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FCC Mail Room

September 2, 2013

Office of the Secretary
Federal Communications Commission
445 12th St SW
Washington, DC 20554

Comments on Notice of Inquiry, ET Docket No. 13-84

To whom it may concern:

I understand that the FCC is asking for public comments on whether it should revisit its standards for human exposure to radio frequency radiation. Given the increased use of wireless devices, the research done, and the health concerns raised since 1996 when current standards were adopted, I believe a revision is critical at this time.

Speaking as one of the growing number of people with electromagnetic hypersensitivity (EHS), I do not believe that present exposure limits are sufficient to protect the population. Current SAR limits of no more than 1.6 watts per kilogram assume that users of devices are men who weigh about 200 pounds, not women or children. Current limits do not take into consideration the cumulative effects of RF exposure or non-thermal negative biological effects of RF.

It is difficult to describe the sensations, but I experience discomfort and disorientation when exposed to certain levels of RF. It is hard for me to be on buses or in building where wireless routers are employed and/or many people are using cell phones. My ear and the side of my head feel strange and begin to hurt if I try to use a cell phone or cordless phone up against my head.

Because of my sensitivy, I do not use a microwave oven, cordless phones, or wireless computer connections. I have a land line and rarely use a cell phone. I chose my current phone based on its low SAR rating. I use a RF meter to detect and avoid unsafe levels of RF in my environment. I urge everyone I know to use an air tube head-set to avoid RF exposure.

I urge the FCC to revise its standards, and ultimately make exposure limits more restrictive than they are now. I encourage you to require disclosure of the maximum SAR value of wireless devices, and to educate the public on RF energy from fixed transmitters in the environment. I also think there should be better protection for workers in high RF conditions.

Sincerely,
Helen Hess
Helen Hess

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