



# Radiofrequency (RF) Radiation

**Radiofrequency (RF) radiation is the energy used to transmit information wirelessly. Cellular, television, and other antennas located on roof tops, sides of buildings, news-gathering trucks, and other structures can give off levels of RF radiation that are harmful to workers.**

## Greg's Story

Greg, a roofer, was making repairs to the penthouse roof of an office building. He soon developed a headache, and began to feel warm and dizzy. He leaned against a panel on the side of the chimney to take a break. Later, he noticed a red, painful burn mark on his arm. The panel Greg was working in front of and touched was a cellular antenna.

- ✘ **What steps could have been taken to prevent Greg's symptoms and the burn?**
- ✘ **Have you or anyone you know worked near antennas and become sick or suffered a burn? If so, what happened?**

## Remember This

- Before you begin work, ask your supervisor or the building manager if any RF antennas are present and for a copy of the current RF radiation survey results.
- Look around for antennas in your work area or nearby. They can be different shapes and sizes: rectangular panels, dish-shaped, cylindrical or rod-shaped, or disguised in a structure such as a chimney or flagpole.
- Look for posted signs and barriers, and follow the instructions.
- Stay at least 6 feet away from a single antenna or 10 feet away from a group of antennas.
- Assume an antenna is energized ("hot") unless you de-energize it yourself. Do not touch a "hot" antenna as it can result in a serious burn, which may be more severe internally than it appears on the surface.
- Know the warning signs of exposure, such as a headache, dizziness, labored breathing, reddening of the skin, and suddenly feeling overheated. Leave the area right away if you think you are in danger or begin to feel symptoms.

## How can we stay safe today?

What will we do at the worksite to prevent exposure to RF radiation?

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_

OSHA Standard: General Duty Clause Section (5)(a)(1) of the  
FCC Rules & Regulations: 47 CFR 1.1307(b), 1.1310, 2.1091, 2.1093; OET Bulletin 65

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- ✘ Ask your supervisor or the building manager if cellular or other RF antennas are present.
- ✘ Look for signs and barriers near your work area. Follow any instructions.
- ✘ Keep your distance. Stay at least 6 feet away from a single antenna or 10 feet away from a group of antennas. Do not touch antennas; assume they are "hot."