

RF exposure

According to FCC part 1.1310 : 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)

Limits for Maximum Permissible Exposure (MPE)

Frequency range (MHz)	Electric field strength(V/m)	Magnetic field strength (A/m)	Power density (mW/cm²)	Average time
(A) Limits for Occupational / Control Exposures				
300 – 1 500	--	--	f/300	6
1 500 - 100000	--	--	5	6
(B) Limits for General Population / Uncontrol Exposures				
300 – 1 500	--	--	f/1500	6
1 500 – 100 000	--	--	1	30

f= frequency in MHz

Friis transmission formula: $P_d = (P_{out} \times G) / (4 \times \pi \times R^2)$

Where,

P_d = power density in mW/cm^2

P_{out} = output power to antenna in mW

G = gain of antenna in linear scale

$\pi = 3.1416$

R = distance between observation point and center of the radiator in cm

P_d the limit of MPE, $f/1500 \text{ mW/cm}^2$. If we know the maximum gain of the antenna and the total power input to the antenna, through the calculation, we will know the distance where the MPE limit is reached.

Results

Channel	Frequency (MHz)	Peak output power (dBm)	Antenna gain (dBi)	Power density at 20 cm (mW/cm²)	Limit (mW/cm²)
Low	450.025	31.95	-3.00	0.06943	0.300
Middle	457.575	31.78	-3.00	0.06676	0.305
High	469.975	31.12	-3.00	0.05735	0.313