1. **ARRL Web RF Exposure Web Site**

<http://www.arrl.org/fcc-rf-exposure-regulations-the-station-evaluation>

1. **“RF Exposure and You” by Ed Hare, W1RFI (Free ARRL eBook)**

<http://www.arrl.org/files/file/Technology/RFsafetyCommittee/RF%20Exposure%20and%20You.pdf>

1. **FCC Bulletin 65 (“Supplement B” is the Amateur Radio supplement)**

<https://www.fcc.gov/general/oet-bulletins-line>

1. **Instructional Videos**

ARRL Learning Network Webinar: RF Exposure Rules presented by Dan Brown, W1DAN

<https://www.youtube.com/watch?v=7dSieKF3rm0>

# Ria’s Shack - New FCC RF safety rules for ham radio [#hamradio](https://www.youtube.com/hashtag/hamradio) - May 2021

<https://www.youtube.com/watch?v=kyLDC-H8kb0&t=1013s>

# Lake Cumberland Amateur Radio Association (LCARA) HAM Radio: RF Radiation Exposure! Is it getting HOT in here???

# <https://www.youtube.com/watch?v=pjkV1cT3IiE>

1. **Tools/Calculators**

# Coax Loss Calculator: <https://www.qsl.net/co8tw/Coax_Calculator.htm>

Antenna Modeling Software: [www.EZNEC.com](http://www.EZNEC.com)

ARRL Exposure Calculator: <http://www.arrl.org/rf-exposure-calculator>

MPE Calculator (Paul Evans, VP9KF): [http://hintlink.com/power\_density.htm](https://www.youtube.com/redirect?event=video_description&redir_token=QUFFLUhqbGc0c2lDXzVmM2g4MFNpSUZRYUV0aG0tNGprUXxBQ3Jtc0tuMzhTdFI3U2Y2Y2V1Q2RxTXJXS2YwczM1QXAxejFEbXZJWnc5Q2xWTG5MMG5XakVOY2MzbnR4RjIyeGlpYUd2Ny16WlRfZWhlTS1TQ09JOGVPY2NuVTJzVEd0WTRxelZWNzJVSHdPeXEtR2FSbjhoZw&q=http%3A%2F%2Fhintlink.com%2Fpower_density.htm)

MPE Calculator (Overbeck/Lake Washington): <http://www.lakewashingtonhamclub.org/resources/rf-exposure-calculator/>

# Ham Radio School Spreadsheet: <https://hamradioschool.com/rf-exposure-calculator/>

Another calculator (pwr\_dens) from K1TR. [https://www.qsl.net/k1tr/Downloads.htm](https://www.youtube.com/redirect?event=video_description&redir_token=QUFFLUhqbXJibWR2N05lZFJ4SmJsWlpUSURGS3NYVlNwd3xBQ3Jtc0ttbmNBY3ZXQW1ITkNxTWJobmNhUEFXNHdmSXpHZFFWWUlHUGd4UnV3MU5OUk5haXZKOW8zQ3k0dURjY0dFS3JUb09hay1ZSUlWUEotNDRGaDJTWFRma1dxb0ViQWpVbjBNWTQ0M1FMd3lfU0pRbHJQQQ&q=https%3A%2F%2Fwww.qsl.net%2Fk1tr%2FDownloads.htm)

More RF calculators: <https://www.vpitechnology.com/rf-calculators>