

## 1. Survey Summary

<b>Address of Transmitter Site Surveyed:</b>	Rope Walk, Dublin 2.
<b>Survey Date:</b>	29/11/2022
<b>Emission Measured:</b>	GSM, UMTS, LTE, NR

<b>Measurement Location:</b> (at point of maximum non-ionising radiation near site)	On public footpath at junction of Rope Walk and Hanover St East, close to antenna location.
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<b>Measurement Location Coordinates:</b>	<b>LAT</b>	<i>deg</i>	<i>min</i>	<i>sec</i>	<b>LONG</b>	<i>deg</i>	<i>min</i>	<i>sec</i>
	N	53	20	40.9	W	6	14	35.2

### Purpose and Conduct of Survey:

The purpose of this survey was to assess compliance with the limits for general public exposure to non-ionising radiation (**NIR**) set by the International Commission on Non-Ionising Radiation Protection (**ICNIRP**) ("**ICNIRP Public Exposure Limits**").

Compliance with the ICNIRP Public Exposure Limits is a condition of a General Authorisation for an electronic communications network/service as well as of various Wireless Telegraphy licences issued by the Commission for Communications Regulation (**ComReg**).

The survey was conducted by:

- measuring the overall electromagnetic field (**EMF**) present at the point of highest exposure in a public area associated with the designated transmitter site;
- identifying the frequency of the principal emissions contributing to the EMF; and
- measuring the intensity (or level) of same.

### Overall Conclusions of the Survey

<b>Frequency Selective Measurements:</b> (Individual emissions measured at specific frequencies)	<b>Below ICNIRP Public Exposure Limits [Compliant]</b>
<b>Total Exposure Quotient:</b> (Assessment of cumulative emissions from multiple transmitters)	<b>Below ICNIRP Public Exposure Limits [Compliant]</b>

## 2. Surveyors

<b>Survey conducted for ComReg by:</b>	Compliance Engineering Ireland Ltd.	
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<b>Survey Engineer(s):</b>	<b>Report Writer:</b>	<b>Report Reviewer:</b>
Michael Reilly, BEng	Michael Reilly, BEng	John McAuley, MEng

