

ITU Regional Economic Dialogue on ICTs for Europe and CIS Region (RED-19)

30-31 October 2019; Odessa, Ukraine:

“Regulatory and Economic Tools for a Dynamic ICT Market Place”

Preparing for 5G:

Evolution of RF-EMF Compliance Standards and Regulations for Mobile Devices

Thomas Barmueller
Director EMEA, Mobile & Wireless Forum



About the MWF

- The MWF is an international non-profit association of telecommunications equipment manufacturers with an interest in mobile or wireless communications.



EMF &
Health

SAR

spot a
fake
phone.com

5G: Promise and Challenge

- Meets the huge growth in data and connectivity*
 - Globally 5.7B subscribers and 7.9B subscriptions;
 - Smartphones account for more than 60 percent of all mobile phone subscriptions;
 - 1.9 billion 5G subscriptions by the end of 2024.
- Increased speed, responsiveness and capacity
- Key infrastructure for IoT and emerging technologies,
 - e.g. autonomous vehicles, smart manufacturing, virtual reality
- Conformity challenges to be addressed, e.g.
 - Beamforming and MIMO make RF exposure highly variable in time and space;
 - Compliance of multiple IoT systems.

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5G: Not Only Above 6GHz

- Below 6GHz - "sub-6"
 - Operate in same way as existing networks.
- Above 24GHz - "mmWaves"
 - Existing uses of mmWaves include:



Research Relevant for 5G-Frequencies

- Below 6GHz (sub-6):
 - Research into EMF has been undertaken for 60+ years.
 - Existing research is extensive.
 - EMF-Portal*: 28,000 published scientific articles on the biological and health effects of EMF and 2,500 studies on mobile communications.
- Above 24GHz (mmWaves):
 - Recent review identified 470 studies @ mmWaves
 - Conclusions:
 - mmWaves are entirely absorbed in the epidermis and the dermis
 - Effects = thermal

*www.emf-portal.org

Growing Body of Scientific Evidence

1995

2000

2005

2010

2015

2016

2017

Source: www.emf-portal.org (status December 2017); lower number refers to 'mobile communications' studies, larger number to 'all topics' and 'all frequency ranges'

Overview of MWF Research Efforts



Biological Effects of Millimeter Waves¹

What are mmWaves?

Millimeter (mm) waves comprise the region of the electromagnetic spectrum between 30 and 300 GHz.

How much is known about the biological effects of mmWaves?

More than 470 papers are identified by the authors¹. A 1997² review covered about 50 peer-reviewed Western papers and about 300 published in the former Soviet Union³. This paper reviewed findings from an additional 124 papers published since 1997.

What areas have been studied?

Studies of mmWaves have already looked at the nervous and immune systems, gene expression, cell proliferation, effects on the eyes, skin heating and cancer. As was noted in an earlier paper, 'Importantly for medical applications, mmWaves do not possess sufficient photonic energy to break chemical bonds or cause ionization. Thus, they are incapable of producing chromosomal mutations and do not cause cancer⁴'.

Existing usages of mmWaves

Speed Radars



Medical Treatment



Airport Screening



Accident Avoidance Systems



Mobile Communications



What did the study conclude?

'mmWaves are entirely absorbed in the epidermis and the dermis'.

The only confirmed effects relate to heating – 'high intensity mmWaves can cause overheating of the skin'. This is the same as for the lower RF spectrum.

International RF exposure standards are designed to ensure temperature increases for both the public and workers remain well below these levels.

¹ Biological effects of millimeter and submillimeter waves, Alekseev SI and Ziskin MC, in *Handbook of Biological Effects of Electromagnetic Fields* (B. Greenebaum and F. Barnes, editors), 4th ed., Chapter 6, pp. 179-242, 2019, CRC Press, Boca Raton, FL.

² Pakhomov, A. G., Y. Akyel, O. N. Pakhomova, B. E. Stuck, and M. R. Murphy, 1998. Current state and implications of research on biological effects of millimeter waves: A review of the literature. *Bioelectromagnetics* 19:393-413.

³ According to the authors, the Soviet Union, China and other eastern European countries have used mmWaves for the treatment of more than 30 diseases.

⁴ Ziskin, MC, 2013, Review Millimeter Waves: Acoustic and Electromagnetic Bioelectromagnetics 34:3-14



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Publications

| Page 1 | Page 2 | Page 3 | Page 4 | Page 5 | Page 6 | Page 7 | ... | Page 15 | >



MWF 5G Workshop: IEC 5G EMF Compliance Standards Development & EMF Exposure Assessment of Telstra's 5G Trial Network
July 2018 | Presentation

#1 Presentation by Mike Wood - Chairman IEC TC106 and Telstra Corporation, Melbourne, Australia at the MWF 5G Workshop held at the BioEM 2018 in June in Slovenia.



