



The Best Cell Phone Safety Recommendations



This was shared by Dr.D.Ramkumar Medical Officer

SEED thanks Mr.Ramkumar for such a wonderful info. to team members

Cell Phone Safety Recommendations

1. Don't allow children to use cell phones, except for emergencies.
2. Avoid using a cell phone if you are pregnant, or suspect that you might be.
3. Limit the amount of time you talk on cell phones.
4. Use a regular phone as much as possible.
5. Keep the cell phone as far away from your body as possible.
6. Avoid carrying your cell phone in your pocket, on your belt, or in your hand.
7. Avoid using wired headsets.
8. Use an air tube headset with ferrite beads.
9. Use the speaker phone as much as possible.
10. Some suggest using a Bluetooth head piece.
11. Avoid using a cell phone while in metal enclosures. (eg.Lift)
12. Only make calls when and where you have a strong signal.
13. Avoid making calls when traveling fast.
14. Turn your cell phone off at night.
15. If you purchase a cell phone, get one with a low SAR (Specific Absorption Rate).
16. Act now. Don't wait for health officials to acknowledge the dangers of cell phone EMR.
17. If we do our very best, we can trust God to do the rest.

SAFETY AND ENVIRONMENTAL EDUCATION FOR DEVELOPMENT

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For any feedback Mail at: seedforsafety@gmail.com

Safety Tips -001

