

# Safety Tips for Tech at Home



- **Cordless Phones** emit radiation similar to a cell phone and the charging base is a constant source of radiation. **REPLACE** with corded or “land line” phones.
- **Wireless Wearables**, including ear buds, headphones, watches, and fitness wristbands also emit radiation which is more easily absorbed into your body from direct contact. **CONSIDER THE RISKS** before purchasing!
- **NEVER use wireless laptops or tablets ON YOUR LAP** which is in close proximity to reproductive organs. Use an Ethernet cord for these devices (with an adapter if necessary). Always use on a table!
- **CONNECT keyboard, mouse, speaker, printer** and other work space accessories to your modem using an Ethernet cord. Make sure WiFi and Bluetooth are also turned OFF
- **Virtual reality and gaming consoles**, controllers and accessories are used on or in very close proximity to the body. **USE WIRED CONNECTIONS** for optimum performance and safety
- **ALWAYS UNPLUG** or **TURN OFF** routers at night or when you are not using them. WiFi-free modems can eliminate this step.
- **BLUE LIGHT** from screens can be harmful. Use a blue light blocking screen cover or blue-blocking glasses, or download software that reduces blue light and flicker.



**Be safe.  
Be smart.  
Be secure.  
Connect with wires.**



*Information obtained from: American Academy of Pediatrics, Physicians for Safe Technology, California Dept. of Public Health, Safer EMR. For more information about wireless radiation and its impact on human health, please visit [AmericansForResponsibleTech.org](http://AmericansForResponsibleTech.org)*