### 3. Survey Location Details

#### Designated Transmitter Site Photo



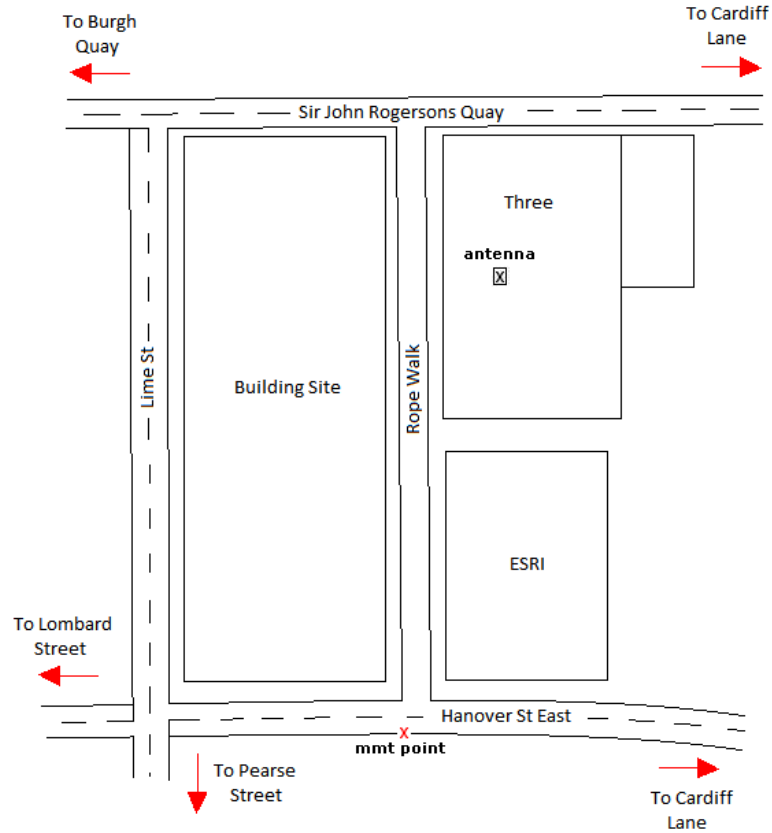
#### Survey Weather

**Sky:** Light Cloud

**Temperature:**  
12° C

**Relative Humidity:**  
44 %

#### Map of Designated Transmitter Site and Measurement Location



## 4. Introductory Note

### Purpose of Survey

The survey of the designated transmitter site (“**Designated Site**”) was commissioned by ComReg as part of its Programme of Measurement of Non-Ionising Radiation. The purpose of the survey was to assess whether NIR (occurring within the radio frequency part of the electromagnetic spectrum) from the Designated Site complied with the limits for general public exposure specified in the guidelines published by ICNIRP (“**ICNIRP Public Exposure Limits**”).<sup>1</sup> Compliance with the ICNIRP Public Exposure Limits is a condition of a General Authorisation for the provision of an electronic communications network/service (e.g. mobile phone and broadcasting networks) as well as of various Wireless Telegraphy licences (in respect of transmitting stations) issued by ComReg.

### Survey Methodology

Measurements of the NIR from the Designated Site were conducted in accordance with the methodology outlined in ComReg Document 08/51R3<sup>2</sup>. Once standardised, these methodologies are to be incorporated. Methodologies used in conducting this site reports are listed below;

- European Electronic Communications Committee (**ECC**) Recommendation (02)04<sup>3</sup>;
- European Committee for Electrotechnical Standardisation (**CENELEC**) measurement standard EN 50492:2008<sup>4</sup>, and
- Measurement techniques developed by the Institut für Mobil- und Satellitenfunktechnik (**IMST**) and the EM-Institut on behalf of the German Federal Office for Radiation Protection.<sup>5</sup>

Additional methodologies to be used in conducting this site report are listed below:

- Measurement techniques as published by Dr. Helmut Keller on behalf of Narda Safety Test Solutions.<sup>6</sup>

### Note re this Report Version

If you have downloaded this report from ComReg’s Siteviewer<sup>7</sup> or from [www.comreg.ie](http://www.comreg.ie), you are reading an abbreviated version. The full technical version of this report also contains a comprehensive technical record of the measurements and any calculations performed, a list of equipment used, and a technical appendix. A copy of the full report is available upon request from ComReg.

<sup>1</sup> Current ICNIRP guidelines:

- “Guidelines for Limiting Exposure to Electromagnetic Fields (100 kHz to 300 GHz)”, ICNIRP, published in ‘Health Physics’, March 2020, Volume 118, No. 5: <https://www.icnirp.org/cms/upload/publications/ICNIRPrfgdl2020.pdf>
- “Guidelines for Limiting Exposure to Time-Varying Electric and Magnetic Fields (1 Hz to 100 kHz)”, ICNIRP, published in ‘Health Physics’, December 2010, Volume 99, No. 6: <https://www.icnirp.org/cms/upload/publications/ICNIRPLFgdl.pdf>

<sup>2</sup> <https://www.comreg.ie/publication-download/programme-of-measurement-of-non-ionising-radiation-emissions-methodology-for-the-conduct-of-surveys-to-measure-non-ionising-electromagnetic-radiation-from-transmitter-sites-2>

<sup>3</sup> ECC RECOMMENDATION (02)04, “Measuring Non-Ionising Electromagnetic Radiation (9 kHz – 300 GHz)”, ECC, (revised Bratislava 2003, Helsinki 2007): <http://www.erodocdb.dk/Docs/doc98/official/pdf/REC0204.PDF>

<sup>4</sup> EN 50492:2008, “Basic standard for the in-situ measurement of electromagnetic field strength related to human exposure in the vicinity of base stations”, CENELEC, November 2008: <http://www.cenelec.eu>

<sup>5</sup> See: <http://www.bfs.de>.

<sup>6</sup> “On the Assessment of Human Exposure to Electromagnetic Fields Transmitted by 5G NR Base Stations”, published in ‘Health Physics’, November 2019, Volume 117, No.5: [https://journals.lww.com/health-physics/fulltext/2019/11000/on\\_the\\_assessment\\_of\\_human\\_exposure\\_to.7.aspx](https://journals.lww.com/health-physics/fulltext/2019/11000/on_the_assessment_of_human_exposure_to.7.aspx)

<sup>7</sup> <https://siteviewer.comreg.ie/>

## 5. Survey Overview

### Survey Stages

In accordance with the methodology outlined in ComReg Document 08/51R4, this survey was conducted in three stages:

- 1 Initial Site Survey
- 2 Full Survey – Broadband Measurements
- 3 Full Survey – Frequency Selective Measurements

An outline of each stage, along with the results and conclusions of the measurements, are presented in the following three sections.