MWF 5G Workshop: EMF Standards for 5G Technologies
July 2018 | Presentation

#2 Presentation by Mike Wood - Chairman IEC TC106 and Telstra Corporation, Melbourne, Australia at the MWF 5G Workshop held at the BioEM 2018 in June in Slovenia



MWF 5G Workshop: EMF Exposure Limits above 6 GHz
July 2018 | Presentation

#3 Presentation by Prof. Akimasa Hirata, Nagoya Institute of Technology; Nagawa, Japan at the MWF 5G Workshop held at the BioEM 2018 in June in Slovenia.

CATEGORIES

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[Audio](#)

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[Presentation](#)

[Press Release](#)

[Research Update](#)

[Technical Paper](#)

[Video](#)

[Viewpoint](#)

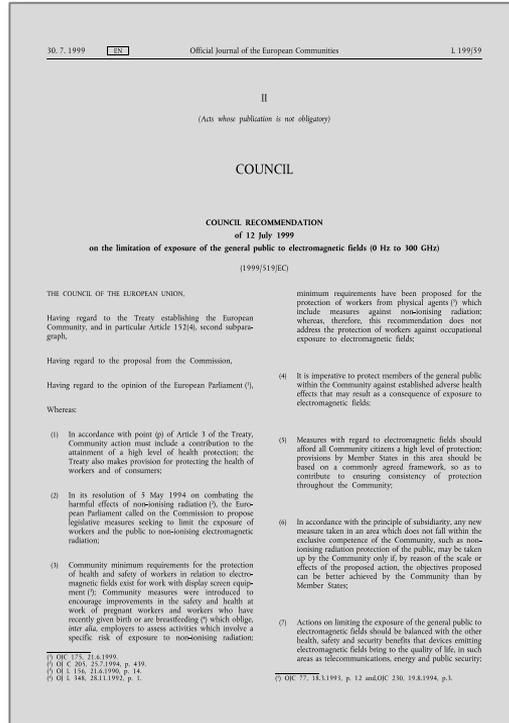
Which limits to apply:

Council Recommendation 1999/519/EC



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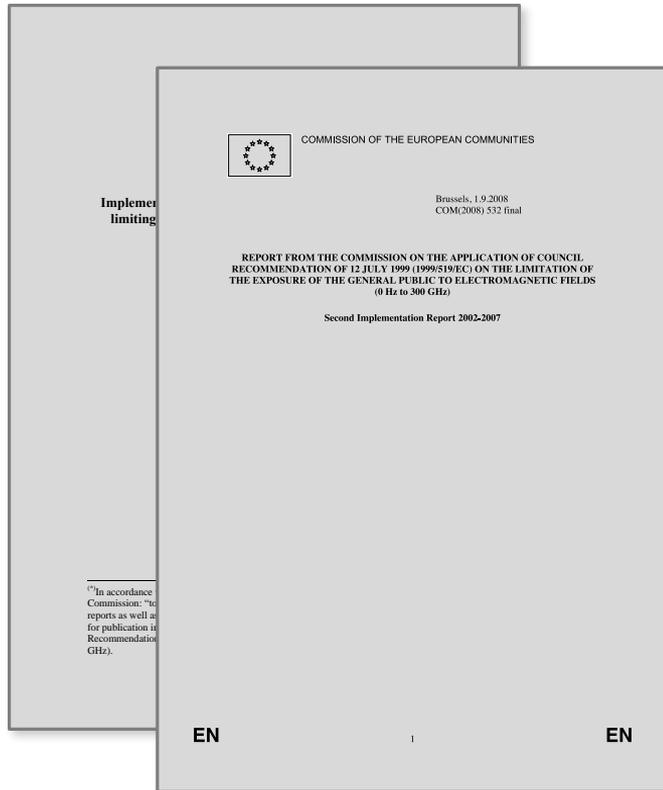
Council Recommendation 1999/519/EC



- Consilium recommends implementing ICNIRP exposure limits.
- Most countries in the world adhere to ICNIRP.
- Adoption of ICNIRP exposure limits is a precautionary measure.



EC Reports on Implementation of ICNIRP Guidelines



- Implementation by Member States:
 - For devices: harmonised
 - For networks: diverse
- Differing exposure limits at the national level impact the roll-out of 5G.
- Digital Single Market requires level playing field – which should include exposure limits.



ICNIRP, 1998: Long Standing, Still Protective

- In 2017, ICNIRP issued a note on the Revision of the High-Frequency Portion of the ICNIRP 1998 EMF Guidelines

“ICNIRP therefore concluded ... that **the 1998 guidelines still provide protection against all known health effects** of high-frequency radiation within the frequency range 100 kHz – 300 GHz.”

