



# Measuring instruments – Protective measures against wireless radiation in ...



**To eliminate radiation, you need to know where it comes from and how high it is. Special measuring instruments are needed to locate radiation sources. In this short workshop you will get to know two instruments for the determination of high and low frequency radiation.**

I will now briefly explain to you how measuring instruments are used and what to look out for, so you know what they are good for.

Here are some examples: Here an Esmog Spion, here a device from Gigahertz HFE 35c - two very good instruments.

The Esmog-Spion can measure low and high frequencies, the HFE 35c measures only high frequencies.

As you know, the measuring instruments are here to find out where the radiation comes from, which means I need to know if the radiation comes from a mobile phone transmitter, a neighbor, or from anywhere else. I need to know how strong the radiation is, because if I want to build a shield, I have to reach the reference value of 1 microwatt per m<sup>2</sup>, and for that I need to know how high the radiation is in the apartment altogether.

And then measuring devices are also good at analyzing what are the radiation sources - is it a DECT phone, is it a WLAN or is it a mobile communications tower. The measured values for all devices are given in microwatt/m<sup>2</sup>. This is simply the unit of measurement for the radiation – it indicates how much energy is present.

I have mentioned the reference value for a bedroom: 1 micro watt per m<sup>2</sup>.

Here is a short explanation of the HFE 35c. It is a device which is used with a directional antenna, but can also be used with another antenna which is not designed for direction, but which you simply hold into the room and then see the measured value.

Here is a BNC cable, a shielded one, is to be connected here and it is switched on here. We have two scales, here a small scale from 0 to 199.9 micro watts/m<sup>2</sup> and here a large scale from 0-2,000, respectively 1,999 micro watts/m<sup>2</sup>.

This one here, the bigger one, is not so accurate, so I switch to the smaller one, at this small value we have here, then we see it more in detail.

And we see, now we have 0.00 here - that would be perfect. You see, this is a directional antenna. If I swivel around a little, we see the value going up. to 0.4 - this is still a very good value.

The value for a bedroom would be at 1 micro watt/m<sup>2</sup> – that would still be good enough. Also worth mentioning, is the Peak/RMS switch – here you have to select Peak - this shows the current maximum value.

RMS would be the average of the current maximum and minimum values. So we don't need that, it is a threshold value fraud, so to speak. Here we have a volume control for the conversion of the mobile phone signal to audible tones.

Now we have so little radiation, we can't hear anything. If there's a lot of radiation on it, this sound becomes really unpleasant. This is a very good device, especially for building biologists, it is more of a professional device and for those who need exact radiation values. Here's another example, the Esmog Spion. It is a very easy to use instrument. You drive out the antenna up to the first level, insert it here. HF – that means high frequency. Again the values are given in micro watts/m<sup>2</sup>, beginning at 10 and ending at 1,000.

10 would already be too much for a bedroom. Therefore, if a green light shows, do not think it is all good.

Now, if I touch the antenna here, my body functions as an antenna and that's why we have a higher value here now, but it is a falsification. So this is how we measure. And we have very good values, as indicated by the other device.

If the value here would exceed the scale of 1,000 micro watts per m<sup>2</sup>, a damping button could be pressed here.

With this, the value that is then read is multiplied by 10, and then you are back in reality.

It is a very simple device and you can also measure low frequency with it – here, low frequency can also be measured (NF) – simply replug.

Here select 'end' and then we'll see what the values are.

To measure NF, the finger must be held on the screw below the red button.

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