### Measurement of Electromagnetic Fields

Electromagnetic fields (EMFs) can be sub-divided into two components:

- Electric field (**E-field**) (measured in volts per metre or “V/m”); and
- Magnetic field (**H-field**) (measured in amperes per metre or “A/m”).

The E-field and the H-field are mathematically interdependent<sup>8</sup> in the **radiating near-field**<sup>9</sup> and the **far-field**<sup>10</sup>, which are located before and beyond a distance of at least the wavelength of the radiated EMF respectively. The measurement locations for most transmitter installations lie well within the far-field, as the wavelengths of the transmitted signals are relatively short, and the antennas are typically located many metres from any public area.

The following table gives examples of wavelengths for some commonly transmitted signals:

Transmitter Type	Frequency	Wavelength
PMR Low Band VHF	68 MHz	4.41 m
UHF TV	470 MHz	0.64 m
GSM 900 (2G mobile base station)	925 MHz	0.32 m
LTE 1800 (4G mobile base station)	1805 MHz	0.17 m
UMTS (3G mobile base station)	2110 MHz	0.14 m
5G NR (5G Mobile base station)	3500 MHz	0.09 m

In the radiating near-field and far-field, only one component needs to be measured, as the other component can be readily derived from it. Normally, it is the E-field which is measured.

In the case of transmitters of very long wavelength signals, such as long wave radio (1.19 km wavelength), the H-field and E-field must be measured separately as the point of measurement will most likely lie within the **reactive near-field**<sup>11</sup> region. In this region, located within a distance of at least the wavelength of the radiated EMF, the relationship between E and H becomes very complex and there is no direct correlation between both components of the EMF.

<sup>8</sup>  $E \approx H \times Z_0$  (Radiating Near Field) and  $E = H \times Z_0$  (Far Field), where  $Z_0$  (characteristic impedance of free space)  $\approx 377 \Omega$

<sup>9</sup> Beyond a distance of  $\max(\lambda, D, D^2/4\lambda)$ , where  $\lambda$  is the wavelength and  $D$  is the antenna's largest dimension


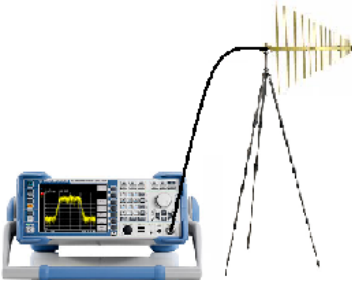

<sup>10</sup> Beyond a distance of  $\max(5\lambda, 5D, 0.6D^2/\lambda)$

<sup>11</sup> Within a distance of  $\max(\lambda, D, D^2/4\lambda)$

## Measurement Equipment

The measurement of EMFs is a complex process which involves the use of various meters, spectrum analysers, probes and antennas, appropriate to the frequencies of the emissions being measured.

The table below shows examples of equipment typically used to measure EMFs in NIR surveys.

Initial Site Survey and Broadband Measurements	Frequency Selective Measurements	
 <p data-bbox="352 719 480 770">ISOTROPIC PROBE</p> <p data-bbox="368 965 496 1043">FIELD STRENGTH METER</p> <p data-bbox="220 1126 576 1301">Used to measure the overall electric or magnetic field present over a range of frequencies (e.g. 100kHz to 3GHz).</p>	<p data-bbox="603 577 970 629">SPECTRUM ANALYSER WITH TRIPOD MOUNTED ANTENNA CONNECTED</p> 	<p data-bbox="1038 577 1374 656">PORTABLE SPECTRUM ANALYSER WITH ANTENNA DIRECTLY CONNECTED</p>  <p data-bbox="603 1126 1437 1335">Spectrum analysers are used to measure individual emissions at specific frequencies. Individual emissions contribute to the overall EMF. Examples of individual emissions are a TV signal, and a mobile phone signal for a particular mobile operator. There may be a number of emissions from different transmitters contributing to the overall EMF at a particular location.</p>

## 6. Initial Site Survey

An initial survey was carried out in the area around the Designated Site in order to determine the point of maximum NIR. This is the location at which the overall E-field strength level measured was somewhat higher than that measured in other areas around the site and represents the highest level of exposure to which a member of the general public might be subjected in the vicinity of the transmitter.

For this initial survey a calibrated field strength meter fitted with a **3 GHz isotropic probe** was used. The meter and probe were used to measure the sum of all electrical fields present at **all frequencies from 100 kHz up to 3 GHz**.

Once the point of maximum NIR was determined, broadband and frequency-selective measurements were conducted at that location (see following two sections). For the duration of those measurements, the various instruments, antennas and probes used were mounted on non-metallic supports.