Arbitrary RF Exposure Limits: Practical Issues

Implications for Mobile
Communications Infrastructure
of Arbitrary Radio Frequency
Exposure Limits



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- Large compliance distances
- Difficulties for co-location and site-sharing
- Impact for the provision of additional services via existing sites
- Reduced network coverage
- More antennas and more in-situ measurements needed
- Cost implications

<http://www.mwfai.org/docs/eng/MWF%5FImplications%20of%20Lower%20RF%20Limits%5F2019%2Epdf>

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Arbitrary RF Exposure Limits: Political Issues

- No scientific rationale
- Increased public concern
- Reduced emergency services
- More base stations needed, more political discussions
- Exposure closer to the limits
- Economic and social benefits are ignored
- Overall policy environment of mobile communications

<http://www.mwfai.org/docs/eng/MWF%5FImplications%20of%20Lower%20RF%20Limits%5F2019%2Epdf>

Implications for Mobile
Communications Infrastructure
of Arbitrary Radio Frequency
Exposure Limits



Specific Absorption Rate (SAR) Limit
and
Established Adverse Health Effect



What's the Threshold?

Established biological and health effects in the frequency range from 10 MHz to a few GHz are consistent with **responses to a body temperature rise of more than 1°C**.

This level of temperature increase results from exposure of individuals under moderate environmental conditions to **whole-body SAR of approximately 4 W kg^{-1} for about 30 min**. A **whole-body average SAR of 0.4 W kg^{-1}** has therefore been chosen as the restriction that provides **adequate protection for occupational exposure**. An **additional safety factor of 5** is introduced for exposure of the **public**, giving an **average whole-body SAR limit of 0.08 W kg^{-1}** .

ICNIRP SAR Limit: Mobile Phones

Exposure Characteristic	Whole Body averaged Specific Absorption Rate	Local SAR (10g; 6 minutes period)	
		Head & Trunk	Limbs (arms, legs)
Workers' exposure	0.4 W/kg	10 W/kg	20 W/kg
General Public exposure	0.08 W/kg	2 W/kg	4 W/kg

Guidelines for Limiting Exposure to Time-varying Electric, Magnetic and Electromagnetic Fields (up to 300 GHz)." Health Physics, April 1998, vol.74, number 4, 423-432



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WHO supports ICNIRP 1998 Limits for Mobile Phones



To date, **no adverse health effects** have been established as being **caused by mobile phone use.**

How to assess:

Compliance of Mobile Devices up to 6 GHz (SAR)

SAR - Specific Absorption
Rate

Mobile Phones: SAR Measurement

- IEC/EN 62209-1 Ed.2
 - **Measurement** procedure for the assessment of specific absorption rate of human exposure to radio frequency fields from hand-held and body-mounted wireless communication devices - **Part 1: Devices used next to the ear (frequency range of 300 MHz to 6 GHz)**
- IEC/EN 62209-2:2010+AMD1:2019 CSV
 - Human exposure to radio frequency fields from hand-held and body-mounted wireless communication devices - Human models, instrumentation, and procedures - **Part 2: Procedure to determine the specific absorption rate (SAR) for wireless communication devices used in close proximity to the human body (frequency range of 30 MHz to 6 GHz)**

Mobile Phones: SAR Compliance Testing

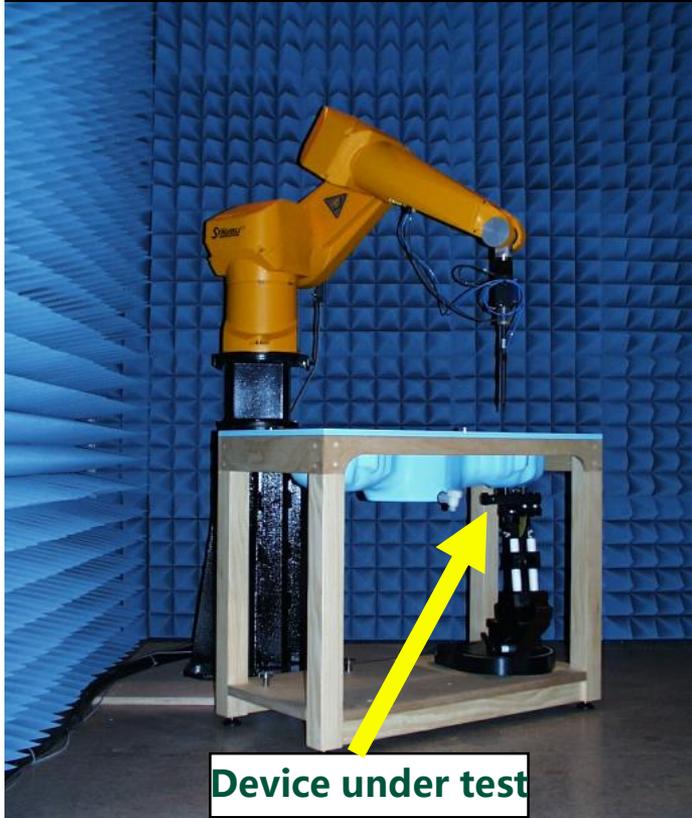
- Mobile phone compliance is **tested at highest power level** possible.
- Intended use position
 - next to the **ear: no separation distance** applies
 - EN 50360:2017
 - **body-worn: separation distance can apply**
 - EN 50566:2017, up to 5 mm
- Reasonably foreseeable conditions
 - Article 3(1)a in conjunction with Article 17(1) Radio Equipment Directive

