

## 1. Survey Summary

<b>Address of Transmitter Site Surveyed:</b>	Verve Gym, Boroimhe Shopping Centre, Swords, Co. Dublin.
<b>Survey Date:</b>	05/04/2023
<b>Emission Measured:</b>	GSM, UMTS, LTE, NR

<b>Measurement Location:</b> (at point of maximum non-ionising radiation near site)	On footpath in 'Boroimhe Cherry' housing estate, 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	26	45.4	W	6	14	13.0

### 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:** *Overcast, Light Rain*

**Temperature:**  
15° C

**Relative Humidity:**  
45 %

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  $\max(5\lambda, 5D, 0.6D^2/\lambda)$


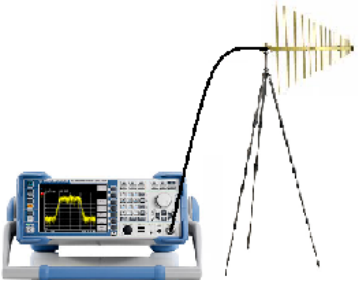

<sup>11</sup> Within a distance of  $\max(\lambda, D, D^2/4\lambda)$



## 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>Used to measure the overall electric or magnetic field present over a range of frequencies (e.g. 100kHz to 3GHz).</p>	<p><b>SPECTRUM ANALYSER WITH TRIPOD MOUNTED ANTENNA CONNECTED</b></p>  <p>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>	<p><b>PORTABLE SPECTRUM ANALYSER WITH ANTENNA DIRECTLY CONNECTED</b></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.

Map of Designated Transmitter Site and Selected Measurement Points



**Table of Broadband Measurement Readings at Selected Measurement Points**

Selected Measurement Point	Highest NIR Reading on Broadband Meter (V/m)
1	5.60
2	3.96
3	2.39
4	3.40
5	2.31
6	1.51
7	2.27
8	3.41
x	6.03

## 7. Full Survey – Broadband Measurements

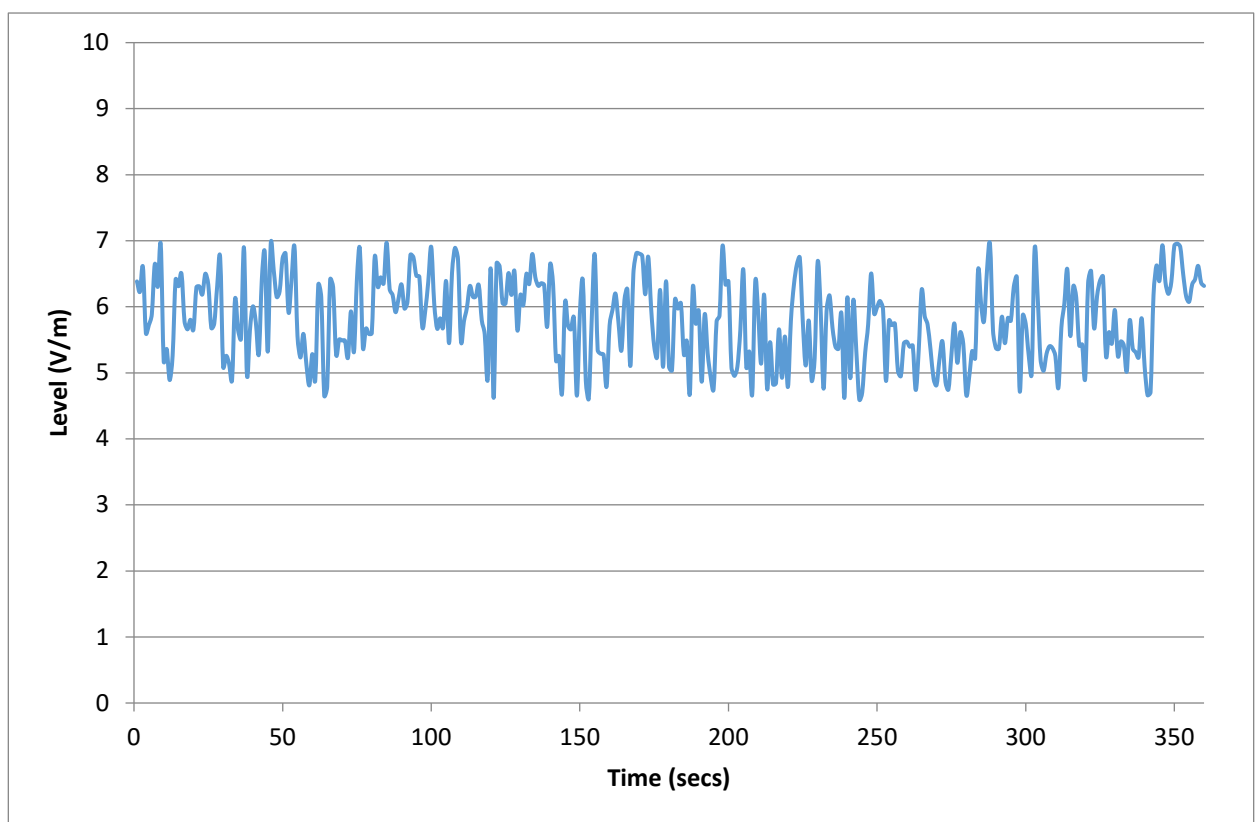
The purpose of these measurements was to get an overview of the intensity of the EMF present at the point of maximum NIR near the Designated Site.