## 7. Full Survey – Broadband Measurements

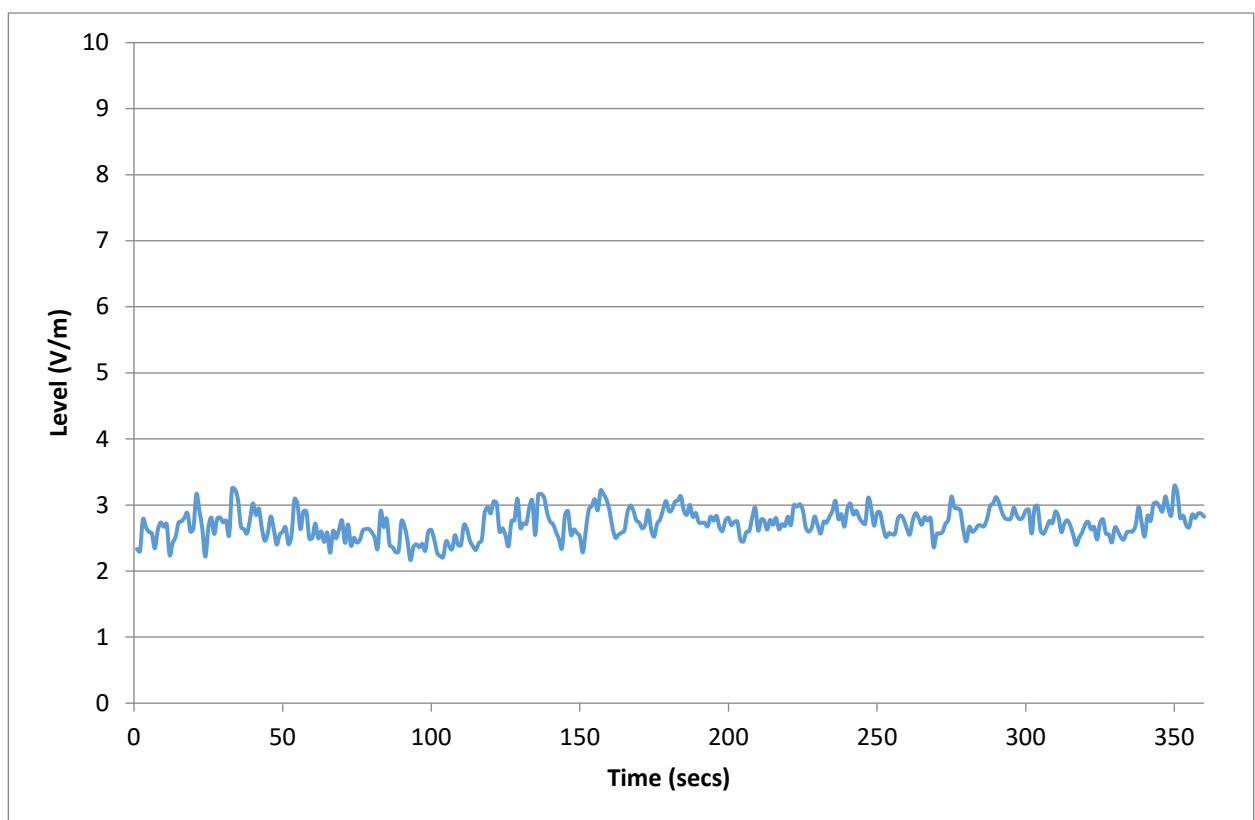
The purpose of these measurements was to get an overview of the intensity of the EMF present at the point of maximum NIR near the Designated Site.

There, the field strength meter (which was mounted on a tripod and fitted with **3GHz isotropic probe**), was set to record, over a six-minute period, simultaneous measurements of the sum of all received signals within the frequency range of the probe. This measurement was then repeated using a **40 GHz isotropic probe**.

The broadband measurement results presented below show the levels in volts per metre (V/m) recorded during the six-minute period. The average and maximum levels can be compared to the lowest maximum ICNIRP Public Exposure Limits which is 27.7 V/m.

If a broadband measurement is higher than 27.7 V/m, it does not necessarily follow that the ICNIRP Public Exposure Limits have been exceeded because the limits are frequency dependent. A more detailed investigation involving frequency selective measurement is necessary to assess compliance with the ICNIRP Public Exposure Limits (see following section).

