Reference levels for electric, magnetic and electromagnetic fields (0 Hz to 300 GHz, unperturbed rms values)

Frequency range	E-field strength (V/m)	H-field strength (A/m)	B-field (μT)	Equivalent plane wave power density S_{eq} (W/m²)
0-1 Hz	—	$3{,}2 \times 10^4$	4×10^4	—
1-8 Hz	10 000	$3{,}2 \times 10^4/f^2$	$4 \times 10^4/f^2$	—
8-25 Hz	10 000	4 000/f	5 000/f	—
0,025-0,8 kHz	250/f	4/f	5/f	—
0,8-3 kHz	250/f	5	6,25	—
3-150 kHz	87	5	6,25	—
0,15-1 MHz	87	0,73/f	0,92/f	—
1-10 MHz	$87/f^{1/2}$	0,73/f	0,92/f	—
10-400 MHz	28	0,073	0,092	2
400-2 000 MHz	$1{,}375\ f^{1/2}$	$0{,}0037\ f^{1/2}$	$0{,}0046\ f^{1/2}$	f/200
2-300 GHz	61	0,16	0,20	10

Table 5
Exposure Limits for Persons Not Classed As RF and Microwave Exposed Workers (Including the General Public)

1 Frequency (MHz)	2 Electric Field Strength; rms (V/m)	3 Magnetic Field Strength; rms (A/m)	4 Power Density (W/m^2)	5 Averaging Time (min)
0.003–1	280	2.19		6
1–10	$280/f$	$2.19/f$		6
10–30	28	$2.19/f$		6
30–300	28	0.073	2*	6
300–1 500	$1.585f^{0.5}$	$0.0042f^{0.5}$	$f/150$	6
1 500–15 000	61.4	0.163	10	6
15 000–150 000	61.4	0.163	10	$616\,000/f^{1.2}$
150 000–300 000	$0.158f^{0.5}$	$4.21 \times 10^{-4}f^{0.5}$	$6.67 \times 10^{-5}f$	$616\,000/f^{1.2}$

* Power density limit is applicable at frequencies greater than 100 MHz.

Notes: 1. Frequency, f, is in MHz.
2. A power density of 10 W/m^2 is equivalent to 1 mW/cm^2.
3. A magnetic field strength of 1 A/m corresponds to 1.257 microtesla (μT) or 12.57 milligauss (mG).

NIVELE DE REFERINȚĂ PENTRU EXPUNEREA PROFESIONALĂ LA CÂMPURI ELECTRICE ŞI MAGNETICE VARIABILE ÎN TIMP ŞI CÂMPURI ELECTROMAGNETICE (VALORI RMS NEPERTURBATE)*

Domeniul de frecvență	**Intensitatea câmpului electric *E*** (Vm^{-1})	**Intensitatea câmpului magnetic *H*** (Am^{-1})	**Densitatea fluxului magnetic *B*** (μT)	**Densitatea de putere pentru undă plană echivalentă** S_{ech} (Wm^{-2})
până la 1 Hz	-	$1{,}63 \times 10^5$	2×10^5	-
1 – 8 Hz	20 000	$1{,}63 \times 10^5/f^2$	$2 \times 10^5/f^2$	-
8 – 25 Hz	20 000	$2 \times 10^4/f$	$2{,}5 \times 10^4/f$	-
0,025– 0,82 kHz	500/f	20/f	25/f	-
0,82 – 65 kHz	610	24,4	30,7	-
0,065 – 1 MHz	610	1,6/f	2,0/f	-
1 – 10 MHz	610/f	1,6/f	2,0/f	-
10 – 400 MHz	61	0,16	0,2	10
400 –2000 MHz	$3\ f^{1/2}$	$0{,}008\ f^{1/2}$	$0{,}01\ f^{1/2}$	f/40
2 – 300 GHz	137	0,36	0,45	50

(B) Limits for General Population/Uncontrolled Exposure

Frequency Range (MHz)	*Electric Field Strength (V/m)*	*Magnetic Field Strength (A/m)*	*Power Density (mW/cm^2)*	*Averaging Time (minutes)*
0.3-1.34	614	1.63	(100)*	30
1.34-30	824/f	2.19/f	($180/f^2$)*	30
30-300	27.5	0.073	0.2	30
300-1500	—	—	f/1500	30
1500-100,000	—	—	1.0	30

f = frequency in MHz

* = Plane-wave equivalent power density (see Note 1).