SAR Measurement - Next Level: IEC/IEEE 62209-1528*

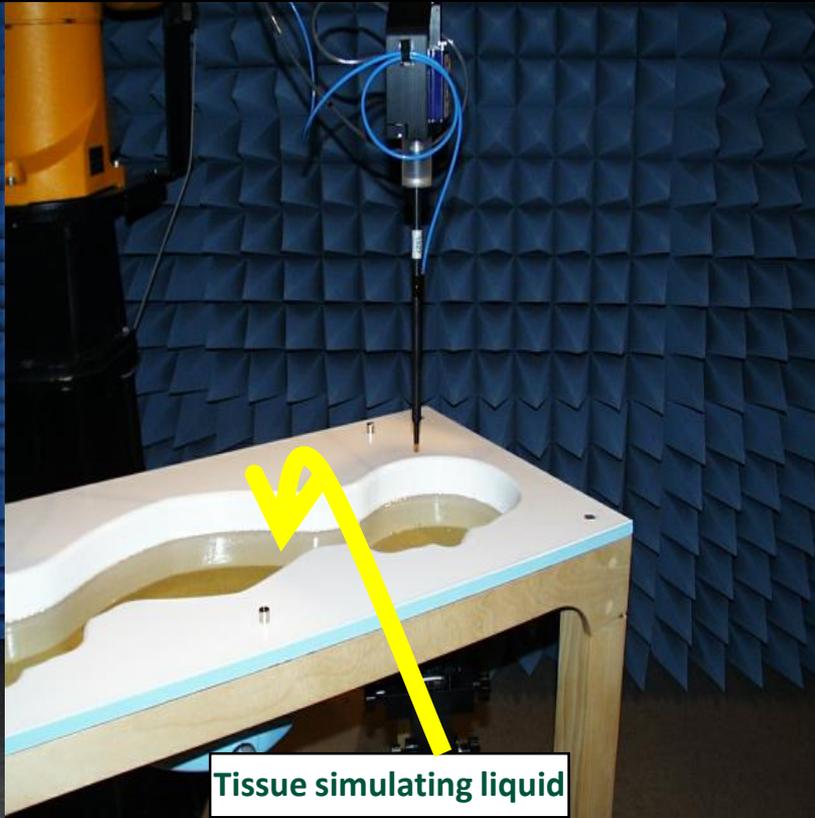
- Methods for the assessment of electric, magnetic and electromagnetic fields associated with human exposure (4 MHz – 10 GHz)
- Fully harmonising SAR measurement (dual logo)
- **Specifies** protocols and test procedures for **SAR testing** with
 - **single or multiple transmitters,**
 - **proximity sensors,**
 - **time averaging,**
 - **fast SAR and test reduction,**
 - **uncertainty analysis**
- Representative for **entire population** including children
- Use of **hand-held or body-worn** wireless communication devices when used next to the **ear**, in front of the **face** or mounted on the **body**

*Current status: Final Draft International Standard; once adopted, it will supersede IEC 62209-1 (ear), 62209-2 (body) and IEEE 1528 (head)

SAR Measurement Equipment



Device under test



Tissue simulating liquid

SAR measurement video: <http://www.emfexplained.info/?ID=25593>

How to assess:

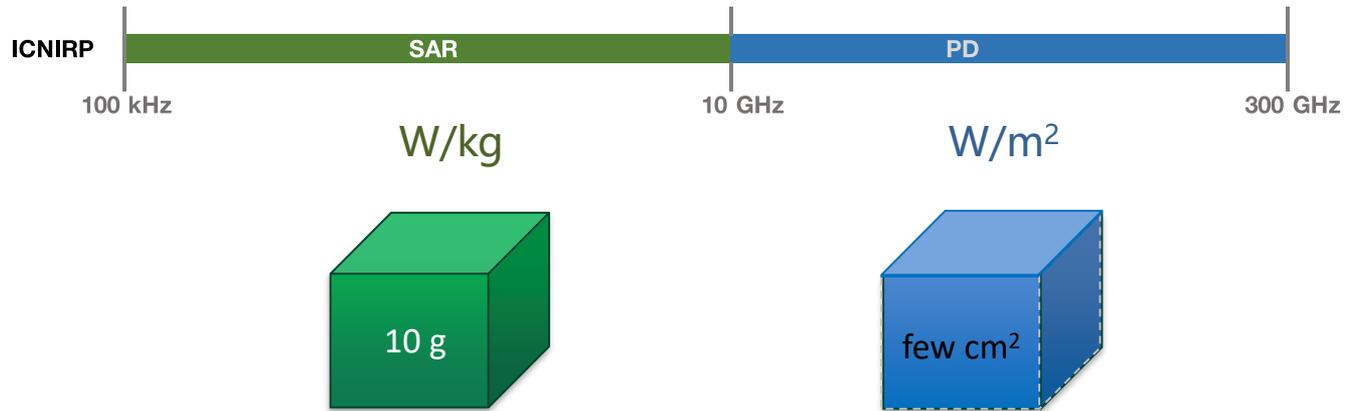
EMF compliance challenges for devices > 6 GHz

