

RF Exposure Calculator

Parameters

- Power at Antenna: (watts)
- Mode duty cycle:
- Transmit duty cycle: (time transmitting)
You transmit for minutes then receive for minutes (and repeat).
- Antenna Gain (dBi):
- Operating Frequency (MHz):

Include Effects of Ground Reflections

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

Results for a controlled environment:

Maximum Allowed Power Density (mW/cm²):

Minimum Compliance Distance (feet):

Minimum Compliance Distance (meters):

For an uncontrolled environment:

Maximum Allowed Power Density (mW/cm²):

Minimum Compliance Distance (feet):

Minimum Compliance Distance (meters):

==

[Technology](#) >> [Radio Technology Topics](#) >> [Safety](#) >> [RF Exposure](#) >> RF Exposure Calculator

[EXPLORE ARRL](#)