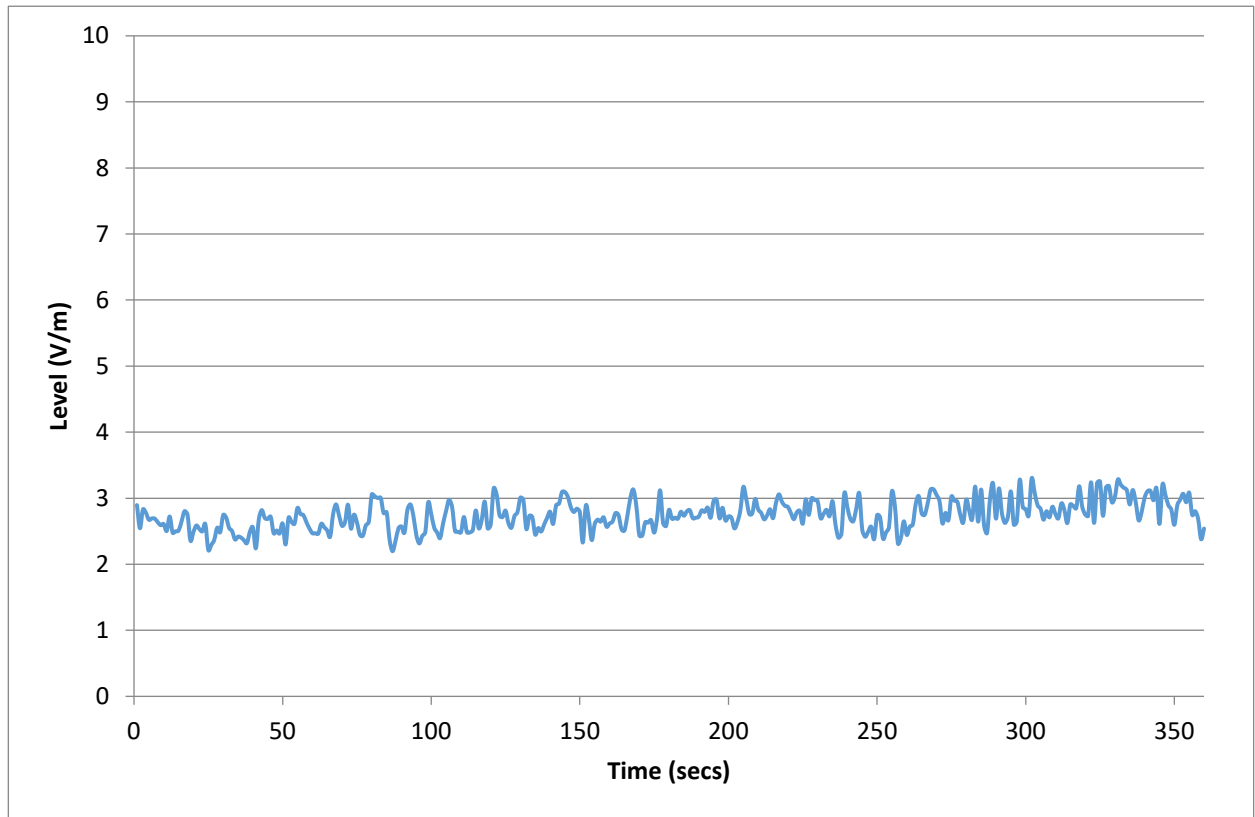
Electric field strengths recorded over 6 minute period using 3 GHz probe at point of maximum NIR



Acquisition Mode: 1 Sec. Sampling

<b>Mean Measurement V/m:</b>	2.71 V/m	<b>Peak Measurement V/m:</b>	3.29 V/m
<b>Date:</b>	29/11/2022	<b>Start Time:</b>	15:27
<b>Meter:</b>	NBM-550	<b>Probe:</b>	EF3091
<b>Frequency Range:</b>	100 kHz – 3 GHz		

Electric field strengths recorded over 6 min period using 40 GHz probe at point of maximum NIR



Acquisition Mode: 1 Sec. Sampling

<b>Mean Measurement V/m:</b>	2.74 V/m	<b>Peak Measurement V/m:</b>	3.30 V/m
<b>Date:</b>	29/11/2022	<b>Start Time:</b>	15:33
<b>Meter:</b>	NBM-550	<b>Probe:</b>	EF 4091
<b>Frequency Range:</b>	27 MHz – 40 GHz		

Conclusion of the Broadband Measurements

The mean and peak measurements were below the lowest ICNIRP guideline limit of 27.7 V/m.



