly above underground lines. Peak EMF levels, however, can vary considerably depending on the amount of current carried by the line. Peak magnetic field levels as high as 70 mG have been measured directly below overhead distribution lines and as high as 40 mG above underground lines.

### **Q** How strong is the EMF from electric power substations?

**A** In general, the strongest EMF around the outside of a substation comes from the power lines entering and leaving the substation. The strength of the EMF from equipment within the substations, such as transformers, reactors, and capacitor banks, decreases rapidly with increasing distance. Beyond the substation fence or wall, the EMF produced by the substation equipment is typically indistinguishable from background levels.

### **Q** Do electrical workers have higher EMF exposure than other workers?

**A** Most of the information we have about occupational EMF exposure comes from studies of electric utility workers. It is therefore difficult to compare electrical workers' EMF exposures with those of other workers because there is less information about EMF exposures in work environments other than electric utilities. Early studies did not include actual measurements of EMF exposure on the job but used job titles as an estimate of EMF exposure among electrical workers. Recent studies, however, have included extensive EMF exposure assessments.

A report published in 1994 provides some information about estimated EMF exposures of workers in Los Angeles in a number of electrical jobs in electric utilities and other industries. Electrical workers had higher average EMF exposures (9.6 mG) than did workers in other jobs (1.7 mG). For this study, the category "electrical workers" included electrical engineering technicians, electrical engineers, electricians, power line workers, power station operators, telephone line workers, TV repairers, and welders.

### Typical EMF Levels for Power Transmission Lines\*

	115 kV				
	1.0 m	15 m (50 ft)	30 m (100 ft)	61 m (200 ft)	91 m (300 ft)
Electric Field (kV/m)	1.0	0.5	0.07	0.01	0.003
Mean Magnetic Field (mG)	29.7	6.5	1.7	0.4	0.2

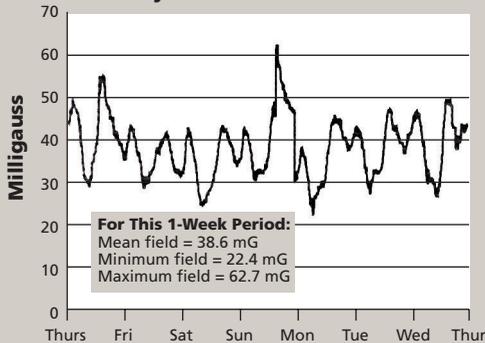
  

	230 kV				
	1.0 m	15 m (50 ft)	30 m (100 ft)	61 m (200 ft)	91 m (300 ft)
Electric Field (kV/m)	2.0	1.5	0.3	0.05	0.01
Mean Magnetic Field (mG)	57.5	19.5	7.1	1.8	0.8

	500 kV				
	1.0 m	20 m (65 ft)	30 m (100 ft)	61 m (200 ft)	91 m (300 ft)
Electric Field (kV/m)	7.0	3.0	1.0	0.3	0.1
Mean Magnetic Field (mG)	86.7	29.4	12.6	3.2	1.4

**Magnetic Field from a 500-kV Transmission Line Measured on the Right-of-Way Every 5 Minutes for 1 Week**



Electric fields from power lines are relatively stable because line voltage doesn't change very much. Magnetic fields on most lines fluctuate greatly as current changes in response to changing loads. Magnetic fields must be described statistically in terms of averages, maximums, etc. The magnetic fields above are means calculated for 321 power lines for 1990 annual mean loads. During peak loads (about 1% of the time), magnetic fields are about twice as strong as the mean levels above. The graph on the left is an example of how the magnetic field varied during one week for one 500-kV transmission line.

\*These are typical EMFs at 1 m (3.3 ft) above ground for various distances from power lines in the Pacific Northwest. They are for general information. For information about a specific line, contact the utility that operates the line.

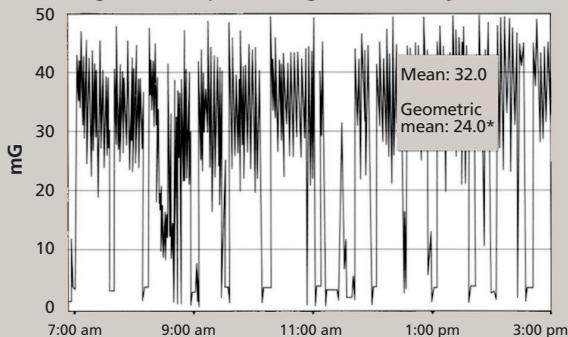
Source: Bonneville Power Administration, 1994.

## Q What are possible EMF exposures in the workplace?

A The figures below are examples of magnetic field exposures determined with exposure meters worn by four workers in different occupations. These measurements demonstrate how EMF exposures vary among individual workers. They do not necessarily represent typical EMF exposures for workers in these occupations.

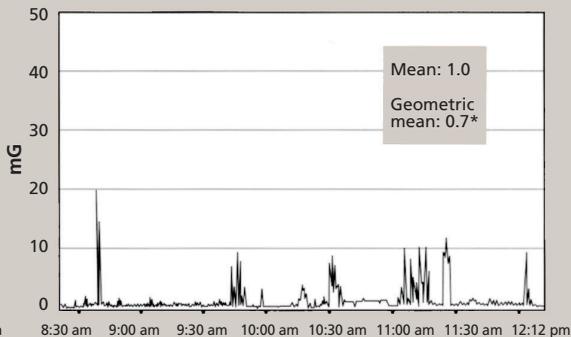
### Magnetic Field Exposures of Workers (mG)

**Sewing machine operator in garment factory**



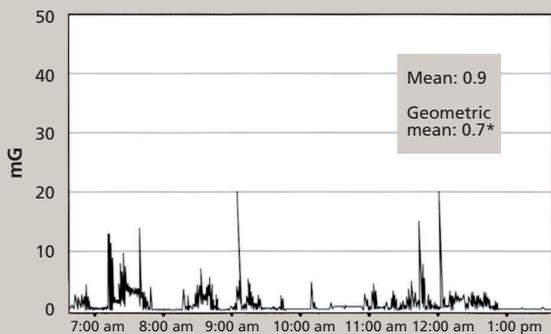
The sewing machine operator worked all day, took a 1-hour lunch break at 11:15 am, and took 10-minute breaks at 8:55 am and 2:55 pm.

