

Radiation Information

Vienna Medical Association, December 2015

The radiation from mobile phones may not be as safe as mobile operators claim. Therefore, the Vienna Medical Association has decided, in a responsible manner, to inform the Austrian population from a medical point of view about the possibility of negative effects.

10 Medical Mobile Rules!

- In principle: use mobile devices as little and for as short a time as possible – use a landline or text. Children and teenagers under 16 years old should carry mobile phones for emergencies only!
- “Distance is your friend” - keep the mobile phone away from the head and body whilst making a connection and pay attention to the distance recommended by the manufacturer in the owner's manual. Use the built-in speakerphone or a headset!
- When using headsets or integrated hands-free, do not position mobile phones directly on the body – special caution applies here for pregnant women. Mobile phones in your pocket are a risk to fertility in men. Persons with electronic implants (pacemakers, insulin pumps etc.) must pay attention to distance. If this is not possible, use outer coat pockets, backpack or bag!
- Do not use mobiles in vehicles (car, bus, train) - without external antenna, as the radiation in the vehicle is higher. In addition you will be distracted and they annoy passengers on public transport!
- Never text or use the internet whilst driving a car - the distraction puts you at risk and endangers other road users!
- At home and in the workplace use a landline phone - internet access via wired LAN cable (e.g. via ADSL, VDSL and fiber) not wireless; wired offers fast and secure transfer of data. Constant emitters like DECT cordless telephones, wireless access points, data sticks and LTE home base stations (Box, Cube, etc.) should be avoided!
- Go offline or use Airplane mode - use for functions such as listening to music, camera, alarm clock, calculator; offline games don't always need an internet connection!
- Fewer apps means less radiation - minimize the number of apps and disable the usually unnecessary background services in your Smartphone. Disable "Mobile services" / "Data network mode", making the Smartphone a phone again. You are still accessible, but avoid much unnecessary radiation by background traffic!
- Avoid mobile use in places with poor reception (basement, lifts etc.) - in such situations the transmission power is increased. In poor reception areas use a headset or the hands-free kit!
- When buying a phone, choose one with a very low SAR value as well as an external antenna!