## 8. Full Survey – Frequency Selective Measurements

### Basic Measurement Procedure

A more detailed survey was performed at the point of maximum NIR near the Designated Site to identify the individual transmit frequencies and field strengths of each type of emission - e.g. mobile (GSM, UMTS, LTE and 5G NR), wireless broadband (BWA), television (DVB-T), FM radio - and their contribution to the total EMF.

The measurements were performed using spectrum analyser equipment and a range of antennas to match the frequency bands in which emissions were measured.

### Table of Measurement Results

A list of the measurements made is presented in the table on the following page. For each emission measured, the table shows:

- **Emission Type** (e.g. GSM, UMTS, LTE, 5G NR, DVB-T etc);
- Transmission **frequency** of the signal;
- **Measured Level** (in volts per metre (V/m));
- **Adjusted Level** (if applicable to account for the characteristics of certain signal types or to compensate for limitations of measurement equipment or to estimate emissions for maximum call or data traffic); and
- **ICNIRP Public Limit**.

Further details of Adjusted Level/s and ICNIRP Public Exposure Limits are in the explanatory notes which follow the table of measurement results.

### Assessment of ICNIRP Compliance of Individual Emissions

The levels for each measured emission (as adjusted where necessary) are compared to the relevant ICNIRP Public Exposure Limit which applies for the particular frequency of the emission. It should be again noted that the ICNIRP Public Exposure Limit varies according to frequency - the limits for the different measurements presented in the tables will vary as the measurements have been performed at different frequencies.

### Assessment of ICNIRP Compliance of Cumulative Emissions

The levels measured for individual emissions are used to calculate **Total Exposure Quotients** to assess the cumulative effect of individual emissions from multiple transmitters. Further details of these quotients are in the explanatory notes which follow the table of measurement results.

The calculated values of the Total Exposure Quotients must be  $\leq 1$  in order for the aggregate of multiple measurements to satisfy the criteria of the ICNIRP Public Exposure Limit.

Table of Frequency Selective Measurement Results

Emission Type	Frequency (MHz)	Measured Level (V/m)	Adjusted Level (V/m)	ICNIRP Exposure Limit (V/m)	Times below Limit [adjusted Values]
FM Radio	94.880	0.01573	0.01573	27.7	1760.966
FM Radio	102.180	0.01466	0.01466	27.7	1889.495
FM Radio	106.000	0.01452	0.01452	27.7	1907.713
FM Radio	100.280	0.01417	0.01417	27.7	1954.834
FM Radio	103.790	0.01357	0.01357	27.7	2041.268
FM Radio	90.670	0.01212	0.01212	27.7	2285.479
FM Radio	106.790	0.01206	0.01206	27.7	2296.849
FM Radio	104.380	0.01199	0.01199	27.7	2310.259
FM Radio	101.820	0.01151	0.01151	27.7	2406.603
FM Radio	105.200	0.01132	0.01132	27.7	2446.996
FM Radio	98.090	0.01101	0.01101	27.7	2515.895
FM Radio	88.510	0.01012	0.01012	27.7	2737.154
FM Radio	92.880	0.00886	0.00886	27.7	3127.117
FM Radio	96.690	0.00731	0.00731	27.7	3789.848
FM Radio	91.280	0.00724	0.00724	27.7	3825.967
FM Radio	98.680	0.00666	0.00666	27.7	4157.911
FM Radio	89.140	0.00617	0.00617	27.7	4490.193
FM Radio	89.900	0.00612	0.00612	27.7	4526.144
FM Radio	93.510	0.00603	0.00603	27.7	4596.747
FM Radio	100.860	0.00602	0.00602	27.7	4601.329
FM Radio	96.020	0.00517	0.00517	27.7	5353.692
TETRA	REDACTED	0.04275	0.07405	27.7	374.096
TETRA	REDACTED	0.03574	0.06190	27.7	447.471
TETRA	REDACTED	0.03349	0.05801	27.7	477.534
TETRA	REDACTED	0.03038	0.05262	27.7	526.419
TETRA	REDACTED	0.00563	0.00976	27.7	2838.588
TETRA	REDACTED	0.00514	0.00890	27.7	3112.007
TETRA	REDACTED	0.00410	0.00711	27.7	3896.833
TETRA	REDACTED	0.00333	0.00471	27.7	5887.243
TETRA	REDACTED	0.00316	0.00548	27.7	5054.552
TETRA	REDACTED	0.00281	0.00487	27.7	5687.270
TETRA	REDACTED	0.00193	0.00334	27.7	8294.918
TETRA	REDACTED	0.00182	0.00316	27.7	8767.874
TETRA	REDACTED	0.00159	0.00225	27.7	12287.866
TETRA	REDACTED	0.00158	0.00273	27.7	10128.311
TETRA	REDACTED	0.00150	0.00261	27.7	10633.379
TETRA	REDACTED	0.00137	0.00236	27.7	11716.192
TETRA	REDACTED	0.00129	0.00224	27.7	12359.044
TETRA	REDACTED	0.00114	0.00198	27.7	13991.778
TETRA	REDACTED	0.00110	0.00191	27.7	14525.524
TETRA	REDACTED	0.00107	0.00185	27.7	14946.357
TETRA	REDACTED	0.00106	0.00183	27.7	15115.881