**Maintenance mechanic**



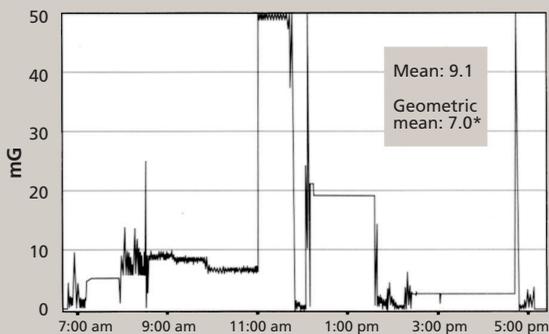
The mechanic repaired a compressor at 9:45 am and 11:10 am.

**Electrician**



The electrician repaired a large air-conditioning motor at 9:10 am and at 11:45 am.

**Government office worker**



The government worker was at the copy machine at 8:00 am, at the computer from 11:00 am to 1:00 pm and also from 2:30 pm to 4:30 pm.

\*The geometric mean is calculated by squaring the values, adding the squares, and then taking the square root of the sum.  
Source: National Institute for Occupational Safety and Health and U.S. Department of Energy.

The tables below and on page 41 can give you a general idea about magnetic field levels for different jobs and around various kinds of electrical equipment. It is important to remember that EMF levels depend on the actual equipment used in

<b>EMF Measurements During a Workday</b>		
Industry and occupation	ELF magnetic fields measured in mG	
	Median for occupation*	Range for 90% of workers**
<b>ELECTRICAL WORKERS IN VARIOUS INDUSTRIES</b>		
Electrical engineers	1.7	0.5–12.0
Construction electricians	3.1	1.6–12.1
TV repairers	4.3	0.6–8.6
Welders	9.5	1.4–66.1
<b>ELECTRIC UTILITIES</b>		
Clerical workers without computers	0.5	0.2–2.0
Clerical workers with computers	1.2	0.5–4.5
Line workers	2.5	0.5–34.8
Electricians	5.4	0.8–34.0
Distribution substation operators	7.2	1.1–36.2
Workers off the job (home, travel, etc.)	0.9	0.3–3.7
<b>TELECOMMUNICATIONS</b>		
Install, maintenance, & repair technicians	1.5	0.7–3.2
Central office technicians	2.1	0.5–8.2
Cable splicers	3.2	0.7–15.0
<b>AUTO TRANSMISSION MANUFACTURE</b>		
Assemblers	0.7	0.2–4.9
Machinists	1.9	0.6–27.6
<b>HOSPITALS</b>		
Nurses	1.1	0.5–2.1
X-ray technicians	1.5	1.0–2.2
<b>SELECTED OCCUPATIONS FROM ALL ECONOMIC SECTORS</b>		
Construction machine operators	0.5	0.1–1.2
Motor vehicle drivers	1.1	0.4–2.7
School teachers	1.3	0.6–3.2
Auto mechanics	2.3	0.6–8.7
Retail sales	2.3	1.0–5.5
Sheet metal workers	3.9	0.3–48.4
Sewing machine operators	6.8	0.9–32.0
Forestry and logging jobs	7.6	0.6–95.5***
Source: National Institute for Occupational Safety and Health. ELF (extremely low frequency)—frequencies 3–3,000 Hz.		
* The median is the middle measurement in a sample arranged by size. These personal exposure measurements reflect the median magnitude of the magnetic field produced by the various EMF sources and the amount of time the worker spent in the fields.		
** This range is between the 5th and 95th percentiles of the workday averages for an occupation.		
*** Chain saw engines produce strong magnetic fields that are not pure 60-Hz fields.		

the workplace. Different brands or models of the same type of equipment can have different magnetic field strengths. It is also important to keep in mind that the strength of a magnetic field decreases quickly with distance.

If you have questions or want more information about your EMF exposure at work, your plant safety officer, industrial hygienist, or other local safety official can be a good source of information. The National Institute for Occupational Safety and Health (NIOSH) is asked occasionally to conduct health hazard evaluations in workplaces where EMF is a suspected cause for concern. For further technical assistance contact NIOSH at 800-356-4674.

## **Q** What are some typical sources of EMF in the workplace?

**A** Exposure assessment studies so far have shown that most people's EMF exposure at work comes from electrical appliances and tools and from the building's power supply. People who work near transformers, electrical closets, circuit boxes, or other high-current electrical equipment may have 60-Hz magnetic field exposures of hundreds of milligauss or more. In offices, magnetic field levels are often similar to those found at home, typically 0.5 to 4.0 mG. However, these levels can increase dramatically near certain types of equipment.



