



Commission for  
**Communications Regulation**

## Report

### **2005 – 2006 Programme of Measurement of Non-Ionising Radiation emissions**

**0624 /1 – Abbeyleix, Co. Laois**

<b>Site Measurement Date:</b>	<b>7<sup>th</sup> April 2006</b>
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## SITE DETAILS

Site: Abbeyleix Post Office, Main Street, Abbeyleix, Co. Laois.

Location: On footpath on opposite side of the road to Post Office adjacent to a Solicitor's office.

Measurement location details:

Latitude: 52° 54' 54.8"

Longitude: 07° 20' 53.5"

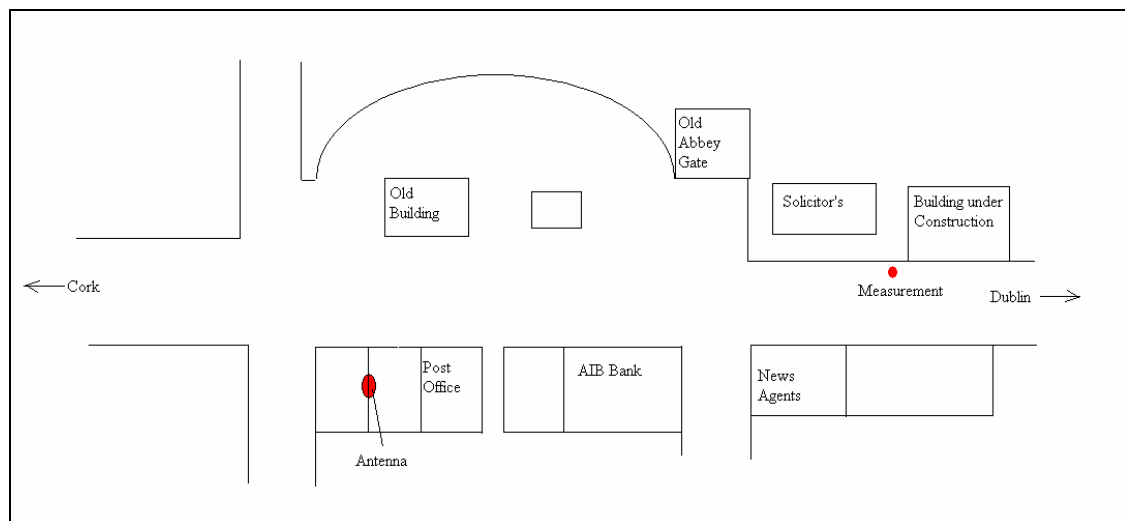
Temperature: 15.0° C

Relative Humidity: 47%

Second Location: An additional broadband measurement was taken in the top floor of the Post Office building.

Date: 07-April-2006

Engineer: Barry Molloy



**Map 1. Sketch of measurement site**

## **INITIAL SITE SURVEY**

An initial survey was carried out on the main street to determine the point of maximum non-ionizing radiation (NIR).

A broadband measurement was also taken inside the Post Office. This measurement was taken in the top floor where low levels of NIR were measured.

For this survey a calibrated field strength meter fitted with a 3 GHz isotropic probe was used.

A measurement site for a full EMF survey was chosen on footpath on opposite side of the road to post office adjacent to a Solicitor's office. The NIR levels at this location were higher than those measured in all other areas around the site.

## **FULL SURVEYS**

Broadband and narrowband surveys were conducted at this location. The measuring instruments, antennas and probes used in the survey were mounted on non-metallic supports for the duration of the survey.

The broadband survey results using the 3 GHz probe include the maximum and average levels in Volts per metre (V/m) recorded in the course of the survey. The ICNIRP guideline limits are frequency dependent so the average and maximum levels can be compared to the lowest maximum general public guideline limit which is 28 V/m.