SAR - Specific Absorption
Rate

EMF compliance challenges for devices > 6 GHz

- Change of exposure metric
- Assessment of incident power density in close proximity of a device
- Efficiency of compliance assessment methods

SAR & Power Density: Metric and Frequency



mmWaves: Incident Power Density

Numerically and experimentally assessed skin temperature elevations for localized RF exposure at frequencies above 6 GHz

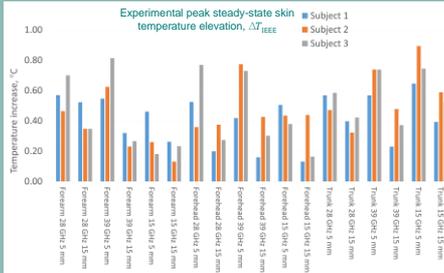
D. Colombi¹, B. Xu¹, C. Tornevi¹, B. Thors¹, A. Christ², M. Ziskin³, K. R. Foster⁴ and Q. Balzano⁵
¹Ericsson Research, ²Research Consultant, ³Temple University, ⁴University of Pennsylvania, ⁵University of Maryland

Objective: Collect experimental data for skin temperature elevation due to RF exposure at frequencies above 6 GHz and compare with numerical results obtained by means of thermal modelling

Results: (1) State of the art thermal models can be used to conservatively predict skin temperature elevation due to RF energy absorption. (2) For the assessed configurations, the localized peak skin temperature elevation, corresponding to the exposure reference levels (ERL) recently proposed in the draft revision of IEEE C95.1, is less than 1 °C.

Measurements

- Thermographic measurements based on IR recordings of the skin in close proximity to RF sources
- Frequencies investigated: 15 GHz, 28 GHz and 39 GHz (CW)
- Standard waveguide horn antennas (WR-62 and WR-28)
- FLIR A6750sc, cryo-cooled camera (sensitivity: < 20 mK)



$$\Delta T_{IEEE} = \Delta T_{FWR} \frac{P_{IEEE}}{100 \text{ mW}}$$

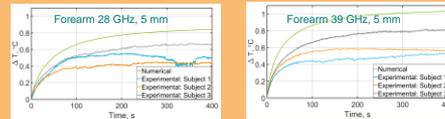
P_{IEEE} = Max forward power to comply with IEEE/ICES draft general public ERLs (55^{PA/177} W/m² averaged over 4 cm², 6 GHz ≤ f ≤ 100 GHz)
 100 mW = Forward power to the horn antenna
 ΔT_{FWR} = Measured temperature increase for a forward power of 100 mW
 ΔT_{IEEE} = Temperature increase for a forward power of P_{IEEE}

P_{IEEE} (based on power density measurements)

	15 GHz	28 GHz	39 GHz
5 mm	25 mW	16 mW	14 mW
15 mm	33 mW	24 mW	18 mW

Comparison with simulations

4-layer tissue model as described in:
 Sasaki, et al. "Monte Carlo simulations of skin exposure to electromagnetic field from 10 GHz to 1 THz." Physics in Medicine & Biology 62.17 (2017): 6993.



	Thermal Properties			
	Thickn.	Thermal cond.	Heat cap.	Blood perf.
	mm	W/mK	J/kgK	W/m ³
epidermis	0.102	0.42	3.5	0
dermis	1.08	0.42	3.5	9100
subcutaneous tissue	3.89	0.25	2.5	1700
muscle	23.3	0.5	3.6	2700

Additional results and future work

- IR measurements of a mockup device (characterized by a notch array at 28 GHz, see IEC TR 63170) were also conducted; the measured peak skin temperature increase at touch position with the forearm was less than 1 °C for a forward power of 75 mW
- Thermographic measurement samples with clothing (wool jumper) showed similar or lower skin temperature increase compared with bare skin
- The skin temperature increase due to a lightbulb (20 W, halogen) placed at 20 cm from the forearm was 4.5 °C after 7 minutes
- The surface skin temperature variation for the forearm when not exposed to any RF source, was found to be within 4 °C to 5 °C
- Additional numerical evaluations are needed in order to quantify the impact of the layering structure of skin tissue and the uncertainty of the thermal tissue parameters

- At mmW frequencies, incident power density can be used to limit tissue temperature elevation from near-field RF sources.

