

Table A—(From §1.1310) Limits for Maximum Permissible Exposure (MPE)

(A) Limits for Occupational/Controlled Exposure

<i>Frequency Range (MHz)</i>	<i>Electric Field Strength (V/m)</i>	<i>Magnetic Field Strength (A/m)</i>	<i>Power Density (mW/cm²)</i>	<i>Averaging Time (minutes)</i>
0.3-3.0	614	1.63	(100)*	6
3.0-30	1842/f	4.89/f	(900/f ²)*	6
30-300	61.4	0.163	1.0	6
300-1500	—	—	f/300	6
1500-100,000	—	—	5	6

f = frequency in MHz

* = Plane-wave equivalent power density (see Note 1).

(B) Limits for General Population/Uncontrolled Exposure

<i>Frequency Range (MHz)</i>	<i>Electric Field Strength (V/m)</i>	<i>Magnetic Field Strength (A/m)</i>	<i>Power Density (mW/cm²)</i>	<i>Averaging Time (minutes)</i>
0.3-1.34	614	1.63	(100)*	30
1.34-30	824/f	2.19/f	(180/f ²)*	30
30-300	27.5	0.073	0.2	30
300-1500	—	—	f/1500	30
1500-100,000	—	—	1.0	30

f = frequency in MHz

* = Plane-wave equivalent power density (see Note 1).

Note 1: This means the equivalent far-field strength that would have the E or H-field component calculated or measured. It does not apply well in the near field of an antenna. The equivalent far-field power density can be found in the near or far field regions from the relationships: $P_d = |E_{total}|^2 / 3770 \text{ mW/cm}^2$ or from $P_d = |H_{total}|^2 \times 37.7 \text{ mW/cm}^2$.