



RF Exposure Guidelines for Cellular and PCS Antenna Sites

Document no: SI-EMR-R01.5

Author: Rupinder Randhawa



Proprietary

The information disclosed herein is proprietary to Nortel or others and is not to be used by or disclosed to unauthorized persons without the written consent of Nortel. The recipient of this document shall respect the security status of the information.

1.0 Executive Summary

This document serves as a guideline for the deployment and installation of Northern Telecom's wireless base station equipment with respect to the control of electromagnetic radiation (EMR) exposure. The objective is to provide guidance on where antennas can be deployed, how to calculate power densities and safe distances, and how to protect users from excessive exposure to electromagnetic radiation. This guideline is in response to recent regulatory requirements originating in the US aimed at controlling human exposure to EMR.

Safe distance formulae for base stations.

Limits	Uncontrolled	Controlled
Frequency Band	r [meters]	r [meters]
Cellular	$r = 0.300\sqrt{ERP}$	$r = 0.135\sqrt{ERP}$
PCS	$r = 0.228\sqrt{ERP}$	$r = 0.102\sqrt{ERP}$
DCS	$r = 0.228\sqrt{ERP}$	$r = 0.102\sqrt{ERP}$

Uncontrolled refers to situations where individuals are either unaware or not in control of their exposure to the electromagnetic fields in question. This typically pertains to the general public.

Controlled refers to situations where individuals are both aware of and in control of their exposure to the electromagnetic fields in question. This typically pertains to trained staff that are in contact with these fields as a result of their employment and have authority to limit their exposure.

Note: This document includes DCS in its examples. If the EU adopts ENV50166, or any other EMR standard, then that document will replace this as the guideline for DCS products. Until that happens these limits can be used to ensure due diligence on Nortel's behalf.

Table of Contents

1.0 Executive Summary	ii
2.0 Introduction	1
3.0 Guideline	2
3.1 MPE Limits	3
3.2 Safe Distance and Power Density Calculations	5
3.2.1 Minimum Safe Distance	6
3.2.2 Power Density Calculation	8
3.3 Site Planning	9
4.0 Other Components	10
5.0 Assumptions	11
6.0 References	12
7.0 Acronyms	12

2.0 Introduction

Regulatory bodies in the US, Federal Communications Commission (FCC), and Canada, Health, are imposing MPE (maximum permissible exposure) limits. FCC's OET Bulletin #65 (versions in progress) addresses calculation and measurement procedures to determine compliance with the FCC limits which includes the 800 MHz cellular and 1.9 GHz PCS bands. The equipment and its associated deployment must comply FCC Guidelines, ET Docket No. 93-62, Released August 1, 1996, (FCC 96-326). This standard is largely based on the limits and test methods outlined in IEEE C95.1-1982, NCRP Report No. 86 and C95.3-1982 respectively. The applicable portions of both are summarized in this document to assist in the antenna site planning to ensure compliance.

The exposure limits are currently in affect. The requirement for installers to evaluate the exposure at an installation takes effect Sept. 1/97. The exposure limits should apply now to all known sites since existing facilities are not exempt or grandfathered from the new rules.

The FCC has determined that certain sites will require "Environmental Evaluations" in order to show compliance to the standards. Adhering to these guidelines can ensure compliance to the standard, and therefore can be the basis for the Environmental Evaluation. Please note that some installations do not require such routine evaluation, exceptions are noted further in this document. Adherence to these guidelines are recommended to promote safety. An installation of equipment that is identified as exempt may require an Environmental Evaluation if the combined energy of other Radio Systems at the site and the new installation could reasonably exceed the safety limits. Environmental Evaluations are kept on hand, as opposed to filed with the FCC, unless requested by the FCC for substantiation.

Where Nortel is responsible for installing or engineering base stations the person in charge should be aware of and have access to documentation for making an Environmental Evaluation. Also, Nortel will need to maintain documentation for assurances to the FCC that Environmental Evaluations have been conducted for each radio station that uses our Experimental Radio License, or STA, where the station transmits at 100 Watt ERP or more.

3.0 Guideline

The objective of the Environmental Evaluation is to ensure that human exposure to RF energy does not go beyond the maximum permissible levels stated in the FCC Guidelines, FCC 96-326. Therefore certain sites do not require an evaluation by nature of its design. It could be that the antennas are placed high enough thereby resulting in extremely low RF fields by the time it reaches areas that would be accessible to people.