Source:

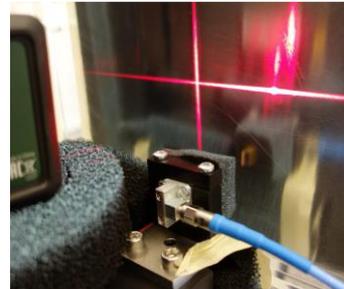
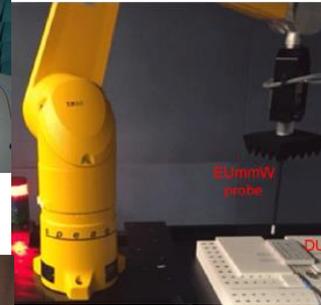
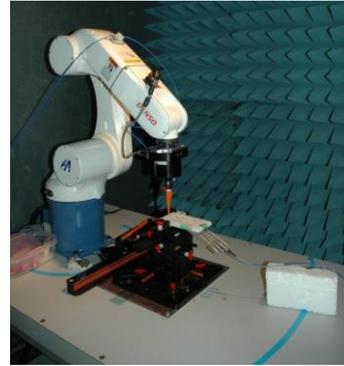
<http://www.mwfai.org/docs/eng/Numerically%20and%20experimentally%20assessed%20skin%20temperature%20for%20RF%20exposures%20above%206%20GHz%2Epdf>



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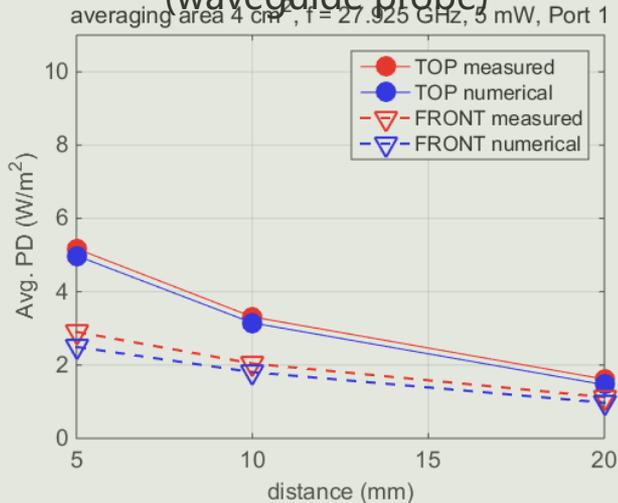
Assessment of Incident Power Density in close proximity of a device

- Different methods available (IEC Technical Report 63170), e.g.:
 - Measurement of both electric and magnetic fields **on** the evaluation surface
 - Measurement of the amplitude of the electric fields **on** the evaluation surface (phase reconstruction)
 - Measurement of the electric fields (amplitude and phase) **at a larger distance** of the evaluation surface (field back-projection)



Assessment of Incident Power Density: Use Case, TR 63170

Measurement of the **E-field**
(**amplitude and phase**) at a larger
distance from the evaluation surface
(**waveguide probe**)

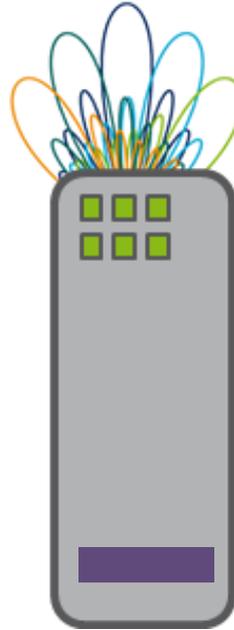


(SONY mockup, notch antenna array, 28GHz)



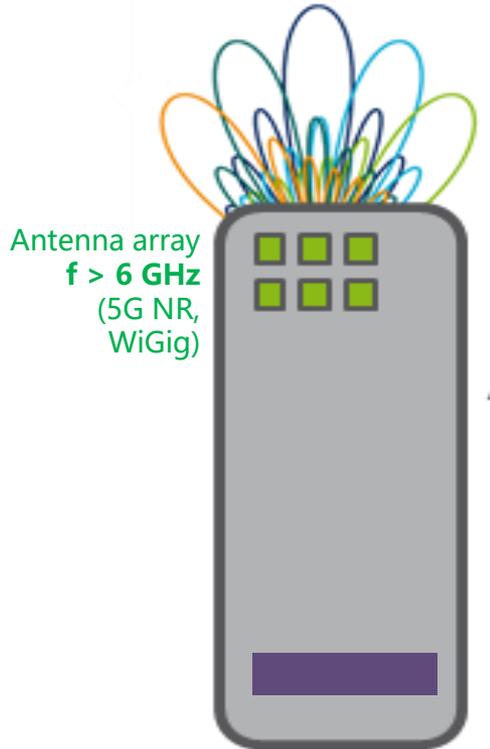
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Efficiency of compliance assessment methods



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Efficiency of compliance assessment methods



Antenna array
 $f > 6 \text{ GHz}$
(5G NR,
WiGig)

Antenna $f < 6 \text{ GHz}$
(LTE, WCDMA, 5G NR,
WiFi)

- Measurements are extremely **time-consuming**.
- Multiple transmitters **below and above 6 GHz**
 - Antenna arrays require **combination of fields**
 - **Total exposure ratio** includes contributions from below and above 6 GHz
- Compliance tests for 5G devices require a large number of field combinations and configurations.
- **Need to combine numerical methods and measurements.**

