

Safe and Sound Micro Operation Manual



Safe Living Technologies Inc.

70 Watson Pkwy S, Unit 6

Guelph, ON N1L 0C3

1.888.814.2425

Support@SafeLivingTechnologies.com

www.SafeLivingTechnologies.com

ABOUT

Safe Living Technologies is pleased to introduce the Safe and Sound Micro RF Detector. This sensitive device is capable of measuring potentially harmful RF/microwave radiation exposure from continuous wave or pulsed digital sources. It is designed to meet our professional standards of accuracy and reliability. Our compact RF detector comes in a comfortable, wearable package with discrete measurement and alarm features.

The Safe and Sound Micro RF Detector represents the latest in compact RF detection technology. It has been tested in multiple third party labs and in both anechoic and reverberation chambers. Compensation for body shadow effects and temperature variation are involved in the calibration of each device.

This sensitive device is capable of measuring potentially harmful RF or microwave radiation from any continuous or pulsed digital source.

- Third party laboratory tested with a full frequency response from 700 MHz - 9 GHz
- Measurement range < 0.1 to > 1,000,000 $\mu\text{W}/\text{m}^2$
- Push button for fast visual RF measurements via 4x LEDs
- Alarm feature: 8 threshold settings for RF exposure
- Adjustable alarm vibration intensity: 4 levels
- Ability to detect very short pulses (< 5 μs) including 5G low and mid band
- Long battery life: up to 3 days in alarm mode
- Rechargeable Lithium Ion battery



BACKGROUND

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

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

Copyright: Institute of Building Biology+ Sustainability IBN: www.buildingbiology.com Bau biolog ie Maes: www.maes.de



OPERATION

There is only one button located in the centre face of the device. To turn on the unit, press the button. When the unit is on, you can then view your RF exposure level by pressing the button. The LEDs will indicate RF exposure levels for 5 seconds. To view your exposure levels continuously (via display mode) for 1 minute, press and hold the button for 2 seconds.

Note: When the LEDs are on, the vibrate function is disabled.

CHARGING

The Safe and Sound Micro will automatically turn itself off when the battery is low. To charge, use the included (or any) adapter and USB-C cable. The LEDs will indicate the current charge level. The charge is complete when all the LEDs are on.

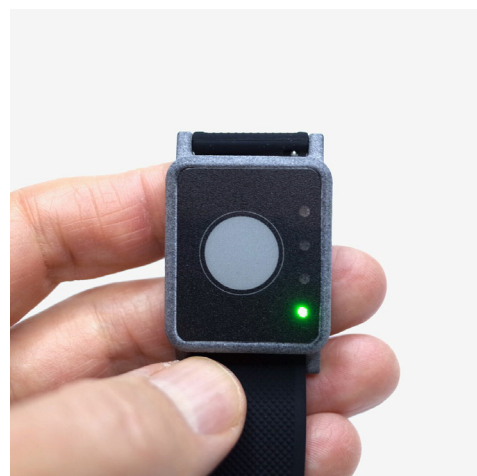
ALARM CONFIGURATION

1. To set the alarm exposure levels and vibrate intensity levels, enter the utility menu by pressing and holding the button for 12 seconds. All LEDs will then flash.

SET RF THRESHOLD FROM THE UTILITY MENU

2. Press and hold the button for 2 seconds to enter the RF Exposure Threshold menu. Press the button to cycle through and select the RF Threshold Levels indicated by the LEDs. Review the exposure guidelines colour chart for power level references. To save your selected RF Exposure Threshold level, press and hold for 2 seconds.

Your unit will then enter the Vibrate Intensity menu and begin to vibrate.



SET VIBRATION INTENSITY

3. With your unit in the Vibrate Intensity menu, press the button to cycle through and select your desired Vibrate Intensity level: green is the lowest and red is the highest. To save your selected Vibrate Intensity level, press and hold for 2 seconds. Your unit will return to the Utility Menu and all LEDs will flash.

EXIT THE UTILITY MENU

4. Press and hold for 5 seconds. Your unit will now begin measuring and operating with your desired settings.
5. To Power OFF the unit completely, press and hold for 5 seconds.

NOTES

When the unit is on, the Safe and Sound Micro will continually and discretely monitor your RF exposure levels. If RF is detected above your set threshold, it will vibrate.

When in display measurement mode, the LEDs will be on, but the unit will not vibrate.

Please note that covering the face of the Safe and Sound Micro with your body can reduce its 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.



Copyright: Institute of Building Biology+ Sustainability IBN: www.buildingbiology.com Bau biolog ie Maes: www.maes.de

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

Copyright: Institute of Building Biology+ Sustainability IBN: www.buildingbiology.com Bau biolog ie Maes: www.maes.de

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

Safe Living Technologies Inc.
 70 Watson Pkwy S, Unit 6
 Guelph, ON N1L 0C3
 1.888.814.2425
Support@SafeLivingTechnologies.com
www.SafeLivingTechnologies.com