EMF Spot Measurements			
Industry and sources	ELF magnetic fields (mG)	Other frequencies	Comments
<b>ELECTRICAL EQUIPMENT USED IN MACHINE MANUFACTURING</b>			
Electric resistance heater	6,000–14,000	VLF	
Induction heater	10–460	High VLF	
Hand-held grinder	3,000	–	Tool exposures measured at operator's chest.
Grinder	110	–	Tool exposures measured at operator's chest.
Lathe, drill press, etc.	1–4	–	Tool exposures measured at operator's chest.
<b>ALUMINUM REFINING</b>			
Aluminum pot rooms	3.4–30	Very high static field	Highly-rectified DC current (with an ELF ripple) refines aluminum.
Rectification room	300–3,300	High static field	
<b>STEEL FOUNDRY</b>			
Ladle refinery			
Furnace active	170–1,300	High ULF from the ladle's big magnetic stirrer	Highest ELF field was at the chair of control room operator.
Furnace inactive	0.6–3.7	High ULF from the ladle's big magnetic stirrer	Highest ELF field was at the chair of control room operator.
Electrogalvanizing unit	2–1,100	High VLF	
<b>TELEVISION BROADCASTING</b>			
Video cameras (studio and minicams)	7.2–24.0	VLF	
Video tape degaussers	160–3,300	–	Measured 1 ft away.
Light control centers	10–300	–	Walk-through survey.
Studio and newsrooms	2–5	–	Walk-through survey.
<b>HOSPITALS</b>			
Intensive care unit	0.1–220	VLF	Measured at nurse's chest.
Post-anesthesia care unit	0.1–24	VLF	
Magnetic resonance imaging (MRI)	0.5–280	Very high static field, VLF and RF	Measured at technician's work locations.
<b>TRANSPORTATION</b>			
Cars, minivans, and trucks	0.1–125	Most frequencies less than 60 Hz	Steel-belted tires are the principal ELF source for gas/diesel vehicles.
Bus (diesel powered)	0.5–146	Most frequencies less than 60 Hz	
Electric cars	0.1–81	Some elevated static fields	
Chargers for electric cars	4–63	–	Measured 2 ft from charger.
Electric buses	0.1–88	–	Measured at waist. Fields at ankles 2-5 times higher.
Electric train passenger cars	0.1–330	25 & 60 Hz power on U.S. trains	Measured at waist. Fields at ankles 2-5 times higher.
Airliner	0.8–24.2	400 Hz power on airliners	Measured at waist.
<b>GOVERNMENT OFFICES</b>			
Desk work locations	0.1–7	–	Peaks due to laser printers.
Desks near power center	18–50	–	
Power cables in floor	15–170	–	
Building power supplies	25–1,800	–	
Can opener	3,000	–	Appliance fields measured 6 in. away.
Desktop cooling fan	1,000	–	Appliance fields measured 6 in. away.
Other office appliances	10–200	–	

Source: National Institute for Occupational Safety and Health, 2001.

ULF (ultra low frequency)—frequencies above 0, below 3 Hz.

ELF (extremely low frequency)—frequencies 3–3,000 Hz.

VLF (very low frequency)—frequencies 3,000–30,000 Hz (3–30 kilohertz).

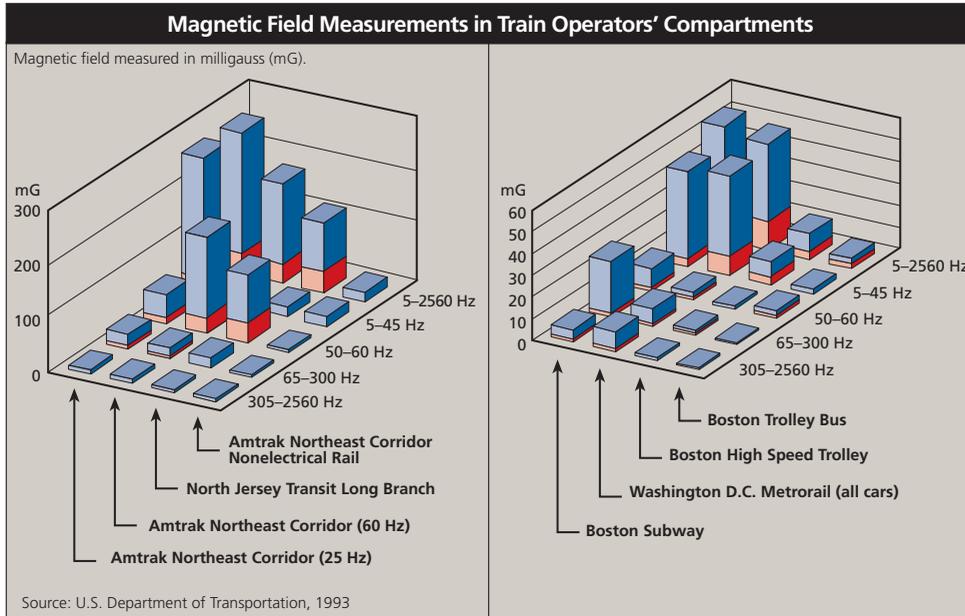
## **Q** What EMF exposure occurs during travel?

**A** Inside a car or bus, the main sources of magnetic field exposure are those you pass by (or under) as you drive, such as power lines. Car batteries involve direct current (DC) rather than alternating current (AC). Alternators can create EMF, but at frequencies other than 60 Hz. The rotation of steel-belted tires is also a source of EMF.

Most trains in the United States are diesel powered. Some electrically powered trains operate on AC, such as the passenger trains between Washington, D.C. and New Haven, Connecticut. Measurements taken on these trains using personal exposure monitors have suggested that average 60-Hz magnetic field exposures for passengers and conductors may exceed 50 mG. A U.S. government-sponsored exposure assessment study of electric rail systems found average 60-Hz magnetic field levels in train operator compartments that ranged from 0.4 mG (Boston high speed trolley) to 31.1 mG (North Jersey transit). The graph on the next page shows average and maximum magnetic field measurements in operator compartments of several electric rail systems. It illustrates that 60 Hz is one of several electromagnetic frequencies to which train operators are exposed.

Workers who maintain the tracks on electric rail lines, primarily in the northeastern United States, also have elevated magnetic field exposures at both 25 Hz and 60 Hz. Measurements taken by the National Institute for Occupational Safety and Health show that typical average daily exposures range from 3 to 18 mG, depending on how often trains pass the work site.

Rapid transit and light rail systems in the United States, such as the Washington D.C. Metro and the San Francisco Bay Area Rapid Transit, run on DC electricity. These DC-powered trains contain equipment that produces AC fields. For example, areas of strong AC magnetic fields have been measured on the Washington Metro close to the floor, during braking and acceleration, presumably near equipment located underneath the subway cars.



