

# HF-B3G: Beginner's Guide

Using this device for the first time can be confusing for some, especially for those with no previous experience with any EMF meters. This quick guide will allow you to begin taking measurements immediately without having to worry about any of the more advanced functions.

- 1) When you first turn the meter on, you may notice that the readings will be changing rapidly; this is because the default unit of measurement is “mV/m” (millivolts per meter), which is very sensitive. You will see the set unit of measurement just below the readings, and to the right of the “XYZ” on the screen.
- 2) To make it simpler to read, press the “Unit/Enter” button in the middle three times, until you see “ $\mu$  W/cm<sup>2</sup>” (microwatts per square centimeter) below the readings. This is a far less sensitive unit of measurement, which will prevent the readings from constantly jumping.
- 3) The meter is not detecting anything different by changing this; it is still picking up the same readings, but simply showing it as a different unit of measurement (like converting centimeters to inches).
- 4) We recommend that users not let the readings exceed 0.003 in their environment (when using the unit “ $\mu$  W/cm<sup>2</sup>”). Anything above this is considered unsafe, and may require steps to be taken in order to reduce the radiation levels you are being exposed to. For example, a reading of 0.002 would be a safe environment, while a reading of 0.008 would indicate moderate levels of harmful radiation, and a measurement of 0.205 would mean you are being exposed to dangerously high levels of EMF.
- 5) It should be noted that this meter will also detect the radiation being emitted by any wireless devices that are transmitting in the area; this means that any cell phones, cordless phones, WiFi routers, Bluetooth devices, smart meters, and so forth will all affect your meter's readings. If you want to detect EMF from a single specific source, such as cell towers near your home, then you will need to turn off all of these devices before you begin taking measurements. However, if you want just a general reading of your environment, then you can leave all of these turned on.