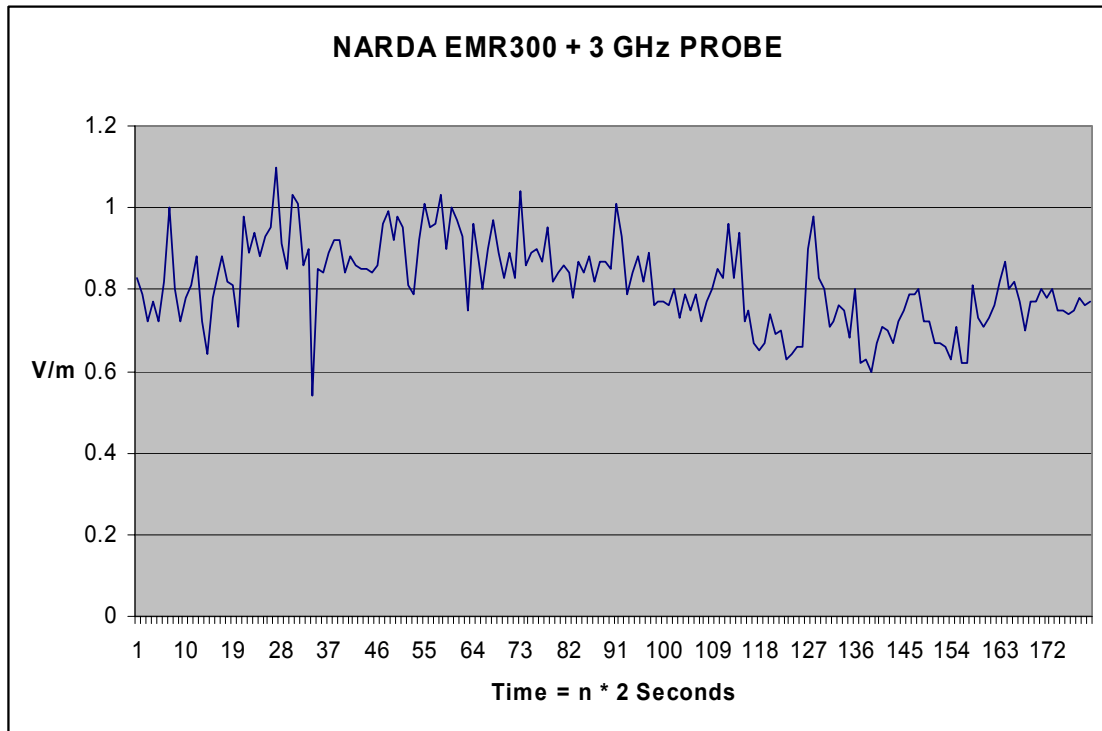
The broadband survey results using the 40 GHz probe include the maximum and average levels recorded in the course of the survey as a percentage of the permitted exposure under the ICNIRP general public guideline limits.

The narrowband survey results show the NIR levels by frequency in V/m and include the number of times they are below the ICNIRP general public guideline limits which, as already stated, are frequency dependent.

Each measurement was recorded over a six minute period as required by the ICNIRP guidelines.

The results of these surveys are included in this report.