These graphs illustrate that 60 Hz is one of several electromagnetic frequencies to which train operators are exposed. The maximum exposure is the top of the blue (upper) portion of the bar; the average exposure is the top of the red (lower) portion.

## Q How can I find out how strong the EMF is where I live and work?

A The tables throughout this chapter can give you a general idea about magnetic field levels at home, for different jobs, and around various kinds of electrical equipment. For specific information about EMF from a particular power line, contact the utility that operates the line. Some will perform home EMF measurements.

You can take your own EMF measurements with a magnetic field meter. For a spot measurement to provide a useful estimate of your EMF exposure, it should be taken at a time of day and location when and where you are typically near the equipment. Keep in mind that the strength of a magnetic field drops off quickly with distance.

Independent technicians will conduct EMF measurements for a fee. Search the Internet under “EMF meters” or “EMF measurement.” You should investigate the experience and qualifications of commercial firms, since governments do not standardize EMF measurements or certify measurement contractors.

At work, your plant safety officer, industrial hygienist, or other local safety official can be a good source of information. The National Institute for Occupational Safety and Health (NIOSH) sometimes conducts health hazard evaluations in workplaces where EMF is a suspected cause for concern. For further technical assistance, contact NIOSH at 800-356-4674.

## **Q** How much do computers contribute to my EMF exposure?

**A** Personal computers themselves produce very little EMF. However, the video display terminal (VDT) or monitor provides some magnetic field exposure unless it



is of the new flat-panel design. Conventional VDTs containing cathode ray tubes use magnetic fields to produce the image on the screen, and some emission of those magnetic fields is unavoidable. Unlike most other appliances which produce predominantly 60-Hz magnetic fields, VDTs emit magnetic fields in both the extremely low frequency (ELF) and very low frequency (VLF) frequency ranges (see page 8). Many newer VDTs have been designed to minimize magnetic field emissions, and those identified as “TCO’99 compliant” meet a standard for low emissions (see page 48).

## **Q** What can be done to limit EMF exposure?

**A** Personal exposure to EMF depends on three things: the strength of the magnetic field sources in your environment, your distance from those sources, and the time you spend in the field.

If you are concerned about EMF exposure, your first step should be to find out where the major EMF sources are and move away from them or limit the time you spend near them. Magnetic fields from appliances decrease dramatically about an arm’s length away from the source. In many cases, rearranging a bed, a chair, or a work area to increase your distance from an electrical panel or some other EMF source can reduce your EMF exposure.

Another way to reduce EMF exposure is to use equipment designed to have relatively low EMF emissions. Sometimes electrical wiring in a house or a building can be the source of strong magnetic field exposure. Incorrect wiring is a common source of higher-than-usual magnetic fields. Wiring problems are also worth correcting for safety reasons.

In its 1999 report to Congress, the National Institute of Environmental Health Sciences suggested that the power industry continue its current practice of siting power lines to reduce EMF exposures.

There are more costly actions, such as burying power lines, moving out of a home, or restricting the use of office space that may reduce exposures. Because scientists are still debating whether EMF is a hazard to health, it is not clear that the costs of such measures are warranted. Some EMF reduction measures may create other problems. For instance, compacting power lines reduces EMF but increases the danger of accidental electrocution for line workers.

We are not sure which aspects of the magnetic field exposure, if any, to reduce. Future research may reveal that EMF reduction measures based on today's limited understanding are inadequate or irrelevant. No action should be taken to reduce EMF exposure if it increases the risk of a known safety hazard.

## 5

## EMF Exposure Standards

*This chapter describes standards and guidelines established by state, national, and international safety organizations for some EMF sources and exposures.*

### Q Are there exposure standards for 60-Hz EMF?

**A** In the United States, there are no federal standards limiting occupational or residential exposure to 60-Hz EMF.

At least six states have set standards for transmission line electric fields; two of these also have standards for magnetic fields (see table below). In most cases, the maximum fields permitted by each state are the maximum fields that existing lines produce at maximum load-carrying conditions. Some states further limit electric field strength at road crossings to ensure that electric current induced into large metal objects such as trucks and buses does not represent an electric shock hazard.

State Transmission Line Standards and Guidelines				
State	Electric Field		Magnetic Field	
	On R.O.W.*	Edge R.O.W.	On R.O.W.	Edge R.O.W.
Florida	8 kV/m <sup>a</sup> 10 kV/m <sup>b</sup>	2 kV/m	—	150 mG <sup>a</sup> (max. load) 200 mG <sup>b</sup> (max. load) 250 mG <sup>c</sup> (max. load)
Minnesota	8 kV/m	—	—	—
Montana	7 kV/m <sup>d</sup>	1 kV/m <sup>e</sup>	—	—
New Jersey	—	3 kV/m	—	—
New York	11.8 kV/m 11.0 kV/m <sup>f</sup> 7.0 kV/m <sup>d</sup>	1.6 kV/m	—	200 mG (max. load)
Oregon	9 kV/m	—	—	—

\*R.O.W. = right-of-way (or in the Florida standard, certain additional areas adjoining the right-of-way). kV/m = kilovolt per meter. One kilovolt = 1,000 volts. <sup>a</sup>For lines of 69-230 kV. <sup>b</sup>For 500 kV lines. <sup>c</sup>For 500 kV lines on certain existing R.O.W. <sup>d</sup>Maximum for highway crossings. <sup>e</sup>May be waived by the landowner. <sup>f</sup>Maximum for private road crossings.

Two organizations have developed voluntary occupational exposure guidelines for EMF exposure. These guidelines are intended to prevent effects, such as induced currents in cells or nerve stimulation, which are known to occur at high magnitudes, much higher (more than 1,000 times higher) than EMF levels found typically in

occupational and residential environments. These guidelines are summarized in the tables on the right.

