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| MPE Calculator | Garmin IPH-01326 | Test Number | 080523 |
| MPE uses EIRP for calculation. EIRP is based on TX power added to the antenna gain in dBi. | | | |
| dBi = dB gain compared to an isotropic radiator. | | | |
| S = power density in mW/cm ² | | Antenna Gain (dBi) | 1 |
| | | Output Power dBd + 2.17 = dBi | 2.17 |
| Tx Frequency (MHz) | 2457 | (Watts) | 0.000613 |
| | | dBi to dBd | -1.17 |
| Cable Loss (dB) | 0.0 | (dBm) | 1.00 |
| | | Antenna minus cable (dBi) | -2.13 |
| Calculated ERP (mw) | 0.468 | Radiated (EIRP) dBm | -1.125 |
| Calculated EIRP (mw) | 0.772 | Radiated (ERP) dBm | -3.295 |
| Occupational Limit | 5.00000 | mW/cm² | |
| General Public Limit | 1.00000 | mW/cm² | |
| <div style="border: 1px solid black; padding: 5px;"> Power density (S) = $\frac{\text{EIRP}}{4 \pi r^2} = \text{mW/cm}^2$ [r (cm), EIRP (mW)] </div> | | | |
| FCC radio frequency radiation exposure limits per 1.1310 | | | |
| Frequency (MHz) | Occupational Limit | Public Limit | |
| 300-1,500 | f/300 | f/1500 | |
| 1,500-10,000 | 5 | 1 | |
| FCC radio frequency radiation exposure limits per 1.1310 | | | |
| Frequency (MHz) | Occupational Limit @ Tx Freq (mW/cm ²) | Public Limit @ Tx Freq (mW/cm ²) | |
| 300-1,500 | 8.19 | 1.638 | |
| 1,500-10,000 | 5 | 1 | |
| EIRP | Distance | Distance | S |
| milliwatts | cm | inches | mW/cm ² |
| 0.772 | 10.00 | 3.94 | 0.00061 |
| 0.772 | 9.00 | 3.54 | 0.00076 |
| 0.772 | 8.00 | 3.15 | 0.00096 |
| 0.772 | 7.00 | 2.76 | 0.00125 |
| 0.772 | 6.00 | 2.36 | 0.00171 |
| 0.772 | 5.00 | 1.97 | 0.00246 |
| 0.772 | 4.00 | 1.57 | 0.00384 |
| 0.772 | 3.00 | 1.18 | 0.00682 |
| 0.772 | 2.00 | 0.79 | 0.01535 |
| 0.772 | 1.00 | 0.39 | 0.06141 |
| 0.772 | 0.50 | 0.20 | 0.24565 |
| 0.772 | 0.40 | 0.16 | 0.38382 |
| 0.772 | 0.30 | 0.12 | 0.68235 |
| 0.772 | 0.28 | 0.11 | 0.78331 |
| 0.772 | 0.25 | 0.10 | 0.98259 |
| Frequency (MHz) | Occupational Limit minimum Distance (cm) | Public Limit minimum distance (cm) | |
| 300-1,500 | N/A | N/A | |
| 1,500-10,000 | N/A | 0.25 | |