

Safe and Sound Classic III Operation Manual



Safe Living Technologies Inc.

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ABOUT

Safe Living Technologies is pleased to introduce the Safe and Sound Classic III: the most accurate and reliable entry-level RF detector on the market. This sensitive unit is capable of detecting potentially harmful RF or microwave radiation from any continuous or pulsed digital sources. To help identify these various sources, the Safe and Sound Classic III includes a built in speaker.

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

Using the same measurement technology as the Safe and Sound Pro II and the Safe and Sound Classic II; the Safe and Sound Classic III Broadband RF Detector features include:

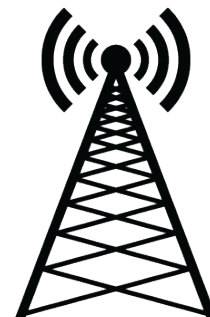
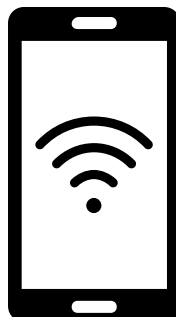
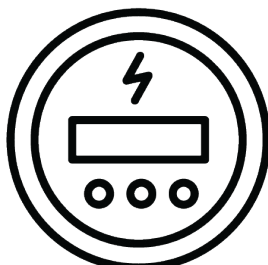
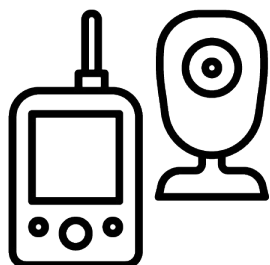
- Lab certified frequency response 200 MHz - 8 GHz
- The ability to detect very short pulses including 5G
- Long battery life >27 hours with speaker on
- An easy to use interface
- Produces zero EMF emissions
- New speaker for louder sound and better quality
- Battery level display
- The unit will automatically turn itself off after 30 minutes. To turn it on again, press and hold the power button.
- When turning the unit on, at start-up, the 8 LEDs will turn on sequentially (self-test), followed by the battery status indication.
- When the batteries are too low, the far-left green LED will flash, the LEDs will flash from right to left sequentially, and the unit will turn itself off.
- To turn off the unit, press & hold the power button.



APPLICATIONS

Use the Classic III to measure:

Cell phone towers and cell phones (including 5G lower 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 press and hold the power button. Press again to enable or disable 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 or flashing if it's 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 III Broadband RF detector measures the sum of all the radiation sources found in the range of 200 MHz to 8 GHz. Environments with higher 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.

Biological damage from RF & 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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