The International Commission on Non-Ionizing Radiation Protection (ICNIRP) concluded that available data regarding potential long-term effects, such as increased risk of cancer, are insufficient to provide a basis for setting exposure restrictions.

The American Conference of Governmental Industrial Hygienists (ACGIH) publishes “Threshold Limit Values” (TLVs) for various physical agents. The TLVs for 60-Hz EMF shown in the table are identified as guides to control exposure; they are not intended to demarcate safe and dangerous levels.

#### ICNIRP Guidelines for EMF Exposure

Exposure (60 Hz)	Electric field	Magnetic field
Occupational	8.3 kV/m	4.2 G (4,200 mG)
General Public	4.2 kV/m	0.833 G (833 mG)

International Commission on Non-Ionizing Radiation Protection (ICNIRP) is an organization of 15,000 scientists from 40 nations who specialize in radiation protection.  
Source: ICNIRP, 1998.

#### ACGIH Occupational Threshold Limit Values for 60-Hz EMF

	Electric field	Magnetic field
Occupational exposure should not exceed	25 kV/m	10 G (10,000 mG)
Prudence dictates the use of protective clothing above	15 kV/m	–
Exposure of workers with cardiac pacemakers should not exceed	1 kV/m	1 G (1,000 mG)

American Conference of Governmental Industrial Hygienists (ACGIH) is a professional organization that facilitates the exchange of technical information about worker health protection. It is not a government regulatory agency.  
Source: ACGIH, 2001.

## Q Does EMF affect people with pacemakers or other medical devices?

A According to the U.S. Food and Drug Administration (FDA), interference from EMF can affect various medical devices including cardiac pacemakers and implantable defibrillators. Most current research in this area focuses on higher frequency sources such as cellular phones, citizens band radios, wireless computer links, microwave signals, radio and television transmitters, and paging transmitters.

Sources such as welding equipment, power lines at electric generating plants, and rail transportation equipment can produce lower frequency EMF strong enough to interfere with some models of pacemakers and defibrillators. The occupational exposure guidelines developed by ACGIH state that workers with cardiac pacemakers should not be exposed to a 60-Hz magnetic field greater than 1 gauss (1,000 mG) or a 60-Hz electric field greater than 1 kilovolt per meter (1,000 V/m) (see ACGIH guidelines above). Workers who are concerned about EMF exposure effects on pacemakers, implantable defibrillators, or other implanted electronic medical devices should consult their doctors or industrial hygienists.

Nonelectronic metallic medical implants (such as artificial joints, pins, nails, screws, and plates) can be affected by high magnetic fields such as those from magnetic resonance imaging (MRI) devices and aluminum refining equipment, but are generally unaffected by the lower fields from most other sources.

The FDA MedWatch program is collecting information about medical device problems thought to be associated with exposure to or interference from EMF. Anyone experiencing a problem that might be due to such interference is encouraged to call and report it (800-332-1088).

## **Q** What about products advertised as producing low or reduced magnetic fields?

**A** Virtually all electrical appliances and devices emit electric and magnetic fields. The strengths of the fields vary appreciably both between types of devices and among manufacturers and models of the same type of device. Some appliance manufacturers are designing new models that, in general, have lower EMF than older models. As a result, the words “low field” or “reduced field” may be relative to older models and not necessarily relative to other manufacturers or devices. At this time, there are no domestic or international standards or guidelines limiting the EMF emissions of appliances.

The U.S. government has set no standards for magnetic fields from computer monitors or video display terminals (VDTs). The Swedish Confederation of Professional Employees (TCO) established in 1992 a standard recommending strict limits on the EMF emissions of computer monitors. The VDTs should produce magnetic fields of no more than 2 mG at a distance of 30 cm (about 1 ft) from the front surface of the monitor and 50 cm (about 1 ft 8 in) from the sides and back of the monitor. The TCO'92 standard has become a *de facto* standard in the VDT industry worldwide. A 1999 standard, promulgated by the Swedish TCO (known as the TCO'99 standard), provides for international and environmental labeling of personal computers. Many computer monitors marketed in the U.S. are certified as compliant with TCO'99 and are thereby assured to produce low magnetic fields.

Beware of advertisements claiming that the federal government has certified that the advertised equipment produces little or no EMF. The federal government has no such general certification program for the emissions of low-frequency EMF. The U.S. Food and Drug Administration's Center for Devices and Radiological Health (CDRH) does certify medical equipment and equipment producing high levels of ionizing radiation or microwave radiation. Information about certain devices as well as general information about EMF is available from the CDRH at 888-463-6332.

## **Q** Are cellular telephones and towers sources of EMF exposure?

**A** Cellular telephones and towers involve radio-frequency and microwave-frequency electromagnetic fields (see page 8). These are in a much higher frequency range than are the power-frequency electric and magnetic fields associated with the transmission and use of electricity.

The U.S. Federal Communications Commission (FCC) licenses communications systems that use radio-frequency and microwave electromagnetic fields and ensures that licensed facilities comply with exposure standards. Public information on this topic is published on two FCC Internet sites: <http://www.fcc.gov/oet/info/documents/bulletins/#56> and <http://www.fcc.gov/oet/rfsafety/>

The U.S. Food and Drug Administration also provides information about cellular telephones on its web site (<http://www.fda.gov/cdrh/ocd/mobilphone.html>).



## National and International EMF Reviews

*This chapter presents the findings and recommendations of major EMF research reviews, including the U.S. government's EMF RAPID Program.*

### **Q** What have national and international agencies concluded about the impact of EMF exposure on human health?

**A** Since 1995, two major U.S. reports have concluded that limited evidence exists for an association between EMF exposure and increased leukemia risk, but that when all the scientific evidence is considered, the link between EMF exposure and cancer is weak. The World Health Organization in 1997 reached a similar conclusion.