How to assess:

Compliance of Mobile Devices above 6 GHz (Incident Power Density)



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Mobile Devices: Incident Power Density ⁽¹⁾

- IEC Technical Report 63170:2018
 - **Measurement** procedure for the evaluation of **power density** related to human exposure to radio frequency fields from wireless communication devices operating between **6 GHz and 100 GHz**
 - **Published in 2018**
- **Content:**
 - State of the art **measurement techniques and test approaches** for evaluation of local and spatial-average incident power density in close proximity to the user
 - **Guidance for testing** portable devices in applicable operating position(s) **near the human body** (methods may also apply to exposures in close proximity to base stations)
 - How to assess **exposure from multiple simultaneous transmitters** operating **below and above 6 GHz, including combined exposure of SAR and power density**



Mobile Devices: Incident Power Density ⁽²⁾

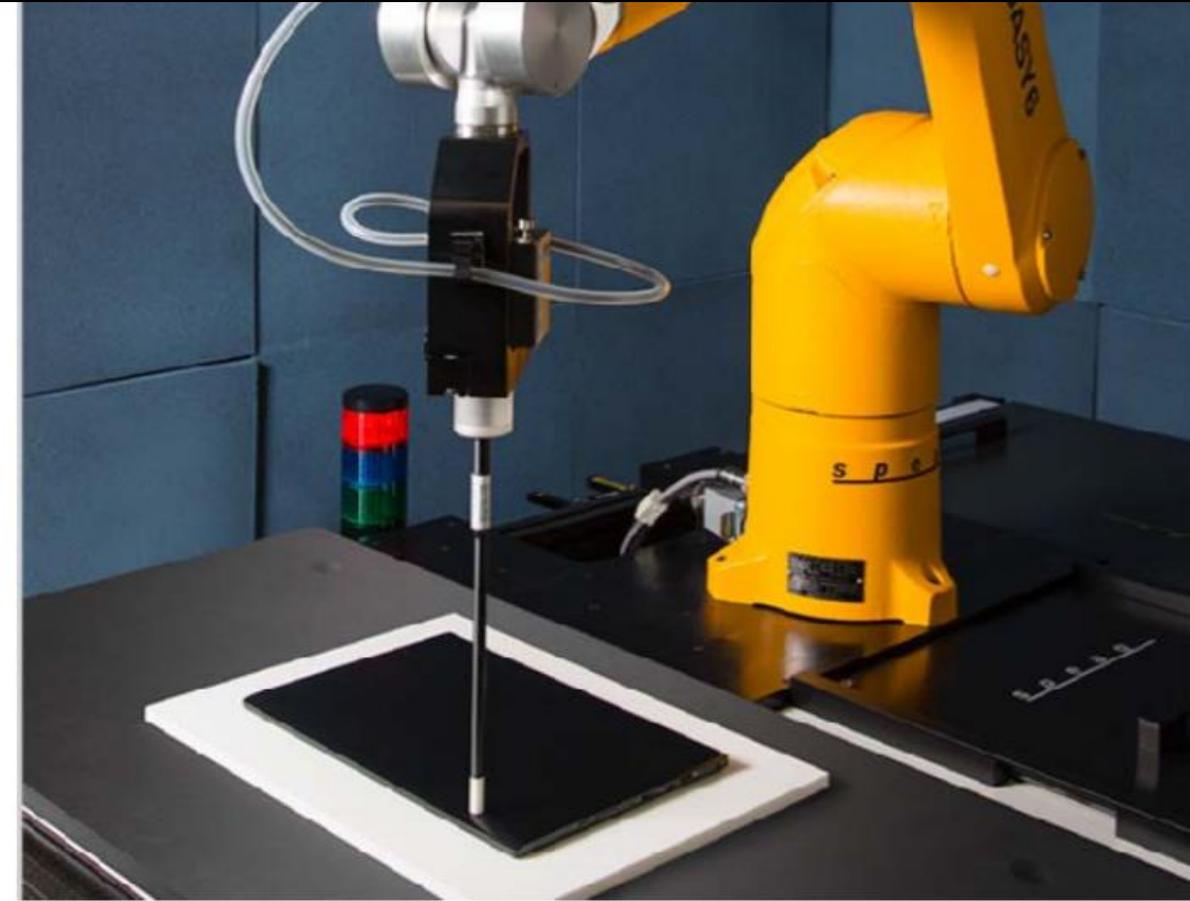
- IEC / IEEE 63195 Ed1
 - **Measurement** procedure for the assessment of **power density** of human exposure to radio frequency fields from wireless devices operating in close proximity to the head and body – Frequency range of **6 GHz to 300 GHz**
 - Publication expected in early 2021
- IEC / IEEE 62704-5 Ed1
 - Determining the power density of the electromagnetic field associated with human exposure to wireless devices operating in close proximity to the head and body **using computational techniques, 6 GHz to 300 GHz**
 - Publication expected in early 2021
 - most likely published as 'IEC / IEEE 63195 – part 2'

