# RF Exposure Calculator

### Parameters

- Power at Antenna: 100 (watts)
- Mode duty cycle:
  For all others, or if unknown, assume worst case scenario (duty cycle=100%)
- Transmit duty cycle: (time transmitting)
  You transmit for 1 minutes then receive for 1 minutes (and repeat).
- Antenna Gain (dBi): 2.15
- Operating Frequency (MHz): 28

☑ Include Effects of Ground Reflections

**This calculator should not be used for antennas that are less than 20 cm (8 in) from a person.**

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**Results for a controlled environment:**

Maximum Allowed Power Density ($mW/cm^2$): 1.1480
Minimum Compliance Distance (feet): 3.9584
Minimum Compliance Distance (meters): 1.2065

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**For an uncontrolled environment:**

Maximum Allowed Power Density ($mW/cm^2$): 0.2296
Minimum Compliance Distance (feet): 8.8513
Minimum Compliance Distance (meters): 2.6979

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