<b>TETRA</b>	<b>REDACTED</b>	0.00102	0.00176	27.7	15740.750
<b>PMR</b>	<b>REDACTED</b>	<b>REDACTED</b>	<b>REDACTED</b>	29.2	11256.910
<b>PMR</b>	<b>REDACTED</b>	<b>REDACTED</b>	<b>REDACTED</b>	29.2	14658.107
<b>PMR</b>	<b>REDACTED</b>	<b>REDACTED</b>	<b>REDACTED</b>	29.4	16715.634
<b>PMR</b>	<b>REDACTED</b>	<b>REDACTED</b>	<b>REDACTED</b>	29.2	17490.206
<b>PMR</b>	<b>REDACTED</b>	<b>REDACTED</b>	<b>REDACTED</b>	29.5	19787.243
<b>PMR</b>	<b>REDACTED</b>	<b>REDACTED</b>	<b>REDACTED</b>	29.2	32006.525
<b>PMR</b>	<b>REDACTED</b>	<b>REDACTED</b>	<b>REDACTED</b>	29.4	32390.290
<b>PMR</b>	<b>REDACTED</b>	<b>REDACTED</b>	<b>REDACTED</b>	29.6	38717.526
<b>DVB-T</b>	569.670	0.05032	0.05938	32.8	552.703
<b>DVB-T</b>	545.710	0.04606	0.05435	32.1	590.987
<b>DVB-T</b>	587.650	0.01668	0.01968	33.3	1693.495
<b>DVB-T</b>	579.250	0.01527	0.01802	33.1	1836.600
<b>LTE</b>	763.000	0.30800	0.88088	38.0	43.117
<b>LTE</b>	773.000	0.43230	1.23638	38.2	30.920
<b>LTE</b>	783.000	0.04280	0.12241	38.5	314.321
<b>LTE</b>	796.000	0.28370	0.81138	38.8	47.812
<b>LTE</b>	806.000	0.29940	0.85628	39.0	45.588
<b>LTE</b>	816.000	0.06290	0.17989	39.3	218.339
<b>GSM</b>	956.854	0.32100	0.64200	42.5	66.251
<b>GSM</b>	927.250	0.22710	0.45420	41.9	92.184
<b>GSM</b>	947.406	0.16280	0.32560	42.3	129.983
<b>UMTS FDD</b>	943.000	0.37800	1.41157	42.2	29.913
<b>UMTS FDD</b>	937.000	0.31970	1.19386	42.1	35.255
<b>UMTS FDD</b>	932.500	0.23840	0.89026	42.0	47.164
<b>UMTS FDD</b>	953.500	0.12590	0.47015	42.5	90.308
<b>GSM</b>	1843.060	0.00569	0.01139	59.0	5184.433
<b>LTE</b>	1815.000	0.44240	1.54984	58.6	37.797
<b>LTE</b>	1830.000	0.03930	0.15898	58.8	369.995
<b>LTE</b>	1855.000	0.36990	1.49632	59.2	39.578
<b>LTE</b>	1875.000	0.20310	0.71151	59.5	83.680
<b>UMTS FDD</b>	2117.500	0.17390	0.54992	61.0	110.924
<b>UMTS FDD</b>	2142.500	0.02747	0.08687	61.0	702.212
<b>LTE</b>	2132.667	0.32270	1.19076	61.0	51.228
<b>LTE</b>	2149.905	0.03510	0.10039	61.0	607.654
<b>LTE</b>	2162.381	0.44170	1.62987	61.0	37.426
<b>WiFi</b>	2426.450	0.04019	0.06539	61.0	932.934
<b>WiFi</b>	2437.730	0.03118	0.05073	61.0	1202.522
<b>WiFi</b>	2414.560	0.02035	0.03311	61.0	1842.488
<b>LTE</b>	3532.571	0.03442	0.32803	61.0	185.958
<b>LTE</b>	3590.143	0.01022	0.04353	61.0	1401.425
<b>5G NR</b>	3645.238	0.29571	2.52244	61.0	24.183
<b>LTE</b>	3727.571	0.16106	1.53494	61.0	39.741
<b>WiFi</b>	5219.524	0.00487	0.02075	61.0	2940.105
<b>WiFi</b>	5238.254	0.00458	0.01951	61.0	3126.205
<b>WiFi</b>	5267.143	0.01164	0.04959	61.0	1230.174
<b>WiFi</b>	5288.413	0.00700	0.02984	61.0	2044.564

