RF Exposure

Regulation

FCC rule part 1.1310(d)

(1) Evaluation with respect to the SAR limits in this section must demonstrate compliance with both the whole-body and peak spatial-average limits using technically supported measurement or computational methods and exposure conditions in advance of authorization (licensing or equipment certification) and in a manner that facilitates independent assessment and, if appropriate, enforcement. Numerical computation of SAR must be supported by adequate documentation showing that the numerical method as implemented in the computational software has been fully validated; in addition, the equipment under test and exposure conditions must be modeled according to protocols established by FCC-accepted numerical computation standards or available FCC procedures for the specific computational method.

(2) For operations within the frequency range of 300 kHz and 6 GHz (inclusive), the limits for maximum permissible exposure (MPE), derived from whole-body SAR limits and listed in Table 1 in paragraph (e)(1) of this section, may be used instead of whole-body SAR limits as set forth in paragraphs (a) through (c) of this section to evaluate the environmental impact of human exposure to RF radiation as specified in § 1.1307(b) of this part, except for portable devices as defined in § 2.1093 of this chapter as these evaluations shall be performed according to the SAR provisions in § 2.1093.

Evaluation Method

OET Bulletin 65 Section 2: PREDICTION METHODS_Equations for Predicting RF Fields

$$S = \frac{PG}{4\pi R^2}$$

S = power density (in appropriate units, e.g. mW/cm2)
P = power input to the antenna (in appropriate units, e.g., mW)
G = power gain of the antenna in the direction of interest relative to an isotropic radiator
R = distance to the center of radiation of the antenna (appropriate units, e.g., cm)

$$S = \frac{EIRP}{4\pi R^2}$$

EIRP = equivalent (or effective) isotropically radiated power

Limit

Table 1 to § 1.1310(e)(1)—Limits for Maximum Permissible Exposure (MPE)

Frequency range (MHz)	Electric field strength (V/m)	Magnetic field strength (A/m)	Power density (mW/cm^2)	Averaging time (minutes)
(i) Limits for Occupational/Controlled Exposure				
0.3–3.0	614	1.63	*(100)	≤6
3.0–30	1842/f	4.89/f	*(900/f^2)	<6
30–300	61.4	0.163	1.0	<6
300–1,500			f/300	<6
1,500–100,000			5	<6
(ii) Limits for General Population/Uncontrolled Exposure				
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
300–1,500			f/1500	<30
1,500–100,000			1.0	<30

f = frequency in MHz. * = Plane-wave equivalent power density.

Result

Mode	Frequency [MHz]	Max Power / tolerance [dBm]	Max Tune-up Power [dBm]	Ant Gain [dBi]	Power density at 20 cm [mW/cm²]	Limit [mW/cm²]
BDR	2 441	7.37 ± 1.0	8.37	2.13	0.002 23	1.00
EDR	2 441	6.61 ± 1.0	7.71	2.13	0.001 92	1.00
BLE 1M	2 440	7.64 ± 1.0	8.64	2.13	0.002 38	1.00
BLE 2M	2 440	7.85 ± 1.0	8.85	2.13	0.002 49	1.00

S(power density [mW/cm²]) = $10^{\{(\text{Max Tune-up Power [dBm]}+\text{Ant Gain [dBi]})/10\}}$ / $(4 \times \pi \times R^2)$