Environmental evaluations are required,

- for Paging and Cellular Radiotelephone Services, Part 22 Subpart E and H respectively, and for narrowband PCS, Part 24 Subpart D:

1. Non-rooftop antennas: height of radiation center < 10m above ground level **and** total power of all channels > 1000 W ERP (1640 W EIRP)
2. Rooftop antennas: total power of all channels > 1000 W ERP (1640 W EIRP)

- for broadband PCS, Part 24 Subpart E:

1. Non-rooftop antennas: height of radiation center < 10m above ground level **and** total power of all channels > 2000 W ERP (3280 W EIRP)
2. Rooftop antennas: total power of all channels > 2000 W ERP (3280 W EIRP)

- for Experimental services > 100 W ERP (164 W EIRP).

An environmental evaluation must be prepared, regardless of the above conditions, should the site be located in any one of the areas mentioned below:

Wilderness Area	Wildlife Preserve
Endangered Species Area	Historical Site
Indian Religious site	Flood Plain (100yrs)
Wetlands	
High intensity lights in residential neighborhoods	

RF energy from other people's equipment must be considered when sharing antenna sites. The total RF must be within the limits for exposure. All parties sharing that site are accountable unless the RF energy from their system contributes less than 5% of the total energy. Therefore, when deploying at a shared site, it is recommended that measurements are made at that site prior to its acquisition.

If an Environmental Evaluation shows that the MPE limits are exceeded, the site must be redesigned to ensure compliance. If, however, a redesign is not possible, then an Environmental Assessment must be made and filed with the FCC that justifies why the limits in this case can be exceeded. The FCC would then review this Assessment and make a judgment whether or not its acceptable.

3.1 MPE Limits

Maximum permissible exposure (MPE) refers to the RF energy that is acceptable for human exposure, given the scientific research to date. It is broken down into two categories, Controlled and Uncontrolled.

Controlled limits are used for persons such as installers and designers, that are cognizant in control of the hazard and exposed to energy for limited amounts of time per day. As written in FCC 96-326. Occupational/controlled limits apply in situations in which are persons are exposed as a consequence of their employment provided those persons are fully aware of the potential for exposure and can exercise control over their exposure. Limits for occupational/controlled exposure also apply in situations when an individual is transient through a location where occupational/controlled limits apply provided he or she is made aware of the potential for exposure.

Uncontrolled limits are used for general public. General population/uncontrolled exposure apply in situations in which the general public **may be exposed, or in which persons that are exposed as a consequence of their employment may not be fully aware of the potential for exposure or can not exercise control over their exposure.**

The exposure levels can be expressed in terms of power density, electric field strength, or magnetic field strength, as averaged over 30 minutes for the general public and 6 minutes for trained personnel. Power density is most commonly used and will be used in this document. The exposure criteria is frequency dependent, and a chart covering the range from 3 kHz to 100 GHz can be found in NCRP No.86 (references IEEE C95.1-1982). Below are the limits for the cellular and PCS bands which fall under two different ranges, 300 MHz to 1500 MHz, and 1500 MHz to 100 000 MHz.

Cellular (for frequency range from 300 MHz to 1500 MHz)

Power density S [mW / cm²]

$$\text{MPE Controlled} = \frac{f [\text{MHz}]}{300}$$

$$\text{MPE Uncontrolled} = \frac{f [\text{MHz}]}{1500}$$

Worst case condition is low end of frequency band.

Controlled

$$\text{MPE for Cellular band} \quad S = 870 / 300 = 2.90 \text{ mW / cm}^2 \quad (\text{AMPS / TDMA base station})$$

Uncontrolled

$$\text{MPE for Cellular band} \quad S = 870 / 1500 = 0.58 \text{ mW / cm}^2 \quad (\text{AMPS / TDMA base station})$$

PCS (DCS) (for frequency range from 1500 MHz to 100 000 MHz)

Controlled

$$\text{MPE for PCS / DCS band} \quad S = 5 \text{ mW / cm}^2$$

Uncontrolled

$$\text{MPE for PCS / DCS band} \quad S = 1 \text{ mW / cm}^2$$

If a facility exceeds the maximum permissible exposures (MPE) for controlled or uncontrolled limit as outlined in this document, and remedies are not made to bring the facility into compliance, then an Environmental Assessment must be filed describing why the facility is not a threat to the human environment.

3.2 Safe Distance and Power Density Calculations

Calculations can be made on a site by site basis to ensure the power density is below the limits given above, or guidelines can be done beforehand to ensure the minimum distances from the antenna is maintained through the site planning.