The two reports were the U.S. National Academy of Sciences report in 1996 and, in 1999, the National Institute of Environmental Health Sciences report to the U.S. Congress at the end of the U.S. EMF Research and Public Information Dissemination (RAPID) Program.

#### **The U.S. EMF RAPID Program**



Initiated by the U.S. Congress and established by law in 1992, the U.S. EMF Research and Public Information Dissemination (EMF RAPID) Program set out to study whether exposure to electric and magnetic fields produced by the generation, transmission, or use of electric power posed a risk to human health. For more information

about the EMF RAPID Program, visit the web site (<http://www.niehs.nih.gov/emfrapid>).

The U.S. Department of Energy (DOE) administered the overall EMF RAPID Program, but health effects research and risk assessment were supervised by the National Institute of Environmental Health Sciences (NIEHS), a branch of the U.S. National Institutes of Health (NIH). Together, DOE and NIEHS oversaw more than 100 cellular and animal studies, as well as engineering and exposure assessment studies. Although the EMF RAPID Program did not fund any additional epidemiological studies, an analysis of the many studies already conducted was an important part of its final report.

The electric power industry contributed about half, or \$22.5 million, of the \$45 million eventually spent on EMF research over the course of the EMF RAPID Program. The NIEHS received \$30.1 million from this program for research, public outreach, administration, and the health assessment evaluation of extremely low frequency (ELF) EMF. The DOE received approximately \$15 million from this program for engineering and EMF mitigation research. The NIEHS contributed an additional \$14.5 million for support of extramural and intramural research

including long-term toxicity and carcinogenicity studies conducted by the National Toxicology Program.

#### EMF RAPID Program Interagency Committee

- National Institute of Environmental Health Sciences
- Department of Energy
- Department of Defense
- Department of Transportation
- Environmental Protection Agency
- Federal Energy Regulatory Commission
- National Institute of Standards and Technology
- Occupational Safety and Health Administration
- Rural Electrification Administration

An interagency committee was established by the President of the United States to provide oversight and program management support for the EMF RAPID Program. The interagency committee included representatives from NIEHS, DOE, and seven other federal agencies with EMF-related responsibilities.

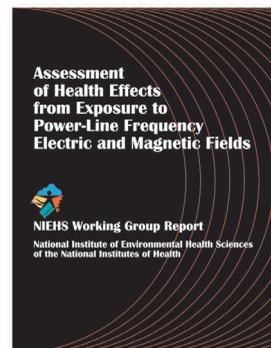
The EMF RAPID Program also received advice from a National EMF Advisory Committee (NEMFAC), which included representatives from citizen groups, labor, utilities, the National Academy of Sciences, and other groups. They met regularly with DOE and NIEHS staff to express their views. NEMFAC meetings were open to the public. The EMF RAPID Program sponsored citizen participation in some scientific meetings as well. A broad group of citizens reviewed all major public information materials produced for the program.

### NIEHS Working Group Report 1998

In preparation for the EMF RAPID Program's goal of reporting to the U.S. Congress on possible health effects from exposure to EMF from power lines, the NIEHS convened an expert working group in June 1998. Over 9 days, about 30 scientists conducted a complete review of EMF studies, including those sponsored by the EMF RAPID Program and others. Their conclusions offered guidance to the NIEHS as it prepared its report to Congress.

Using criteria developed by the International Agency for Research on Cancer, a majority of the members of the working group concluded that exposure to power-frequency EMF is a possible human carcinogen.

The majority called their opinion "a conservative public health decision based on limited evidence for an increased occurrence of childhood leukemias and an increased occurrence of chronic lymphocytic leukemia (CLL) in occupational settings." For these



diseases, the working group reported that animal and cellular studies neither confirm nor deny the epidemiological studies' suggestion of a disease risk. This report is available on the NIEHS EMF RAPID web site (<http://www.niehs.nih.gov/emfrapid>).

### NIEHS Report to Congress at Conclusion of EMF RAPID Program

In June 1999, the NIEHS reported to the U.S. Congress that scientific evidence for an EMF-cancer link is weak.

The following are excerpts from the 1999 NIEHS report:

The NIEHS believes that the probability that ELF-EMF exposure is truly a health hazard is currently small. The weak epidemiological associations and lack of any laboratory support for these associations provide only marginal, scientific support that exposure to this agent is causing any degree of harm.

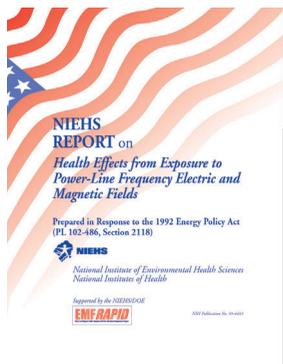
The scientific evidence suggesting that extremely low frequency EMF exposures pose any health risk is weak. The strongest evidence for health effects comes from associations observed in human populations with two forms of cancer: childhood leukemia and chronic lymphocytic leukemia in occupationally exposed adults. While the support from individual studies is weak, the epidemiological studies demonstrate, for some methods of measuring exposure, a fairly consistent pattern of a small, increased risk with increasing exposure that is somewhat weaker for chronic lymphocytic leukemia than for childhood leukemia. In contrast, the mechanistic studies and the animal toxicology literature fail to demonstrate any consistent pattern across studies, although sporadic findings of biological effects (including increased cancers in animals) have been reported. No indication of increased leukemias in experimental animals has been observed.

The full report is available on the NIEHS EMF RAPID web site (<http://www.niehs.nih.gov/emfrapid>).

No regulatory action was recommended or taken based on the NIEHS report. The NIEHS director, Dr. Kenneth Olden, told the Congress that, in his opinion, the conclusion of the NIEHS report was not sufficient to warrant aggressive regulatory action.

