

## Safe work checklist

### 1 Plan your work

Ask your employer for the risk inventory & evaluation (RI&E). You can download a model RI&E at [monet.nl/veiligwerkenbijantennes](http://monet.nl/veiligwerkenbijantennes).

### 2 Determine the exact action zone

If the antenna looks unfamiliar, contact the owner of the building, your employer, or the principal. They can find out what type of antenna it is and its action zone.

### 3 Mark the action zone

Mark the action zone with a temporary tape or sign, so you do not forget about the antenna and the action zone while you are working.

### 4 Need to work within the action zone for longer than 1 minute? Make arrangements!

The owner of the antenna can temporarily reduce or switch off the transmission power, for example. The building owner knows who owns the antenna.

### 5 Make arrangements for recurrent work

If you have to work near the antenna on a regular basis, make arrangements with the owner of the building, for example about safe walkways and antenna action zone markings.

**Make sure you are safe!**

## Useful information

### • Antennebureau

Antennebureau provides government's information about antennas: [www.antennebureau.nl](http://www.antennebureau.nl), 0900-268 36 63 or [info@antennebureau.nl](mailto:info@antennebureau.nl).

### • Monet

Monet provides general information about antennas for mobile communication and offers an RI&E tool for employers and building owners: [www.monet.nl](http://www.monet.nl), 0800-025 01 23, or [info@monet.nl](mailto:info@monet.nl).

### For enquiries about specific operator antennas:

**Vodafone:** 0161-24 74 75  
**T-Mobile:** 06 - 14 09 67 00  
**KPN:** 0800-0753

More info? See [www.monet.nl](http://www.monet.nl).



# Working safely near mobile communication antennas

## Guidelines, risks and precautions



monet

Monet discusses the placement of mobile communication antennas with the government and provides information about this matter.



vodafone



## Risks from electromagnetic waves

Mobile communication is increasing, and thus the number of antennas on tall buildings. Antennas for mobile communication produce electromagnetic waves, just like microwave ovens, television sets, and anti-shoplifting gates do.



A strong electromagnetic field can generate heat inside the human body. International standards define the maximum

strength of electromagnetic waves and the guidelines that apply.

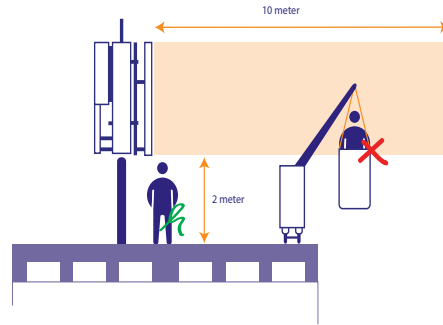
Antennas for mobile telephony emit a weak electromagnetic field. Although the safe distance varies for different antennas, to keep things simple we have a rule of thumb that applies to all mobile telephony antennas.

## Exceptions

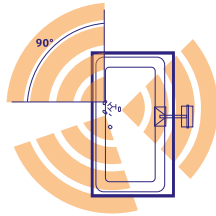
The safe distances listed in this brochure do not apply to pregnant women and people with medical implants (electronic medical devices) or electronic implants worn on or in the body. See Arbobesluit (decree on working conditions) and Leaflet RIVM 009045 SZW electromagnetic fields in work situations.

## Rule of thumb: 10 meters

**You are always within international safety standard limits if you keep at least 10 meters distance from an antenna.**



Side view



Top view

If a façade lift is present, its users may find themselves with their heads and parts of their bodies above 2 meters from the roof surface. If this is the case within the action zone of an antenna, within a distance of 10

metres of an antenna at an angle of approximately 90 degrees, longer than 1 minute, it is necessary to take measures in advance.

See <https://monet.nl/gebouweigenaren>

## Do not stay in the action zone longer than 1 minute

Do not work longer than 1 minute in the action zone of 10 meters in front of the antenna (see highlighted area in the figures above). Should it be necessary that you stay in the action zone longer than 1 minute, please contact the mobile operator.

## Guideline in practice

### Sector antennas:

- The action zone in front of the antenna covers 10 meters (within a 90 degree angle).
- You may stand behind, below, or above the antenna.
- You may pass through the antenna's action zone as long as you do not stay in it for longer than 1 minute.

### Dish antennas:

- There is no action zone for dish antennas, as dish antennas emit very little power.
- You can therefore work safely in front of a dish antenna.
- Doing so will cause any connection to be broken!
- Contact the operator before starting work in front of a dish antenna.



1 sector antenna

2 dish antenna