



# Stop Smart Meters! Quick Guide to Assessment of “Safe” Levels of RF and LF Radiation using the Cornet ED78S

Thank you for purchasing a Cornet ED 78S meter, and for supporting the work of Stop Smart Meters! The meter can pick up even brief spikes of radiation from a smart meter, or other RF emitting sources. The meter also measures low frequency (LF) magnetic fields from household wiring, power lines, etc. Here is a guide to using the Cornet to assess levels of radiation in your environment:

**Please do not rely on the GREEN, YELLOW, & RED indicator lights as a guide to what is “safe.” Also, there is no evidence that the levels listed as “safe” in the manual are in fact truly safe. Biological effects have been observed down to very low exposure levels.**

- **Guidance on Determining Healthy Radiofrequency (RF or Microwave) levels:**

**Building Biology (SBM-2008) For Sleeping Areas (Radio Frequency)** *All units in milliwatts per meter squared (mw/m2) the same units that are displayed in RF mode on the meter in large numbers:*

<b>No Concern:</b> less than 0.0001	<b>Slight Concern:</b> 0.0001 — 0.0100	<b>Severe Concern:</b> 0.0100 — 1.0000	<b>Extreme Concern:</b> Over 1.0000
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**Bioinitiative Report (2012):** 0.0300 recommended upper threshold of exposure

- **Guidance on Determining Healthy Low Frequency (LF) levels:**

**Building Biology (SBM-2008) For Sleeping Areas (Low Frequency Magnetic Fields)** *All units in microtesla (uT)- the units displayed in either of the 2 LF modes on the Cornet:*

<b>No Concern:</b> less than 00.02	<b>Slight Concern:</b> 00.02 – 00.10	<b>Severe Concern:</b> 00.10 — 00.50	<b>Extreme Concern:</b> Over 00.50
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- **Please recycle alkaline (disposable) batteries when used—do not throw them in the trash.**
- **We recommend use of rechargeable Li-Ion 9V batteries with at least 500MAH capacity.** These will save you money and resources. We use 600MAH EBL Lithium Ion rechargeable 9V batteries.
- **Use a case to prevent the on/off switch accidentally turning on in your bag** and depleting your battery. You can use the included plastic case or find a hard shell case by searching online for "Nintendo 3ds carrying case" or "mobile hard disk carrying case."
- **Experiment and find out for yourself what is healthy and safe.** Trust your body. Measure and compare your living and working environments on the meter, and see how you feel.
- **Use sound function to delineate between different sources.** Video: <http://bit.ly/1wJ8pcq>
- **Information about shielding can be found on our FAQ page:** <http://bit.ly/1vh63Od>
- **If you have any questions,** please e-mail us at [info@stopsmartmeters.org](mailto:info@stopsmartmeters.org) or write to us at Stop Smart Meters! PO Box 682 Portola CA 96122. Thank you! **[StopSmartMeters.org/store](http://StopSmartMeters.org/store)**