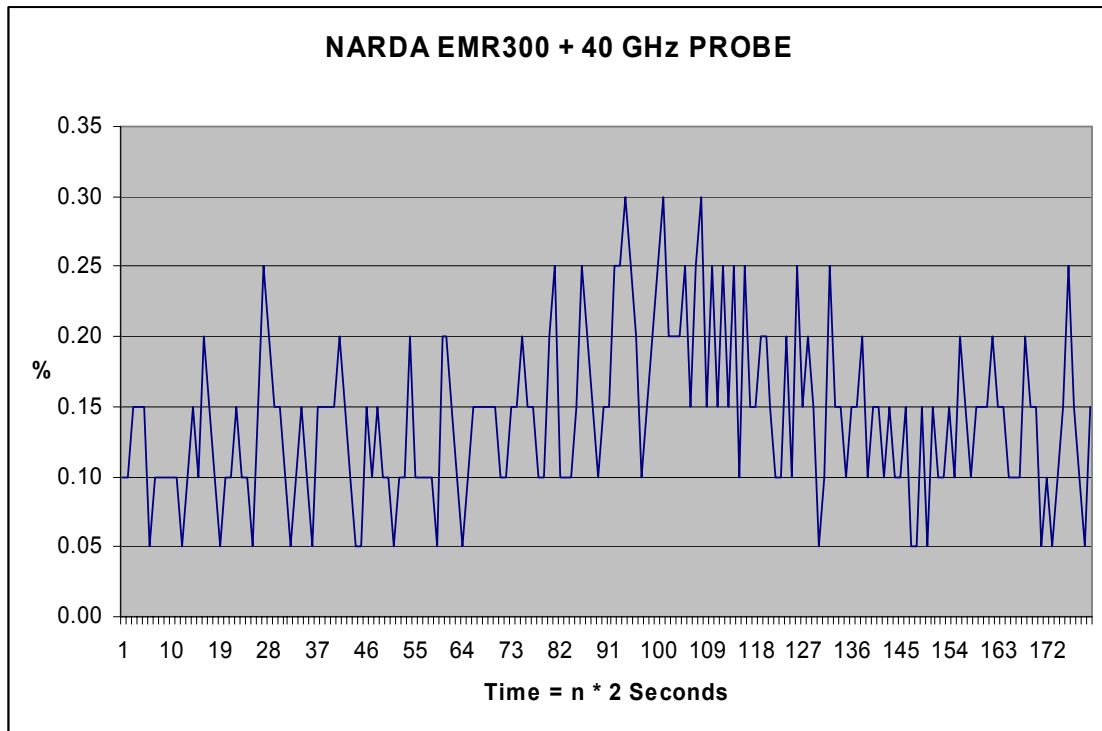
## BROADBAND SURVEY RESULTS



Meter:	Narda EMR300
Probe:	Type 18 3GHz
Acquisition Mode:	2 Sec. Sampling
Date:	07/04/2006
Start Time:	16:20
Average:	0.815 V/m
Peak:	1.1 V/m

**Fig 1. Field strengths recorded over a 6 minute period using the 3GHz probe**

The average and peak readings were below the ICNIRP general public guideline limit for all frequencies. The minimum ICNIRP guideline limit is 28 V/m.



Meter:	Narda EMR300
Probe:	Type 26 40 GHz
Acquisition Mode:	2 Sec. Sampling
Date:	07/04/2006
Start Time:	16:34
Average:	0.141%
Peak:	0.3%

**Fig 2. Measurement as a percentage of the ICNIRP general public guideline limit recorded over a 6 minute period using the 40GHz probe**

The average and peak readings were below the ICNIRP general public guideline limit for all frequencies, with the maximum measurement being 0.3% of the general public guideline limit.

## NARROWBAND SURVEY

A more detailed survey was performed at the same location. The purpose of this survey was to identify the transmit frequencies and signal strengths of the contributors to the fields at this location. For this survey a spectrum analyser was used with a range of antennas to match the frequencies that were measured.

The table below shows the highest reading measured within each frequency range.

Site	Frequency Range	Highest Reading V/m	General Public Limit
Abbeyleix	0.1 to 0.5 MHz	2.6354	87.00
	0.5 to 20 MHz	0.1120	87.00
	9.4 to 12.2 MHz	0.0201	27.66
	20 to 30 MHz	0.0006	28.00
	30 to 200 MHz	0.0015	28.00
	200 to 500 MHz	0.0037	29.55
	500 to 900 MHz	0.0010	41.22
	900 to 1000 MHz	0.5508	42.59
	935 to 965 MHz	0.5596	42.59
	1000 to 1800 MHz	0.0012	57.82
	1800 to 1900 MHz	0.0087	59.38
	1900 to 2100 MHz	0.0260	60.12
	1906 to 1920 MHz	0.0288	60.14
	2100 to 2200 MHz	0.0476	61.00
2200 to 3000 MHz	0.0048	61.00	

**Table 1. Highest readings in each measured frequency range.**

All measurements performed at this site showed that levels of non-ionizing radiation were below the ICNIRP general public guideline limits.

## **Annex**

### **Survey Methodology**

The purpose of this survey was to quantify the electromagnetic fields (EMF) present at an area and to identify the frequency and signal level of the main contributors to these fields.

Some of the typical signals encountered when measuring EMF are AM and FM broadcast radio, broadcast television signals, wireless CCTV, mobile radio, emergency services radios, pager base station radios, taxi base station radios and mobile phone base stations.

Measurements were carried out in accordance with ECC recommendation (02)04, "Measuring non-ionizing electromagnetic radiation (9 kHz – 300 GHz)".

The locations where the surveys were to be performed were provided by ComReg. Most of the locations were in close proximity to mobile phone base station sites.

#### **Initial survey**

At all sites surveyed initial investigations were carried out using a field strength meter and a broadband probe to find the position of the maximum field strength. The probe used for the initial investigation measured and summed all signals in the frequency range 100 kHz to 3 GHz.

#### **Broad band survey**

Once the location was identified the field strength meter and broadband probe were mounted on a non-conductive tripod and the field strength in Volts per meter was recorded on a laptop computer for a period exceeding six minutes.

The field strength meter was then fitted with a 300 kHz to 40 GHz probe and measurements were recorded at the same location for a further 6 minutes. This probe measured the field strength as a percentage of the permitted exposure allowed by ICNIRP occupational guideline limits. The results were multiplied by a factor of 5 to get the percentage exposure allowed by the ICNIRP general public guideline limits.

#### **Narrow band survey**

A narrowband survey was then carried out at the same location using a spectrum analyser and a range of antennas matched to the frequencies being measured. The spectrum analyser was set to sweep a frequency range continuously for a period of six minutes and the results were stored in the spectrum analyser.