Minimum distance calculation

$$r = \sqrt{\frac{EIRP}{4pS}} = \sqrt{\frac{G_i P_t}{4pS}} = \sqrt{\frac{1.64 G_d P_t}{4pS}} = \sqrt{\frac{1.64 ERP}{4pS}}$$

r = distance from the antenna [m]

EIRP = effective isotropic radiated power [W]

ERP = effective radiated power [W]

P_t = total power at antenna terminals [W]

S = power density [W/m^2] as shown in section 3.1 MPE Limits;

Note: $1mW/cm^2 = 10W/m^2$

G_d = antenna gain related to a half wave dipole

G_i = antenna gain related to an isotropic radiator

Note: $G_i = 1.64 \times G_d$

or $G_i[dBi] = 2.15 + G_d[dBd]$

and $G[dB] = 10 \times \log G$

It's important to note that reflections from the ground and nearby fences can increase the power density from the base station by 4 times. This would therefore increase the safe distance by a factor of 2.

Minimum distance, taking reflections into account becomes,

$$r = \sqrt{\frac{EIRP}{pS}} = \sqrt{\frac{G_i P_t}{pS}} = \sqrt{\frac{1.64 G_d P_t}{pS}} = \sqrt{\frac{1.64 ERP}{pS}}$$

A typical cellular and PCS/DCS trisected antenna has a gain of 18.7 dBi. This value has been used in some of the following examples of minimum safe distance calculation.

3.2.1 Minimum Safe Distance

The following calculations are intended to be guidelines for RF site planners prior to antenna deployment. By ensuring the **public** are kept at distances greater than those shown below, we can ensure compliance to the requirements, and these can be used for Environmental Evaluations should they be needed. The public can be kept away from antennas by using fences, towers, signs, or other physical barriers.

Cellular

Uncontrolled

$$r = \sqrt{\frac{G_d P_t^{1.64}}{p^{5.8}}}$$

$$r = 0.300 \sqrt{G_d P_t} \quad (\text{eq. 1})$$

Controlled

$$r = 0.45 \left[0.300 \sqrt{G_d P_t} \right]$$

$$r = 0.135 \sqrt{G_d P_t} \quad (\text{eq. 2})$$

in our example, if G_i is 18.7 dBi, a trisected antenna, $G_d[\text{dBd}] = 18.7 - 2.15 = 16.55$ and after conversion of $G_d[\text{dBd}]$ to G_d we get:

$$r = \sqrt{\frac{45.18 P_t^{1.64}}{p^{5.8}}}$$

$$r = 2.02 \sqrt{P_t}$$

$$r = 0.45 \sqrt{\frac{45.18 P_t^{1.64}}{p^{5.8}}}$$

$$r = 0.91 \sqrt{P_t}$$

Since the controlled limits for S are 5 times that of the uncontrolled, the distance would be less by 1 over the square root of 5, or 0.45.

Example

An 800 MHz cellular 57 channel sectorized urban configuration. 19 channels per sector, 12 W ERP ($G_d \times P_t$) per channel.

$$r = 0.300 \sqrt{\langle 19 \times 12 \rangle} = 4.53 \text{ m}$$

$$r = 0.45(4.53) = 2.04 \text{ m}$$

Therefore, the safe approach distance for the general public is 4.5 meters from the actual radiating source, meaning the antenna. The safe approach distance for installers, operators and service personnel is 2.0 m.

PCS

Uncontrolled

$$r = \sqrt{\frac{G_d P_t 1.64}{p_{10}}}$$

$$r = 0.228 \sqrt{G_d P_t} \quad (\text{eq. 3})$$

Controlled

$$r = \sqrt{\frac{G_d P_t 1.64}{p_{50}}}$$

$$r = 0.102 \sqrt{G_d P_t} \quad (\text{eq. 4})$$

if G is 18.7 dBi as in our example, assumes a trisected antenna, we get

$$r = \sqrt{\frac{74.13 P_t}{p_{10}}}$$

$$r = 1.54 \sqrt{P_t}$$

$$r = \sqrt{\frac{74.13 P_t}{p_{50}}}$$

$$r = 0.691 \sqrt{P_t}$$

Example

A CDMA Mini BTS 1.9 GHz basestation, S111 configuration with an 18.7 dBi gain antenna. One transmitter per sector, 14W into the antenna.

$$r = 1.54 \sqrt{14} = 5.76$$

$$r = 0.691 \sqrt{14} = 2.59$$

Therefore, the safe approach distance for the general public is 5.8 meters from the actual radiating source, meaning the antenna. The safe approach distance for installers, operators and service personnel is 2.6 m.

