

Measurement of MPE

Limits for Maximum Permissible Exposure (MPE)

Frequency Range (MHz)	Electric Field Strength (V/m)	Magnetic Field Strength (H) (A/m)	Power Density (S) (mW/cm ²)	Averaging Time E ² , H ² or S (minutes)
(A) Limits for Occupational/Controlled Exposure				
0.3-3.0	614	1.63	100	6
3.0-30	1842/f	4.89/f	900/f ²	6
30-300	61.4	0.163	1.0	6
300-1500	--	--	f/300	6
1500-100,000	--	--	5	6
(B) Limits for General Population/Uncontrolled Exposure				
0.3-1.34	614	1.63	100	30
1.34-30	824/f	2.19/f	180/f ²	30
30-300	27.5	0.073	0.2	30
300-1500	--	--	f/1500	30
1500-100,000	--	--	1.0	30

According to **OET BULLETIN 56 Fourth Edition/August 1999**,

Equation for Predicting RF Fields:

$$S = \frac{PG}{4\pi(R)^2} = \frac{30.9 \times 2.838}{4\pi(20)^2} = \frac{87.6942}{5026.548} = 1.745 \times 10^{-2} \text{ mW/cm}^2$$

Where: S = power density (in appropriate units, e.g. mW/cm²)

P = power input to the antenna (in appropriate units, e.g., mW)

G = power gain of the antenna in the direction of interest relative to an isotropic radiator

R = distance to the center of radiation of the antenna (appropriate units, e.g., cm)

The Numeric gain G of antenna with a gain specified in dB is determined by:

$$G = \text{Log}^{-1} (\text{dB antenna gain}/10)$$

$$G = \text{Log}^{-1} (4.53/10) = 2.838$$