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

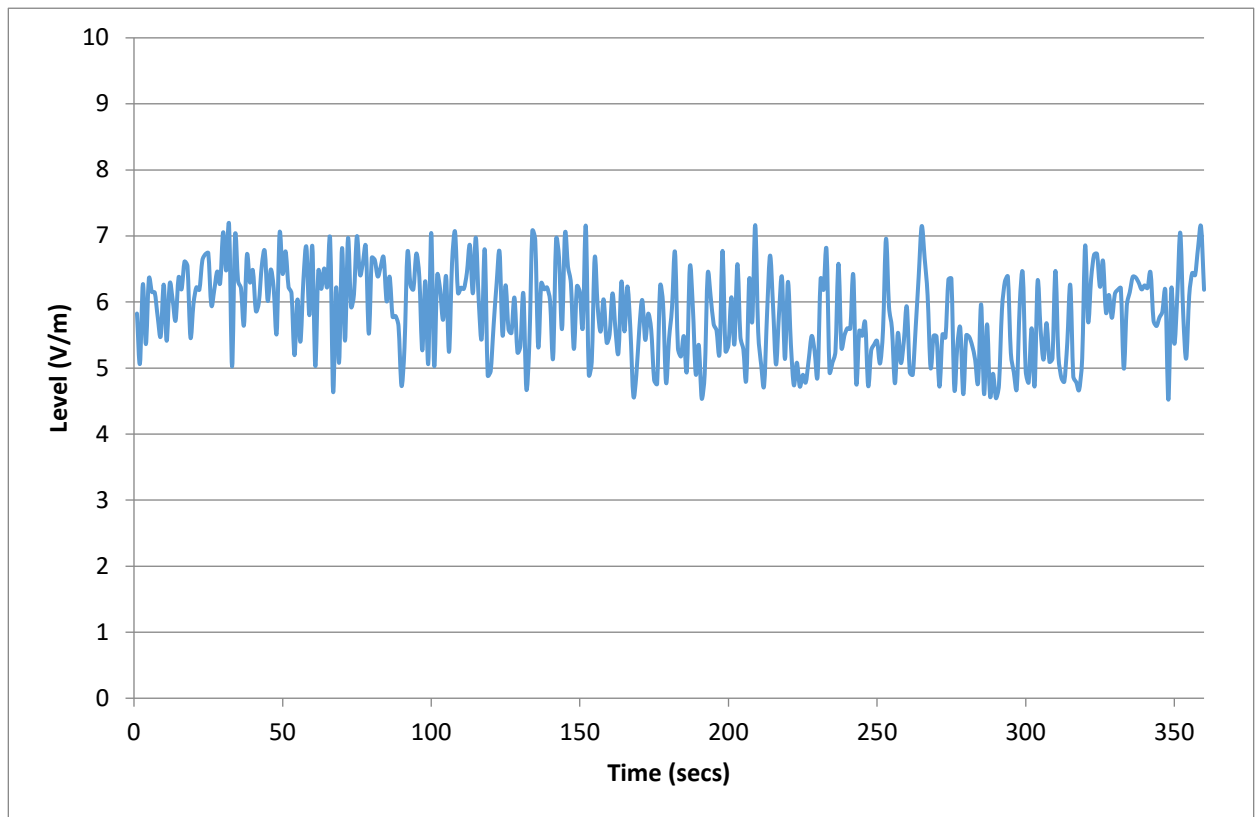


Acquisition Mode: 1 Sec. Sampling

Mean Measurement V/m:	5.81 V/m	Peak Measurement V/m:	6.97 V/m
Date:	05/04/2023	Start Time:	12:23
Meter:	NBM-550	Probe:	EF3091
Frequency Range:	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>	5.84 V/m	<b>Peak Measurement V/m:</b>	7.16 V/m
<b>Date:</b>	05/04/2023	<b>Start Time:</b>	12:29
<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	104.370	0.00527	0.00527	27.7	5255.170
FM Radio	88.690	0.00516	0.00516	27.7	5368.217
FM Radio	103.740	0.00509	0.00509	27.7	5440.974
FM Radio	98.080	0.00504	0.00504	27.7	5493.852
FM Radio	106.000	0.00499	0.00499	27.7	5555.556
FM Radio	96.130	0.00496	0.00496	27.7	5585.804
FM Radio	98.690	0.00494	0.00494	27.7	5603.884
FM Radio	96.720	0.00483	0.00483	27.7	5736.177
FM Radio	91.890	0.00481	0.00481	27.7	5754.051
FM Radio	100.360	0.00477	0.00477	27.7	5813.221
FM Radio	102.220	0.00474	0.00474	27.7	5845.115
FM Radio	90.680	0.00473	0.00473	27.7	5854.999
TETRA	REDACTED	0.00316	0.00548	27.7	5057.749
TETRA	REDACTED	0.00277	0.00479	27.7	5779.762
TETRA	REDACTED	0.00268	0.00464	27.7	5965.163
TETRA	REDACTED	0.00112	0.00194	27.7	14304.653
TETRA	REDACTED	0.00104	0.00179	27.7	15436.875
PMR	REDACTED	REDACTED	REDACTED	29.2	28644.619
DVB-T	545.800	0.01919	0.02264	32.1	1418.608
DVB-T	569.740	0.01884	0.02223	32.8	1476.312
DVB-T	577.500	0.00939	0.01108	33.0	2981.526
DVB-T	584.640	0.00844	0.00996	33.2	3337.092
LTE	763.000	1.00000	2.86000	38.0	13.280
LTE	773.000	0.11320	0.32375	38.2	118.081
