



What are electromagnetic fields?

An electromagnetic field (EMF) is an invisible field of energy produced wherever an electric current is flowing. Electromagnetic fields are found in all living things and throughout nature. Electromagnetic pollution occurs when the field is stronger than is considered safe. Spending a lot of time at home near electric currents – working at a computer, sitting too close to the television or sleeping under an electric blanket – can result in undesired health effects.

There is increasing evidence that long-term exposure to electromagnetic pollution can cause cancer, leukemia, immune system disorders, miscarriages and other health problems. Children may be at greater risk, because scientists suspect that electromagnetic radiation affects the body's mechanisms that regulate cell growth.

There are several simple ways to minimise the risks to health:



Avoid using electric blankets.



Keep appliances such as television sets, electric clocks and computers at least 1 metre from the body.



Watch television from a distance of at least 2 metres.



Sit at least 50 to 60 centimetres from a computer monitor.



Do not spend longer than four hours daily in front of a computer and take a 10-minute rest every half an hour.



Alternate work and rest regularly.



Do not talk for a long time on a mobile phone, and avoid using them in confined spaces made of reinforced concrete or steel (including cars).