



15.0 Mobile Telephones



There are some concerns over the use of mobile phones and the possible health implications. The research is still inconclusive but there is evidence that mobile phones may be a potential health hazard. It is not possible to say that exposure to RF radiation, even at levels below national guidelines, is totally without potential health risks. Because of this uncertainty employees are advised to adopt a precautionary approach.

- Do not use the mobile phone more than necessary and keeping calls short.
- Use a landline in preference to a mobile telephone when in the office.
- Send a text instead of making a call where appropriate.
- Avoid using the phone if the signal strength is low, find a better location to make a call.
- Using the phone outdoors rather than inside, or moving close to a window to make a call.
- Switching off the phone when not in use.

15.1 SAR Values

The specific absorption rate, (SAR) is an indication of the amount of radiation absorbed whilst using a mobile phone and will be taken into account when selecting mobile telephones for use at work.

- Europe SAR limit at 2 watts per kilogram in 10 gram of tissue.
- US set SAR levels at or below 1.6 watts per kilogram in 1 gram of tissue.

The SAR of individual phone models is displayed on all mobile phone packaging to enable informed choices to be made when purchasing new handsets.

15.2 Making Calls To Mobile Phones

When making a call to another person's mobile phone, employees should confirm that the recipient is 'free to speak' before continuing with the conversation, i.e. that the person is not driving or in other situations where it would not be safe to talk. Employees should not continue any conversation if it is evident that the person they are talking to is using a hand held mobile phone while they are driving.

15.3 Mobile Phones And Driving

The company does not expect any of its employees to make or receive telephone calls while driving on the road during the course of their work.