

WiFi Radiation & Children



What you don't
know can hurt
you.



Prepared by:
Chantelle Bernier, OTDS
& Cris Rowan, OTR/L
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What is WiFi?

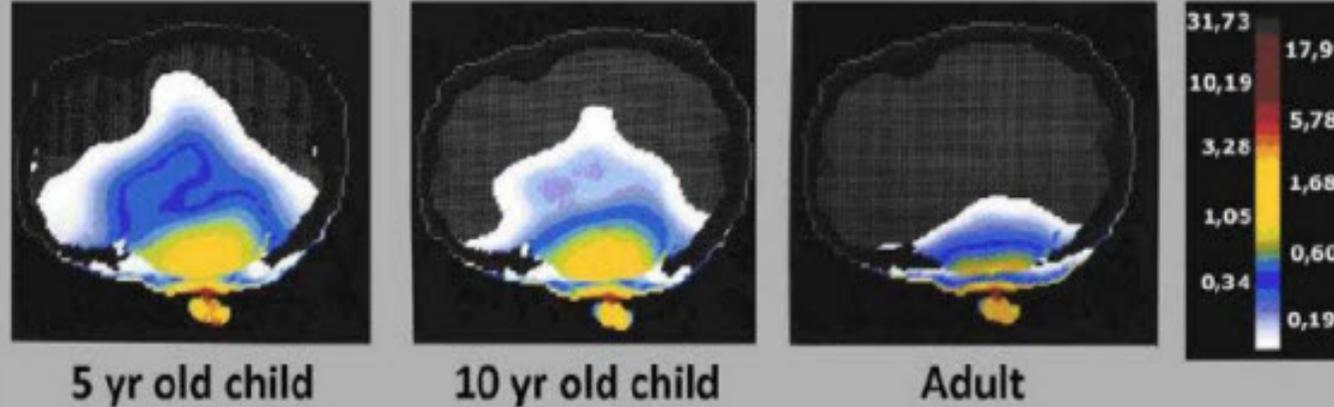
All electrical devices emit radiation. **Wired** devices, such as lamps and desktop computers, have insulated cables to protect us. **Wireless** devices, such as cell phones, routers, laptops, tablets, mobile phones/bases, and baby monitors, do not have insulated cables. As a result, wireless devices emit radiation, which can potentially harm you and your children. As research evidence is documenting harm in adults, particular care must be taken with children.



Best Practice

5 Steps to Reduce WiFi Radiation

1. **Replace your wireless devices** with wired versions. Use Ethernet or fiber-optic cables, and/or turn off wifi on handheld devices.
2. **Increase distance** from device, and **decrease device duration**.
3. Create a **sleep sanctuary**. **Restrict** devices from **bedrooms**, and put **router on a timer** to go off at night.
4. Take **frequent breaks** from tech and **seek healthy activities** including movement, touch human connection and nature.
5. Spread **awareness** and **educate others**.



Why is it harmful? *WiFi radiation damages cellular DNA*

Unborn babies and young children organs and brains are particularly vulnerable to radiation. Young children's skulls are thinner, and their bodies have more water, and therefore absorb more radiation than adults. The bone marrow in a child's skull absorbs 10 times more radiation than that of an adult. Young children's cells develop more rapidly, and are more vulnerable to the damaging effects of radiation. One way to protect your children is to 'go wired'. Below is a description of the differences between wireless and wired technology.

Wireless Vs. Fiber Optic/Ethernet Wired System

Speed: wired network speeds are generally faster than wireless.

Capacity: wired systems offer over 15 times higher bandwidth.

Security: wired systems are more difficult to hack than devices that are wireless.

Reliability: wired systems do not have transmission and interference issues like wireless.

Cost: wired infrastructure rarely requires continuous updates and modification.

Energy: radiation absorbed into humans is wasted energy. Minimize WiFi radiation=save energy.

Health: wired systems do not emit radiation and **do not pose any potential health risk to humans.**

Q & A

Is wireless technology safe?

WiFi and all radiofrequency radiation has been classified by the World Health Organization as a **Class 2B carcinogen** based on an increased risk for glioma, a malignant type of brain cancer, associated with wireless phone use, among other health-related issues. WiFi is in the same category as lead, chloroform and car exhaust.

Has our government set safety standards based on scientific review of the evidence?

The U.S. Food and Drug Administration (FDA) and the U.S. Environmental Protection Agency (EPA) has not done a comprehensive scientific review of WiFi radiation to set standards that protect human health. Current exposure guidelines were developed in 1993 and do not apply to non-thermally based radiation such as current wireless technology. For more info visit www.zonein.ca