

DIGITAL TRIAXIAL GAUSS METER

ADDITIONAL INSTRUCTIONS

Thank you for purchasing the TriAxial Digital Gauss Meter. Please read the instructions that are included with your Gauss meter, plus the guidelines written below.

Measuring Electromagnetic Fields

Building biologists generally measure EMF's in three different ways:

1. AC Magnetic Fields – with a Gauss Meter
2. Radio Frequencies (RF) – with an RF meter
3. AC Electrical fields – measuring body voltage with a multimeter

The TriAxial Digital Gauss meter measures AC magnetic fields.

AC magnetic fields (low frequency – 50 Hz)

These include EMF's coming from power lines, household or industrial wiring in walls floors and ceilings, lighting, building power meter boxes and appliances. Anything that runs on mains AC electricity can be measured by a Gauss Meter for potentially harmful low frequency magnetic fields.

A wide range of health complaints have been linked to long term exposure to high level AC magnet fields with more serious conditions including childhood leukemia and breast cancer.

The less time spent in high level AC magnetic fields the better. Typical danger spots include walls that back on to a fridge that you sit or sleep against. Electric motors, such as those in fridges, throw out a powerful magnetic field which will travel through virtually anything, including thick concrete or metal walls. As shielding is not an option for magnetic fields, simply remove the source or remove yourself away from the source. Luckily magnetic fields usually only extend a few feet from the source and the strength drops off very quickly. Another major area of concern is sleeping or working in a room near the house's power meter box. Again move your bed or chair away from the meter box so you are not exposed to a strong AC magnetic field.

Use a gauss meter to discover the AC magnetic hotspots to avoid in your home or work place. Especially check areas where you spend a lot of time – bed, favourite chair etc. Make sure you check for magnetic fields from clock radios and phone chargers plus wiring in the wall at your bed head.

Note: While you can measure the magnetic field coming from a building's power meter box, a gauss meter will not measure radio frequencies being emitted by a smart meter. For this you need a Radio Frequency meter.

What are safe levels of low frequency EMF according to Building Biology?

Measurement unit milliGauss - mG

No concern – under 0.2 mG

Slight concern – 0.2 – 1 mG

Severe concern – 1 - 5 mG

Extreme concern – above 5 mG

