

Safety tips for students

- Limit your use of a mobile, smart or cordless phone as much as possible. Use a wired landline phone or wired internet connection when you can. Wired is safest.
- Completely switch off mobile or smart phones and Wi-Fi transmitters when not in use. Wi-Fi can be switched off on a laptop, tablet computer, or notebook when it is not needed, as can wireless routers.
- Keep your phone away from you. If you use a mobile phone for calls, use an air tube headset or speakerphone mode. Mobile phone manuals ask you to keep phones away from the head and body. Texting is safer, but hold the phone away from you.
- Do not carry your mobile/smart phone on your body, in your pockets or bra. You could put it in a bag. Do not place your phone under your pillow at night or keep it next to your bed unless it is completely switched off (not in standby). Do not place Wi-Fi-enabled computers on your lap, sit away from them.
- Not at full power. When dialling a number, using a mobile in a moving vehicle, or when the signal is poor, the phone is transmitting at full power. Hold the phone away from you until a connection is made. Wait until you have a strong reception before making a call.
- Help to look after your friends and family. Call them on their wired landline number, to reduce their use of wireless phones. Cordless phone base stations emit microwaves 24 hours a day, even when the phone is not in use. Place the base station away from where you sit, sleep or spend a lot of your time (or replace with a wired one). Do not give younger children your mobile or smart phone to use. Try to keep a few metres away from others while on a wireless phone.

Sources: Based on NHS Choices (2010), Vienna Medical Association (Wiener ärztelkammer, 2005), International Commission for Electromagnetic Safety (2010) and the Environmental Health Trust (2010)

The UK Chief Medical Officers (DH, 2011) and NHS Choices (2010) recommend that children and young people use a mobile phone only if absolutely necessary or for essential purposes, and to keep calls short.

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