**Total Exposure Quotients [calculated from Adjusted Levels]**

Quotient	Frequency Range	Calculated Quotient Value	Limit
Electrical Stimulation Effects (as per ICNIRP 2010)	1 Hz to 10 MHz	n/a	1
Thermal Effects etc. (as per ICNIRP 2020)	100 kHz and above	0.010508	1

**Overall Conclusions of the Survey**

<b>Frequency Selective Measurements:</b> (Individual emissions measured at specific frequencies)	<b>Below ICNIRP Public Exposure Limits (Compliant)</b>
<b>Total Exposure Quotient:</b> (Assessment of cumulative emissions from multiple transmitters)	<b>Below ICNIRP Public Exposure Limits (Compliant)</b>

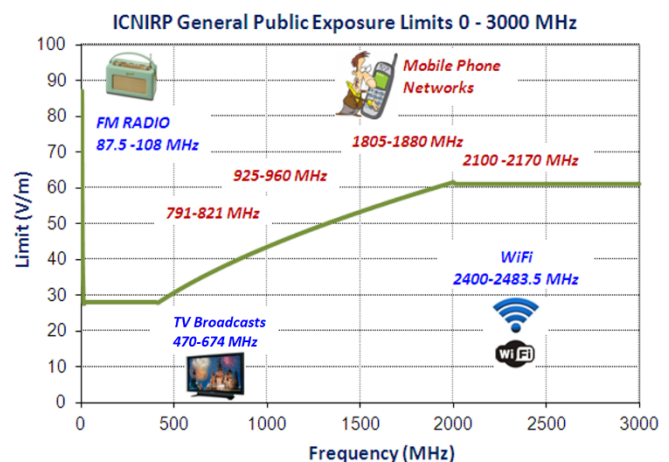
### Adjusted Levels

For some emissions, an adjusted level may be required to be derived from the measured level:

- (1) **to compensate for the limited measurement resolution of the spectrum analyser.** For example, a measurement of a DVB-T (digital TV) signal performed with a resolution of 5 MHz needs to be adjusted upwards using a correction factor to account for the energy present within the full 7.61 MHz bandwidth of the signal; and/or
- (2) **to extrapolate to an estimate of the level under maximum traffic or duty cycle from the transmitter.** For example, the base stations of mobile phone networks produce emissions which vary according to the changing volume of calls or data traffic over the course of the day.

### ICNIRP Public Exposure Limits

These are set out in the ICNIRP Guidelines as reference levels for the practical assessment of exposure to electric and magnetic fields, as experienced by the general public (excluding occupational exposure and exposure during medical procedures). The limits vary according to the frequency of the emissions as illustrated in the adjacent diagram. For example, the limits for Wi-Fi in the 2400-2483.5 MHz frequency band are higher than those for FM Radio transmissions in the much lower 87.5-108 MHz frequency band.



### Total Exposure Quotients

The Total Exposure Quotients (which must be  $\leq 1$ ) are calculated in accordance with mathematical formulas specified in the ICNIRP Guidelines to assess the cumulative effect of emissions from multiple transmitters. The quotients in this report are calculated from the Adjusted Levels rather than from the Measured Levels to account for total potential public exposure under maximum traffic conditions.

The two quotients are as follows:

#### (1) Quotient for Electrical Stimulation Effects (1 Hz to 10 MHz)

This quotient is calculated only in a small number of cases where strong emissions in the frequency range between 1 Hz and 10 MHz are present at the survey location (e.g. near a long wave radio transmitter site). This essentially involves summing the ratios (measured field strength/applicable limit) for each emission.

#### (2) Quotient for Thermal Effects etc. (100 kHz and above)

The measurements of any emissions above 100 kHz are used to calculate a quotient to assess any thermal (heat) and other effects as per ICNIRP 2020. This essentially involves summing the squares of the ratios (measured field strength/applicable limit) for each emission.