

Maximum Permissible Exposure Calculation

The ZigBee shade interface, model number Z1C4, has an RF power into the antenna of 10 dBm or 10 mW. The antenna gain is 2 dBi. The unit is designed to be mounted in a fixed position on or near a motorized window covering motor unit and therefore the distance from the antenna to any person will typically be greater than 1 meter. The power density for continuous transmit would be calculated as:

$$\frac{(10\text{mW})(2)}{4\pi(100\text{cm})^2} = 0.16 \mu\text{W/cm}^2$$

The limit for general population uncontrolled exposure is 1 mW/cm². Even if the device was as close as 2 cm, the power density would be 0.4 mW/cm². The exposure limit is also time-averaged. This device transmits in short bursts of typically 200mS or less, with several seconds between transmissions (possibly several minutes). Time-averaged over 30 minutes, the exposure is much less than continuous transmit.

Equations for Predicting RF Fields

Calculations can be made to predict RF field strength and power density levels around typical RF sources. For example, in the case of a single radiating antenna, a prediction for power density in the far-field of the antenna can be made by use of the general Equations (3) or (4) below [for conversion to electric or magnetic field strength see Equation (1) in Section 1]. These equations are generally accurate in the far-field of an antenna but will over-predict power density in the near field, where they could be used for making a "worst case" or conservative prediction.

$$S = \frac{PG}{4\pi R^2} \quad (3)$$

where: S = power density (in appropriate units, e.g. mW/cm²)

P = power input to the antenna (in appropriate units, e.g., mW)

G = power gain of the antenna in the direction of interest relative to an isotropic radiator

R = distance to the center of radiation of the antenna (appropriate units, e.g., cm)

Table 1. LIMITS FOR MAXIMUM PERMISSIBLE EXPOSURE (MPE)

(A) Limits for Occupational/Controlled Exposure

Frequency Range (MHz)	Electric Field Strength (E) (V/m)	Magnetic Field Strength (H) (A/m)	Power Density (S) (mW/cm ²)	Averaging Time E ² , H ² or S (minutes)
0.3-3.0	614	1.63	(100)*	6
3.0-30	1842/f	4.89/f	(900/f ³)*	6
30-300	61.4	0.163	1.0	6
300-1500	--	--	f/300	6
1500-100,000	--	--	5	6

(B) Limits for General Population/Uncontrolled Exposure

Frequency Range (MHz)	Electric Field Strength (E) (V/m)	Magnetic Field Strength (H) (A/m)	Power Density (S) (mW/cm ²)	Averaging Time E ² , H ² or S (minutes)
0.3-1.34	614	1.63	(100)*	30
1.34-30	824/f	2.19/f	(180/f ³)*	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

NOTE 1: *Occupational/controlled* limits apply in situations in which persons are exposed as a consequence of their employment provided those persons are fully aware of the potential for exposure and can exercise control over their exposure. Limits for occupational/controlled exposure also apply in situations when an individual is transient through a location where occupational/controlled limits apply provided he or she is made aware of the potential for exposure.

NOTE 2: *General population/uncontrolled* exposures apply in situations in which the general public may be exposed, or in which persons that are exposed as a consequence of their employment may not be fully aware of the potential for exposure or can not exercise control over their exposure.