Mobile Devices: Incident Power Density ⁽³⁾

- IEC/IEEE 63195 and IEC/IEEE 62704-5 are inter-dependant.
 - Measurement standard 63195 to validate simulations.
 - Simulation standard 62704 to define conservative cases for measurements.
- Power density compliance assessment requires simulations.
 - Many antennas involved, antenna array, beam forming and steering options, assessing devices that use frequencies below and above 6 GHz, including combined assessment of SAR and PD



PD Measurement Equipment



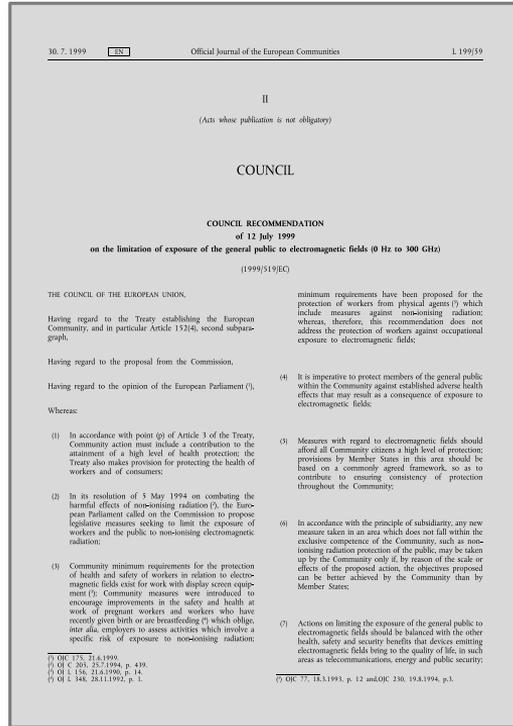
How to regulate:

Update Regulations to Cover New Developments



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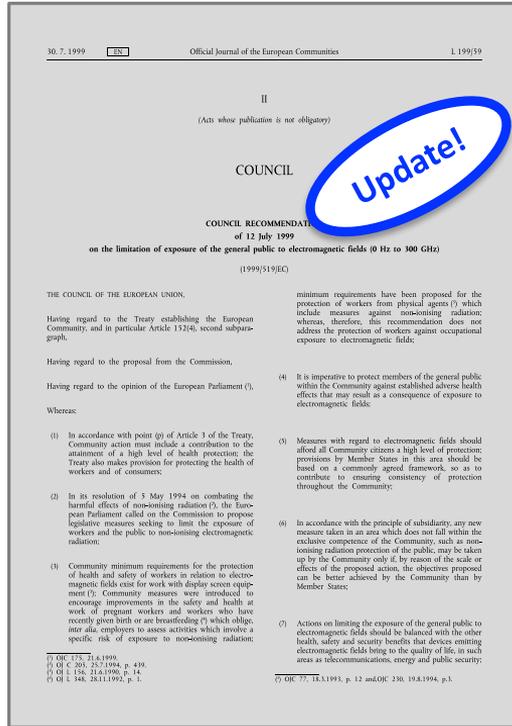
Council Recommendation 1999/519/EC



- Calls for
 - Relying on ICNIRP as endorsed by scientific committees of the EC;
 - Taking note of progress in scientific knowledge and technology;
 - Balancing EMF limits with other health, safety and security benefits.



Update Council Recommendation



- Base update on new ICNIRP guidelines
- Consider progress in scientific knowledge
- Promote international consensus:
Digital Single Market requires level playing field.

How to create trust:

Transparency and Compliance Reporting



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MWF Recommendation on 'SAR Reporting'

- 2001 – 2010: Phase 1
 - SAR value in user manuals and on dedicated websites
- 2011 – 2019: Phase 2
 - SAR-Tick website
 - Mobile phone user manual:
 - Additional note on SAR in the front part of the user manual
 - Extended text with Head-SAR and Body-SAR details
 - World Health Organisation advice for concerned users
- 2020 onwards: Phase 3
 - User manual with additional note on Power Density (PD)

SAR-Tick.com

EN ES PT



Home

SAR Basics

My Phone's SAR

Expert Reviews

Reduce Your Exposure

FAQ

What does it mean when you see the *Tick*?

The SAR-Tick label confirms that your mobile phone
complies with international exposure standards

WHAT IS SAR?

"SAR" stands for "Specific Absorption Rate", a measure of the amount of RF power deposited in the human body whenever a wireless radio device transmits.

[More about SAR](#)



WHY SAR-TICK?

The SAR-Tick label is part of an effort by the Mobile & Wireless Forum to help consumers learn more about national and international exposure standards for their mobile phone or wireless device.

[More about SAR](#)

Thomas Barmüller

Thank you

Director EMEA, Mobile & Wireless Forum
thomas.barmueller@mwfai.org | www.mwfai.org