The NIEHS did not recommend adopting EMF standards for electric appliances or burying electric power lines. Instead, it recommended providing public information about practical ways to reduce EMF exposure. The NIEHS also suggested that power companies and utilities "continue siting power lines to reduce exposures and . . . explore ways to reduce the creation of magnetic fields around transmission and distribution lines without creating new hazards." The NIEHS encouraged manufacturers to reduce magnetic fields at a minimal cost, but noted that the risks do not warrant expensive redesign of electrical appliances.

The NIEHS also encouraged individuals who are concerned about EMF in their homes to check to see if their homes are properly wired and grounded, since incorrect wiring or other code violations are a common source of higher-than-usual magnetic fields.



## National Academy of Sciences Report

In October 1996, a National Research Council committee of the National Academy of Sciences (NAS) released its evaluation of research on potential associations between EMF exposure and cancer, reproduction, development, learning, and behavior. The report concluded:

Based on a comprehensive evaluation of published studies relating to the effects of power-frequency electric and magnetic fields on cells, tissues, and organisms (including humans), the conclusion of the committee is that the current body of evidence does not show that exposure to these fields presents a human-health hazard. Specifically, no conclusive and consistent evidence shows that exposures to residential electric and magnetic fields produce cancer, adverse neurobehavioral effects, or reproductive and developmental effects.

The NAS report focused primarily on the association of childhood leukemia with the proximity of the child's home to power lines. The NAS panel found that although a link between EMF exposure and increased risk for childhood leukemia was observed in studies that had estimated EMF exposure using the wire code method (distance of home from power line), such a link was not found in studies that had included actual measurements of magnetic fields at the time of the study. The panel called for more research to pinpoint the unexplained factors causing small increases in childhood leukemia in houses close to power lines.

## World Health Organization International EMF Project

The World Health Organization (WHO) International EMF Project, with headquarters in Geneva, Switzerland, was launched at a 1996 meeting with representatives of 23 countries attending. It was intended to respond to growing concerns in many member states over possible EMF health effects and to address the conflict between such concerns and technological and economic progress. In its advisory role, the WHO International EMF Project is now reviewing laboratory and epidemiological evidence, identifying gaps in scientific knowledge, developing an agenda for future research, and developing risk communication booklets and other public information. The WHO International EMF Project is funded with contributions from governments and institutions and is expected to provide an overall EMF health risk assessment. Additional information about this program can be found on the WHO EMF web site (<http://www.who.int/peh-emf>).

As part of this project, in 1997 a working group of 45 scientists from around the world surveyed the evidence for adverse



EMF health effects. They reported that, “taken together, the findings of all published studies are suggestive of an association between childhood leukemia and estimates of ELF (extremely low frequency or power-frequency) magnetic fields.”

Much like the 1996 U.S. NAS report, the WHO report noted that living in homes near power lines was associated with an approximate 1.5-fold excess risk of childhood leukemia. But unlike the NAS panel, WHO scientists had seen the results of the 1997 U.S. National Cancer Institute study of EMF and childhood leukemia (see page 17). This work showed even more strongly the inconsistency between results of studies that used a wire code to estimate EMF exposure and studies that actually measured magnetic fields.

Regarding health effects other than cancer, the WHO scientists reported that the epidemiological studies “do not provide sufficient evidence to support an association between extremely-low-frequency magnetic-field exposure and adult cancers, pregnancy outcome, or neurobehavioural disorders.”

### **World Health Organization International Agency for Research on Cancer**

The WHO International Agency for Research on Cancer (IARC) produces a monograph series that reviews the scientific evidence regarding potential carcinogenicity associated with exposure to environmental agents. An international scientific panel of 21 experts from 10 countries met in June 2001 to review the scientific evidence regarding the potential carcinogenicity of static and ELF (extremely low frequency or power-frequency) EMF. The panel categorized its conclusions for carcinogenicity based on the IARC classification system—a system that evaluates the strength of evidence from epidemiological, laboratory (human and cellular), and mechanistic studies. The panel classified power-frequency EMF as “possibly carcinogenic to humans” based on a fairly consistent statistical association between a doubling of risk of childhood leukemia and magnetic field exposure above 0.4 microtesla (0.4  $\mu$ T, 4 milligauss or 4 mG).

In contrast, they found no consistent evidence that childhood EMF exposures are associated with other types of cancer or that adult EMF exposures are associated with increased risk for any kind of cancer. The IARC panel reported that no consistent carcinogenic effects of EMF exposure have been observed in experimental animals and that there is currently no scientific explanation for the observed association between childhood leukemia and EMF exposure. Further information can be obtained at the IARC web sites (<http://www.iarc.fr> and <http://monographs.iarc.fr>).

### **International Commission on Non-Ionizing Radiation Protection**

The International Commission on Non-Ionizing Radiation Protection (ICNIRP) issued exposure guidelines to guard against known adverse effects such as stimulation of nerves and muscles at very high EMF levels, as well as shocks and burns caused by touching objects that conduct electricity (see page 47). In April 1998, ICNIRP revised its exposure guidelines and characterized as “unconvincing” the evidence for an association between everyday power-frequency EMF and cancer.

## European Union

In 1996, a European Union (EU) advisory panel provided an overview of the state of science and standards among EU countries. With respect to power-frequency EMF, the panel members said that there is no clear evidence that exposure to EMF results in an increased risk of cancer.

## Australia—Radiation Advisory Committee Report to Parliament

In 1997, Australia's Radiation Advisory Committee briefly reviewed the EMF scientific literature and advised the Australian Parliament that, overall, there is insufficient evidence to come to a firm conclusion regarding possible health effects from exposure to power-frequency magnetic fields.

The committee also reported that “the weight of opinion as expressed in the U.S. National Academy of Sciences report, and the negative results from the National Cancer Institute study (Linet et al., 1997) would seem to shift the balance of probability more towards there being no identifiable health effects” (see pages 17 and 53).

