

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.

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, 0900-268 36 63 or 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, 0800-025 01 23, or info@monet.nl.

For enquiries about specific operator antennas:

Tele2: 020-750 4800
Vodafone: 0161-24 74 75
T-Mobile: 06 - 14 09 67 00
KPN: 0800-0753

More info? See www.monet.nl.



Working safely near mobile communication antennas

Guidelines, risks and precautions



monet



vodafone



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

Risks from electromagnetic waves

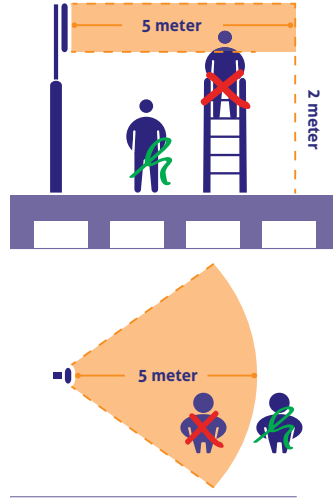
Mobile communication is increasing, and thus the number of antennas on tall buildings. Antennas for mobile communication produce electromagnetic waves, just like microwave ovens, television sets, and anti-shoplifting gates do. A strong electromagnetic field can generate heat inside the human body. International 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.

Rule of thumb: 5 meters

You are always within international safety standard limits if you keep at least 5 meters distance from an antenna.



Do not stay in the action zone longer than 1 minute

Do not work longer than 1 minute in the action zone of 5 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 5 meters (within a 120 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.

