

Safe and Sound Classic II Operation Manual



Safe Living Technologies Inc.

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ABOUT

Safe Living Technologies is pleased to introduce the Safe and Sound Classic II: the most accurate and reliable budget RF detector on the market. This sensitive unit is capable of detecting potentially harmful RF or microwave radiation from any continuous or pulsed digital source. To help identify these various sources, the Safe and Sound Classic II includes a built in speaker. Each source has its own unique sound signature.

[Click here to view our sound library.](#)

Using the same measurement technology as the Pro II and Classic I, the Classic II Broadband RF Detector features:

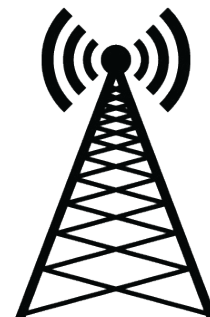
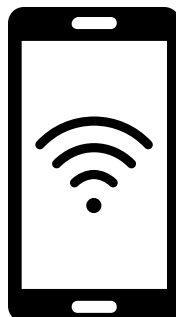
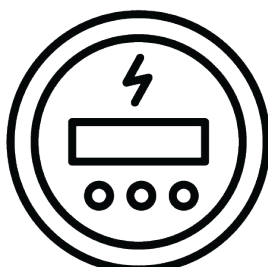
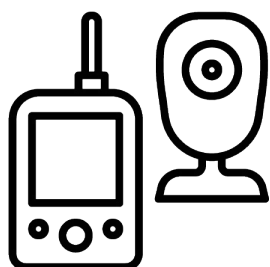
- Lab certified frequency response: 200 MHz - 8 GHz
- Response time of < 5 μ s
- Ability to detect very short pulses including 5G
- Long battery life: >27 hours with speaker on
- Easy-to-use interface
- Produces zero EMF emissions
- New front facing speaker for louder sound quality
- Battery level display
- The unit will automatically turn itself off after 30 minutes. To turn it on again, move the power switch to the OFF position, then back ON again.
- When turning the unit on, the 8x LEDs will turn on sequentially, followed by an indication of the battery charge level.
- When the batteries are low, the unit will display the low battery level, then turn itself off.
- Alkaline batteries only.



APPLICATIONS

Use the Classic II to measure:

Cell phone towers and cell phones (including 5G low and mid bands), cordless phones, baby monitors, Bluetooth devices, upper and lower Wi-Fi bands, smart meters, laptops, tablets, microwave ovens, and more.



OPERATION

To turn on the unit, simply slide the power switch up to the middle or top position. The top position will enable sound.

Scan the area for the highest reading by moving it in all directions while keeping it at least 30 cm or 1 foot from your body.

If the RF levels are at or below a safe, long-term exposure level for sleeping areas, the green LED will be solid; the green LED will be flashing if registering an ideal environment. Daytime exposure will vary as many locations will be outside of your control, but use this detector to identify and avoid higher exposure areas.



*Suggested holding position directions for best sensitivity**

QUICK VIEW INDICATOR LIGHTS



RED: Extreme

Move away from this exposure.
Flashing indicates more than 10x extreme.
Fast flashing indicates more than 100x extreme.
Fastest flashing indicates more than 1000x extreme.



ORANGE: High

Try to limit the time of your exposure at this level.



YELLOW: Moderate

Reduce this level for long term exposure.



GREEN: Slight

Good for sleeping areas and long term exposure.
Flashing indicates best and ideal conditions.



NOTES

The Safe and Sound Classic II Broadband RF detector measures the sum of all RF and microwave radiation sources found in the range of 200 MHz to 8 GHz.

Environments with higher levels of RF are often a reality. The goal is to reduce your exposure as much as possible. This is especially important in sleeping areas.

Biological damage from microwave radiation at a cellular level occurs at powers much lower than the current government safety standards. They only consider the heating of tissue to be a health concern. This detector reflects the latest science and Building Biology standards.

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RF / MICROWAVE EXPOSURE GUIDELINES

1> BUILDING BIOLOGY PRECAUTIONARY GUIDELINES (SBM-2015) For Sleeping Areas*

| Power density (Peak) | No Concern | Slight Concern | Severe Concern | Extreme Concern |
|--|------------|--------------------|-----------------|-----------------|
| microWatts per square meter $\mu\text{W}/\text{m}^2$ | < 0.1 | 0.1 - 10 | 10 - 1000 | > 1000 |
| microWatts per square cm $\mu\text{W}/\text{cm}^2$ | < 0.000,01 | 0.000,01 - 0.001 | 0.001 - 0.1 | > 0.1 |
| milliWatts per square meter mW/m^2 | <0.000,1 | 0.000,1 - 0.01 | 0.01 - 1 | > 1 |
| Signal strength | | | | |
| Volts per meter V/m | < 0.006,14 | 0.006,14 – 0.061,4 | 0.061,4 – 0.614 | > 0.614 |

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2> BIOINITIATIVE REPORT PRECAUTIONARY GUIDELINES (Dec 31, 2012) Updated 2014-2020 www.bioinitiative.org BioInitiative Working Group, Cindy Sage and David O. Carpenter, Editors. A Rationale for a Biologically-based Public Exposure Standard for Electromagnetic Radiation. Precautionary target level is **3 - 6 $\mu\text{W}/\text{m}^2$ or 0.000,3 – 0.000,6 $\mu\text{W}/\text{cm}^2$ (Peak)**

3> CANADA AND UNITED STATES GOVERNMENT GUIDELINES (1999, 2009, 2019)

In Canada, guidelines for Radio Frequency Wave exposure lay under the jurisdiction of Health Canada. Safety code 6 was developed in 1999 and offers federal guidelines for safe RF exposure levels. These limits are in the range of **2,000,000 to 10,000,000 $\mu\text{W}/\text{m}^2$ or 200 to 1000 $\mu\text{W}/\text{cm}^2$ (Time Averaged)** and are based solely on the short term thermal effects or the heating of body tissue. Adverse biological effects have been documented at levels far below Safety Code 6 guidelines. No Canadian biological exposure guidelines exist for long term exposure to low level Radio Frequency Radiation. This also holds true for the USA and their FCC guidelines.

CONTACT US

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