This procedure was repeated at different frequency ranges until the electromagnetic fields at all relevant frequencies were recorded. The results were later transferred to a computer for analysis and comparison to the ICNIRP general public guideline levels.

## **Calibration Details**

### **Field Strength Meter**

Manufacturer: Narda Safety Test Solutions  
Model: EMR 300  
Serial Number: AX-0012  
Calibration Date: 08/02/2005

### **3GHz Probe**

Manufacturer: Narda Safety Test Solutions  
Model: Type 18.0  
Serial Number: U-0003  
Calibration Date: 17/10/2005

### **40GHz Probe**

Manufacturer: Narda Safety Test Solutions  
Model: Type 26.1  
Serial Number: M-0004  
Calibration Date: 18/01/2005

### **Receiver**

Manufacturer: Rohde & Schwarz  
Model: FSH6  
Serial Number: 100948  
Calibration Date: 20/02/2006

### **Antenna**

Manufacturer: Rohde & Schwarz  
Model: HE200  
Serial Number: 102094

## GLOSSARY

**Antenna:** - A conductive structure specifically designed to couple or radiate electromagnetic energy.

**Broadband measurement:** - A measurement carried out using a meter and probe combination that simultaneously measures and sums all received signals within the frequency range of the probe. Generally this meter and probe combination is not as sensitive as the equipment used for narrowband measurements but is useful for getting an overall picture of the level of electromagnetic fields present at a site.

**ComReg:** - The Communications Regulator for the Republic of Ireland.

**Electric Field Strength:** - Electric field strength is a quantitative expression of the intensity of an electric field at a particular location. The standard unit is the Volt per meter. A field strength of 1 v/m represents a potential difference of one volt between points separated by one meter.

**Electromagnetic field (EMF):** - Combined electric and magnetic fields, in this case radiating from an antenna.

**Electromagnetic Spectrum:** - The complete range of the wavelengths of electromagnetic radiation, beginning with the longest radio waves (including those in the audio range) and extending through visible light (a very small part of the spectrum) all the way to the extremely short gamma rays that are a product of radioactive atoms. The electromagnetic spectrum contains both non-ionizing and ionizing radiation.

**Frequency:** - The number of cycles completed in one second by an electromagnetic wave. It is expressed in Hertz (Hz) or a multiple of Hertz, e.g. kHz (kilohertz, 1,000 Hertz), MHz (MegaHertz, 1,000,000 Hertz) and GHz (GigaHertz, 1,000,000,000 Hertz).

**Frequency Range:** - A group of frequencies between a selected start and stop frequency. E.g. the frequency range of the FM broadcast band includes all frequencies between 88 and 108 MHz.

**General Public:** - Individuals of all ages and of varying health status, and may include particularly susceptible groups or individuals.

**ICNIRP:** - The International Commission on Non-Ionizing Radiation Protection.

**Ionizing radiation:** - Ionizing radiation, also called radioactivity, is electromagnetic (EM) radiation whose waves contain energy sufficient to overcome the binding energy of electrons in atoms or molecules, thus creating

ions. It occurs at frequencies higher than ultraviolet light and includes x-rays and gamma rays. The sources of electromagnetic fields measured in this survey do not produce any ionizing radiation.

**Isotropic probe:** - Receives electromagnetic signals regardless of polarization or direction of travel. An isotropic probe is designed to give the same reading, no matter which way it is pointed.

**Narrowband Measurement:** - A measurement carried out using a receiver and an antenna which measures the received signal strength at specific frequencies. A spectrum analyser is usually used as the receiver, and a range of antennas is used to cover all the frequencies to be measured.

**Non-ionizing radiation (NIR):** - Includes all radiations and fields of the electromagnetic spectrum that do not normally have sufficient energy to produce ionization in matter; characterized by energy per photon less than approximately 12 electron Volts, wavelengths greater than 100 nm, and frequencies lower than  $3 \times 10^{15}$  Hz.

**Occupational Exposure:** - Adults who are exposed under known conditions and are trained to be aware of potential risk and to take appropriate precautions.

**Radiofrequency (RF):** - For this survey any radio signals between the frequencies 100 kHz to 40 GHz.

**Spectrum analyser:** - An instrument that displays signal amplitude (strength) as it varies by signal frequency. The frequency appears on the horizontal axis, and the amplitude is displayed on the vertical axis. It can be set to sweep a frequency band where the amplitude of the received signals show up as spikes on the recorded trace.