



Radiofrequency Radiation and Electromagnetic Fields

The increased number of cellular antennas and other communication equipment that generates radiofrequency radiation (RF) and electromagnetic fields (EMF) may be exposing roofers and other contractors to harmful levels of radiations when working on rooftops, sides of buildings and other locations where RF generating antennas are located. This bulletin will focus on radiation types, safety limits and mitigating exposure.

With the ever-increasing use and development of communication technology, there is an increased risk for those working in and around communication devices and equipment that emit radiofrequency electromagnetic fields (EMF) such as smart meters, cell phone towers and equipment using 5G technology. Roof areas are often prime locations for this type of equipment and anyone accessing these roof areas for any reason should be aware of the Occupational Health and Safety requirements and the Safety Code 6. Consult with provincial and/or federal authorities having jurisdiction for further information/guidance for most stringent requirements.

What is Radiofrequency (RF) Radiation?

There are two types of radiation – ionizing radiation and non-ionizing radiation. Both are forms of electromagnetic energy, but ionizing radiation has more energy than non-ionizing radiation. Ionizing radiation, like x-rays or gamma rays, has enough energy to cause chemical changes by breaking chemical bonds. Sources of this type of radiation can be found in hospitals, nuclear energy plants, and nuclear weapons facilities. Non-ionizing radiation causes molecules to vibrate, which generates heat. RF radiation is a type of non-ionizing radiation and is the energy used to transmit wireless information. RF radiation is invisible and power levels of equipment and amount of RF radiation can fluctuate without warning.

About Safety Code 6

Health Canada publishes Safety Code 6¹ which sets out recommended safety limits for human exposure to radiofrequency electromagnetic fields (EMF) in the frequency range from 3 kHz to 300 GHz. This range covers the frequencies used by communications devices and equipment that emit radiofrequency EMF such as: Wi-Fi, cell phones, smart meters, cell phone towers, those using 5G technology.

Safety Code 6 is reviewed on a regular basis to confirm that it continues to provide protection against all known potentially adverse health effects. If new scientific evidence were to show that exposure to radiofrequency EMF below the levels found in Safety Code 6 poses a risk, the Government of Canada would take steps to protect the health of Canadians.

¹ <https://www.canada.ca/en/health-canada/services/health-risks-safety/radiation/occupational-exposure-regulations/safety-code-6-radiofrequency-exposure-guidelines.html>

How protect yourself from RF radiation

The risks associated with RF radiation increases with the number of devices present, the closer a worker is to the equipment/device(s), and the more time that is spent in the area. Workers can protect themselves by the following:

- Complete a visual assessment of the area to determine if cellular antennas or other RF radiation generating antennas are present. If you are not sure, ask your supervisor, the building owner, or the property manager if RF-generating antennas are present where you need to work. The building owner or property manager should have the information, or know whom to contact for information about antennas, their locations, and the RF radiation levels.
- Look for warning signs posted near RF antennas; the signs should identify the hazard and tell you where to get more information.
- Contact the building owner/manager and the antenna licensee to have the equipment temporarily powered down or moved.

If work needs to be performed within a potentially hazardous area:

- Check the site survey or roof plan for potential exposure levels
- Pre-plan work tasks and travel routes so you can limit trips through the RF field and time spent on tasks there – the goal is to get in and out as quickly as possible.
- Avoid standing directly in front of or close to an antenna. As a rule of thumb, stay 1.5 m (6 feet) away from a single antenna and 3 m (10 feet) away from a group of antennas.
- Use a personal RF monitor. The monitor will warn you if you are in an area where RF radiation is at a dangerous level. There are several handheld EMF personal safety monitors available on the market that measure exposure and allow workers to work in an exposed area for a limited time. Use personal monitors and protective clothing while work is being performed and if an alarm sounds, stop work and leave the area immediately.

Summary

In summary, construction employers and their employees should be concerned about RF radiation if they perform work on rooftops, sides of buildings, or other areas where telecommunications equipment are present. It be would prudent for workers to be aware of rooftop equipment and to use personal RF monitors when working around antennas in order to be alerted when the RF radiation is at dangerous levels.

The opinions expressed herein are those of the CRCA National Technical Committee. This Advisory Bulletin is circulated for the purpose of bringing roofing information to the attention of the reader. The data, commentary, opinions and conclusions, if any, are not intended to provide the reader with conclusive technical advice and the reader should not act only on the roofing information contained in this Advisory Bulletin without seeking specific professional, engineering or architectural advice. Neither the CRCA nor any of its officers, directors, members or employees assumes any responsibility for any of the roofing information contained herein or the consequences of any interpretation which the reader may take from such information.