LTE	783.000	0.00510	0.01459	38.5	2637.833
LTE	796.000	0.79070	2.26140	38.8	17.155
LTE	806.000	0.18010	0.51509	39.0	75.786
LTE	816.000	0.39440	1.12798	39.3	34.821
GSM	928.029	1.41500	2.83000	41.9	14.801
GSM	946.000	0.89760	1.79520	42.3	23.558
GSM	955.563	0.23550	0.47100	42.5	90.243
UMTS FDD	932.500	1.31900	4.92557	42.0	8.525
UMTS FDD	953.500	0.62730	2.34254	42.5	18.125
UMTS FDD	943.000	0.19800	0.73940	42.2	57.106
UMTS FDD	937.000	0.13110	0.48957	42.1	85.972
LTE	1815.000	0.37060	1.29830	58.6	45.120
LTE	1830.000	0.69020	2.79200	58.8	21.068
LTE	1855.000	0.19600	0.79286	59.2	74.693
LTE	1875.000	1.70000	5.95552	59.5	9.997
LTE	2120.000	0.12390	0.52781	61.0	115.571
LTE	2140.000	0.92540	3.94220	61.0	15.474
LTE	2160.000	2.50000	10.65000	61.0	5.728

WiFi	2415.000	0.09539	0.15519	61.0	393.067
WiFi	2445.860	0.04092	0.06657	61.0	916.291
WiFi	2432.160	0.03855	0.06272	61.0	972.623
WiFi	2469.520	0.03763	0.06122	61.0	996.402
WiFi	2425.550	0.03532	0.05746	61.0	1061.569
WiFi	2460.390	0.02056	0.03345	61.0	1823.668
WiFi	2439.780	0.01806	0.02938	61.0	2076.114
BWA/WIMAX	3445.905	0.00361	0.02175	61.0	2804.619
LTE	3485.524	0.49045	4.18356	61.0	14.581
LTE	3572.810	0.00355	0.02141	61.0	2848.754
5G NR	3653.905	0.00079	0.00750	61.0	8130.519
LTE	3704.048	0.06089	0.58029	61.0	105.120
WiFi	5639.190	0.14504	0.75709	61.0	80.572
WiFi	5659.833	0.00567	0.02961	61.0	2059.996
WiFi	5684.524	0.00569	0.02968	61.0	2055.529

**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	0.086499	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.