## Canada—Health Canada Report

In December 1998, a working group of public health officers at Health Canada, the federal agency that manages Canada's health care system, issued a review of the scientific literature regarding power-frequency EMF health effects. They found the evidence to be insufficient to conclude that EMF causes a risk of cancer.

The report concluded that while EMF effects may be observed in biological systems in a laboratory, no adverse health effects have been demonstrated at the levels to which humans and animals are typically exposed.

As for epidemiology, 25 years of study results are inconsistent and inconclusive, the panel said, and a plausible EMF-cancer mechanism is missing. Health Canada pledged to continue monitoring EMF research and to reassess this position as new information becomes available.

## Germany—Ordinance 26

On January 1, 1997, Germany became the first nation to adopt a national rule on EMF exposure for the general public. Ordinance 26 applies only to facilities such as overhead and underground transmission and distribution lines, transformers, switchgear and overhead lines for electric-powered trains. Both electric (5 kV/m) and magnetic field exposure limits (1 Gauss) are high enough that they are unlikely to be encountered in ordinary daily life. The ordinance also requires that precautionary measures be taken on a case-by-case basis when electric facilities are sited or upgraded near homes, hospital, schools, day care centers, and playgrounds.

### **Great Britain—National Radiological Protection Board Report**

The National Radiological Protection Board (NRPB) in Great Britain advises the government of the United Kingdom regarding standards of protection for exposure to non-ionizing radiation. The NRPB's advisory group on non-ionizing radiation periodically reviews new developments in EMF research and reports its findings. Results of the advisory group's latest review were published in 2001. The report reviewed residential and occupational epidemiological studies, as well as cellular, animal, and human volunteer studies that had been published.

The advisory group noted that there is “some epidemiological evidence that prolonged exposure to higher levels of power frequency magnetic fields is associated with a small risk of leukaemia in children.” Specifically, the NRPB advisory group's analysis suggests “that relatively heavy average exposures of 0.4  $\mu$ T [4 mG] or more are associated with a doubling of the risk of leukaemia in children under 15 years of age.” The group pointed out, however, that laboratory experiments have provided “no good evidence that extremely low frequency electromagnetic fields are capable of producing cancer.”

### **Scandinavia—EMF Developments**

In October 1995, a group of Swedish researchers and government officials published a report about EMF exposure in the workplace. This “Criteria Group” reviewed EMF scientific literature and, using the IARC classification system, ranked occupational EMF exposure as “possibly carcinogenic to humans.” They also endorsed the Swedish government's 1994 policy statement that public exposure limits to EMFs were not needed, but that people might simply want to use caution with EMFs.

In 1996, five Swedish government agencies further explained their precautionary advice about EMF. EMF exposure should be reduced, they said, but only when practical, without great inconvenience or cost.

Health experts in Norway, Denmark, and Finland generally agreed in reviews published in the 1990s that if an EMF health risk exists, it is small. They acknowledged that a link between residential magnetic fields and childhood leukemia cannot be confirmed or denied. In 1994, several Norwegian government ministries also recommended increasing the distance between residences and electrical facilities, if it could be done at low cost and with little inconvenience.

## **Q What other U.S. organizations have reported on EMF?**

### **A American Medical Association**

In 1995, the American Medical Association advised physicians that no scientifically documented health risk had been associated with “usually occurring” EMF, based on a review of EMF epidemiological, laboratory studies, and major literature reviews.

### **American Cancer Society**

In 1996, the American Cancer Society released a review of 20 years of EMF epidemiological research including occupational studies and residential studies of

adult and childhood cancer. The society noted that some data support a possible relationship of magnetic field exposure with leukemia and brain cancer, but further research may not be justified if studies continue to find uncertain results. Of particular interest is the summary of results from eight studies of risk from use of household appliances with relatively high magnetic fields, such as electric blankets and electric razors. The summary suggested that there is no persuasive evidence for increased risk with more frequent or longer use of these appliances.

### **American Physical Society**

The American Physical Society (APS) represents thousands of U.S. physicists. Responding to the NIEHS Working Group's conclusion that EMF is a possible human carcinogen, the APS executive board voted in 1998 to reaffirm its 1995 opinion that there is "no consistent, significant link between cancer and power line fields."

### **California's Department of Health Services**

In 1996, California's Department of Health Services (DHS) began an ambitious five-year effort to assess possible EMF public health risk and offer guidance to school administrators and other decision-makers. The California Electric and Magnetic Fields (EMF) Program is a research, education, and technical assistance program concerned with the possible health effects of EMF from power lines, appliances, and other uses of electricity. The program's goal is to find a rational and fair approach to dealing with the potential risks, if any, of exposure to EMF. This is done through research, policy analysis, and education. The web site has educational materials on EMF and related health issues for individuals, schools, government agencies, and professional organizations (<http://www.dhs.ca.gov/ps/deodc/ehib/emf>).

## **Q What can we conclude about EMF at this time?**

**A** Electricity is a beneficial part of our daily lives, but whenever electricity is generated, transmitted, or used, electric and magnetic fields are created. Over the past 25 years, research has addressed the question of whether exposure to power-frequency EMF might adversely affect human health. For most health outcomes, there is no evidence that EMF exposures have adverse effects. There is some evidence from epidemiology studies that exposure to power-frequency EMF is associated with an increased risk for childhood leukemia. This association is difficult to interpret in the absence of reproducible laboratory evidence or a scientific explanation that links magnetic fields with childhood leukemia.

EMF exposures are complex and come from multiple sources in the home and workplace in addition to power lines. Although scientists are still debating whether EMF is a hazard to health, the NIEHS recommends continued education on ways of reducing exposures. This booklet has identified some EMF sources and some simple steps you can take to limit your exposure. For your own safety, it is important that any steps you take to reduce your exposures do not increase other obvious hazards such as those from electrocution or fire. At the current time in the United States, there are no federal standards for occupational or residential exposure to 60-Hz EMF.

# 7

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