

# Prediction of MPE at a given distance

Product Name: Rowing Machine  
Model No: MC-R200  
FCC ID: 2BRQZ-MC-R200

## 1. RF Exposure Evaluation

FCC KDB447498 D01 General RF Exposure Guidance v06: Mobile and Portable Device, RF Exposure, Equipment Authorization Procedures.

FCC CFR 47 part1 1.1310: Radiofrequency radiation exposure limits.

FCC CFR 47 part2 2.1091: Radiofrequency radiation exposure evaluation: mobile devices.

## 2. Limits

The criteria listed in the following table shall be used to evaluate the environment impact of human exposure to radio frequency (RF) radiation as specified in 1.1307(b)

Frequency range (MHz)	Electric field strength (V/m)	Magnetic field strength (A/m)	Power density (mW/cm <sup>2</sup> )	Averaging time (minutes)
(A) Limits for Occupational/Controlled Exposures				
0.3–3.0	614	1.63	*(100)	6
3.0–30	1842/f	4.89/f	*(900/f <sup>2</sup> )	6
30–300	61.4	0.163	1.0	6
300–1500			f/300	6
1500–100,000			5	6
(B) 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 <sup>2</sup> )	30
30–300	27.5	0.073	0.2	30
300–1500			f/1500	30
1500–100,000			1.0	30

## 2. Test Procedure

$$S = \frac{P \times G}{4 \times \pi \times R^2}$$

Where:

S = power density

P = power input to the antenna

G = numeric gain of the antenna in the direction of interest relative to an isotropic radiator

R = distance to the centre of radiation of the antenna

## EUT RF EXPOSURE

Frequency (MHz)	Maximum Output power (dBm)	Maximum Output power (mW)	Antenna Gain (dBi)	Antenna Gain (numeric)	Distance (cm)	Result (mW/cm <sup>2</sup> )	Limits for General Population/ Uncontrolled Exposure (mW/cm <sup>2</sup> )
BLE_1M							
2480	-10.18	0.096	0.58	1.14	20	0.000022	1

conclusion :0.000022< 1.0, So there is no sar requirement