

Reducing Wireless Radiation Exposures for Pregnant Women in the Workplace

Microwave or radio frequency radiation (“RFR”) emitted from wireless devices was once thought to be relatively harmless. Decades ago, when exposure thresholds were



established, only the heating or thermal effects on human tissue were considered. Scientists now know that wireless radiation can cause non-thermal biological effects as well, including damage to cells and DNA, even at relatively low levels. Recent laboratory studies have shown neurological effects in children exposed in utero, including behavioral disorders such as ADHD. All of this suggests that taking certain precautions around wireless radiation is appropriate for our most vulnerable populations, particularly women who are pregnant.

“Current FCC standards do not account for the unique vulnerability and use patterns specific to pregnant women and children. It is essential that any new standards for cell phones and other wireless devices be based on protecting the youngest and most vulnerable population to ensure they are safeguarded throughout their lifetimes.”

- American Academy of Pediatrics, 2013

- A report by the U.S. Air Force Materiel Command concluded that “Behavior may be the most sensitive biological component to RF/Microwave radiation.” (Bolen, 1994)
- Scientists at the University of Washington demonstrated DNA breaks in brain cells of laboratory animals resulting from exposure to microwave radiation. (Lai, et al 1995)
- Researchers at the University of Kentucky were able to show how exposure to microwave radiation damaged or even destroyed brain cells. (Zhao, et al 2007)
- UCLA researchers studied 13,000 mothers and children and found that prenatal exposure to cell phones was associated with a higher risk for behavioral problems and hyperactivity in children. (Divan, et al 2008)
- Researchers at Yale University found that pregnant laboratory animals exposed to ordinary cell phone radiation produced offspring who were hyperactive and had poor memories. (Aldad, et al 2012)

GUIDELINES FOR REDUCING WIRELESS RADIATION EXPOSURES



- **Identify and mark the location of all wireless transmitters**
- **Avoid close proximity to wireless transmitters**
- **Place wireless transmitters in hallways or behind a wall**
- **Do not sit between a wireless transmitter and a wireless device**
- **Turn off wireless transmitters when not in use**

This flyer was produced by Grassroots Environmental Education, a science-based non-profit organization.

For more information about wireless radiation and pregnancy, please visit www.BabySafeProject.org

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