DCS

Uncontrolled

$$r = \sqrt{\frac{G_d P_t 1.64}{p_{10}}}$$

$$r = 0.228 \sqrt{G_d P_t} \quad (\text{eq. 5})$$

Controlled

$$r = \sqrt{\frac{G_d P_t 1.64}{p_{50}}}$$

$$r = 0.102 \sqrt{G_d P_t} \quad (\text{eq. 6})$$

Example

A GSM S8000 DCS basestation, S233 configuration with an 18.1dBi gain antenna. Three transmitters maximum in two of the three sectors, 20W per transmitter.

$$G_d[\text{dBd}] = G_i - 2.15 = 15.95 \text{ dBd} \quad \text{then } G_d = 39.35$$

$$P_t = 3 \times 20 = 60 \text{ W}$$

$$r = 0.228 \sqrt{39.35 \times 60} = 11.1 \text{ m}$$

$$r = 0.45(11.1) = 5.0 \text{ m}$$

Therefore, the safe approach distance for the general public is 11.1 meters from the actual radiating source, meaning the antenna. The safe approach distance for installers, operators and service personnel is 5.0 m.

3.2.2 Power Density Calculations

For existing sites, or for sites which were planned prior to using the above guideline, we can ensure safety of the **public** by performing the calculations above, (or calculate the power density at the closest point the public can get to the antennas) and make sure the facility keeps the public at safe distances.

The power density can be calculated by,

$$S = \frac{EIRP}{pr^2} \quad (\text{eq. 7})$$

$$EIRP = 1.64 \times ERP$$

r = closest distance accessible to the public or trained personnel [m].

Example

Taking the example before, an 800MHz cellular 57 channel sectorized urban configuration. 19 channels per sector, 12 W ERP ($G_d \times P_t$) per channel. In this example, the antennas are placed on a tower 20 m high. Therefore the power density at the base of the tower, which is the closest a person can get is calculated below.

$$S = \langle 1.64 \times 19 \times 12 \rangle / \langle p 20^2 \rangle = 0.3 \text{ W} / \text{m}^2 \text{ or } 0.03 \frac{\text{mW}}{\text{cm}^2}$$

From section 3.1, the MPE for uncontrolled environments is 0.58 mW / cm² for cellular systems. Therefore we can see exposure is about 20 times below the limit and is safe.

3.3 Site Planning

Prior to installation of a basestation, the site desired should be investigated to see if it is a shared site or not.

Shared Site

If it is a shared site, analysis or measurements should be taken to assess the RF energy currently emanating from the shared tower. In general, in mixed or broadband RF fields where several sources and frequencies are involved, the fraction of the recommended limit incurred within each frequency interval should be determined, and the sum of all fractional contributions should not exceed 1.0, or 100% in terms of percentage. For example, consider an antenna farm with radio and UHF television broadcast transmitters. At a given location that is accessible to the general public it is determined that FM radio station X contributes $100 \mu\text{W}/\text{cm}^2$ to the total power density (which is 1/2 or 50% of the applicable $200 \mu\text{W}/\text{cm}^2$ MPE limit for the FM frequency band). Also, assume that FM station Y contributes an additional $50 \mu\text{W}/\text{cm}^2$ (25% of its limits) and that a nearby UHF-TV station operating on Channel 35 (center frequency = 599 Mhz) contributes $200 \mu\text{W}/\text{cm}^2$ (which is one-half or 50% of the applicable MPE limit for this frequency of $400 \mu\text{W}/\text{cm}^2$). The sum of all of the contributions then equals 125%, and the location is not in compliance with the MPE limits for the general public. Consequently, measures must be taken to bring the site into compliance such as restricting access to the area.

If the limits are within the guidelines, we can deploy our equipment provided the contribution from our system will not exceed the limits. Since it is an existing site, it should be known what the nearest distance the public and service personnel could come in contact to the antenna. Therefore, use eq. 7,

$$S = \frac{EIRP}{pr^2}$$

to determine the power density that our equipment would contribute towards the overall system and ensure that this total is still below the MPE limits stated in section 3.1.

Open Site

If it is not a shared site, use the appropriate equations (from 1 to 6) that apply to that technology for both the controlled and uncontrolled. Calculate the distances and ensure that the antenna placement adheres to those distances. This can be done by determining the correct antenna height and /or fences. Signs, fences, locked doors, or other physical barriers can be used to distinguish between areas accessible by our trained personnel versus the public.

If it is important for trained personnel to gain access to an area which exceeds the controlled limits, access can still be allowed given the following conditions.

- Mount appropriate warning signs to make sure they are cognizant of the danger and can therefore take any of the following steps to minimize exposure. An example of such a sign is as follows:

“WARNING. This equipment emits electromagnetic radiation. You should not come into contact with this equipment while it is being operated.”

- Use RF shielding
- Turn off or reduce the transmit power
- Control time of exposure. The controlled limits are averaged over 6 minutes, therefore one could reduce their exposure by almost 50% if working in proximity for only 3 minutes at a time.
- RF protective clothing could reduce power density levels by as much as 10dB.

4.0 Other Components

Measurements on Nortel cellular and PCS basestations show that the incidental radiation, or RF leakage, is minimal and many times below the safe limits as defined in section 3.1. Attention should be given to ensure that all connectors are properly terminated and all cables are in good shape. Special attention should be given to waveguides. The following label should be placed on transmit waveguides.

“WARNING. Radio frequency radiation hazard. Do not operate radio transmitter with open transmission line.”

If any concern still exists, measurements will be required since the emissions pattern cannot be calculated.

It should be noted that handsets also fall within the scope of the FCC guidelines mentioned earlier. The limits are defined in terms of Specific Absorption Rate (SAR) and are not within the scope of this document. Compliance to these handsets are verified prior to achieving FCC certification which is required for sale and distribution.

5.0 Assumptions

All the calculations throughout this document uses equations that assume a far field region. However, in many instances the region where the limits generally fall under can typically be in the near field. The far field region can be calculated as follows,

far field > $2a^2 / \text{wavelength}$

a = aperture of the antenna

In the case of a 1.9GHz PCS basestation, the aperture can typically be 1.3m, and the wavelength about 0.15m. Therefore the far field exists beyond,

$$2(1.3)^2 / 0.15 = 22.5 \text{ m.}$$

Our sample calculations showed safe distances around 5 m, which we can see is not within the far field. However, measurements have shown that using far field equations can lead to higher levels than can be seen with actual measurements, with some exceptions. Therefore using the formulas in this document may tend to give us conservative results and is acceptable according to the IEEE C95.3 document.

If the calculations used in this document show a borderline compliance, or if considerable exposure to people in the near field is anticipated, a more in depth near field measurement or calculation is recommended.

The FCC has also noted that restrictions on induced and contact currents are not being adopted. Therefore this document does not cover those concerns.

Finally, the limits expressed in the NCRP and IEEE documents represents the scientific knowledge to date on what can be considered safe. This document uses those guidelines as the industry accepted standard.

6.0 References

National Council on Radiation Protection (NCRP) and Measurements Report No.86, **Biological Effects and Exposure Criteria for Radiofrequency Electromagnetic Fields**, April 1986.

Institute of Electrical and Electronics Engineers (IEEE)/ American National Standard Institute (ANSI) stdn. C95.1-1991, **Standard for Safety Levels with Respect to Human Exposure to Radio Frequency Electromagnetic Fields, 3kHz to 300 GHz**, April 1992.

Institute of Electrical and Electronics Engineers (IEEE)/ American National Standard Institute (ANSI) stdn. C95.3-1991, **Recommended Practice for the Measurement of Potentially Hazardous Electromagnetic Fields - RF and Microwave**, August 1992.

Richard Tell Associates, Inc., **A Report on EME Design and Operation Considerations for Wireless Antenna Sites**, August 12, 1996.

FCC Office of Engineering and Technology, **Evaluating Compliance With FCC Specified Guidelines for Human Exposure to Radio Frequency Radiation**, OET Bulletin No.65 second edition, DRAFT September 17, 1996.

7.0 Acronyms

ANSI	American National Standards Institute
EMR	Electromagnetic Radiation
ERP	Effective Radiated Power
EIRP	Effective Isotropic Radiated Power
FCC	Federal Communications Commission
IEEE	Institute of Electrical and Electronics Engineers
MPE	Maximum Permissible Exposure
NCRP	National Council on Radiation Protection and Measurement
RF	Radio Frequency
SAR	Specific Absorption Rate

8.0 Acknowledgment

Thanks to Stan Kacmarik and Charles Spann for their input and review.