

Stop Smart Meters! Quick Guide to Assessment of Electromagnetic Radiation Exposure using the Cornet ED88T



Borrowing!
Thank you for purchasing a Cornet ED88T Electromsmog meter, and for supporting the work of Stop Smart Meters! The meter can pick up even brief spikes of radiation from a smart meter, or other RF emitting sources like cell phones, wi-fi, etc.

The meter also measures low frequency (LF) magnetic and electric fields from wiring, power lines, etc. and has a frequency readout. This is our quick guide to assessing levels of radiation using the Cornet ED88T.



Getting Started:

- A 9V battery has been installed, for your convenience. **Press the power button, and hold the meter between your right thumb and middle finger, up in the air and away from your body.** You will notice that your body creates a “shadow” if you position your body between a wireless device and the meter. Your body is absorbing that radiation.
- **The meter turns on in RF mode.** The four settings are:
 - **RF** (Radio Frequency- cell phones, smart meters, wi-fi, towers, etc. 100 MHz - 8GHz)
 - **LF600** (Low Frequency Magnetic Fields from power-lines, wiring, etc 50 Hz - 10KHz)
 - **LF30** (Low Frequency Magnetic Fields 50 Hz - 1 KHz — a more sensitive LF function)
 - **E-Field** (LF Electric Fields—wiring, fluorescent lights, elec. vehicles, etc 50 Hz - 50 KHz)
- **Two black buttons on the Cornet: the mode button on top, and the hold button below:**
 - **Mode button (top) :** Cycle through the four different Electromsmog detection modes
 - **Hold button (bottom):** Freezes the readout, and used for sound/ light functions
- **Turning on Backlight and Sound Function:** Press hold button once, then press mode button to cycle through options: sound only, sound + backlight, backlight only, etc. Press the hold button again to unfreeze the screen and use the meter normally.
- **The colored LED lights on the right hand side of the display have been pre-set to Building Biology Precautionary settings for Radio Frequency.** The LED indicator guide sticker on the front of the meter is therefore not relevant. Before you reach the BB “severe concern” level, the yellow LED’s will light. Before you reach the “extreme concern” level, the red LED’s will light. This provides at-a-glance assessment of your current RF exposure levels. You can adjust the settings by using the system set up menu (see manual).
- **Video: How to differentiate RF sources** incl. low levels using sound: <http://bit.ly/1wJ8pcq>
- **Information about shielding can be found on our FAQ page:** <http://bit.ly/1vh63Od>
- **Use a case** to prevent the on/off switch accidentally turning on - available from our store.
- **Please dispose of all electronics and batteries properly**—do not throw them in the trash.

Guidance on Determining Precautionary Exposure Levels According to Building Biology (SBM-2008) Guidelines for Sleeping Areas:

Radiofrequency (RF or Microwave) Levels: Units in milliwatts per meter squared (**mw/m²**) the same units that are displayed in RF mode on the meter in large numbers:

No Concern: less than 0.0001	Slight Concern: 0.0001 – 0.0100	Severe Concern: 0.0100 – 1.0000	Extreme Concern: Over 1.0000
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*Bioinitiative Report (2012): 0.0300 recommended upper threshold of RF exposure

Low Frequency (LF) Magnetic Field Levels: Units in microtesla (**uT**)- the units displayed in the 2 **LF Magnetic Field** modes (**LF30** and **LF600**):

No Concern: less than 00.02	Slight Concern: 00.02 – 00.10	Severe Concern: 00.10 – 00.50	Extreme Concern: Over 00.50
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- **Cornet Electromagnetic Meters are not designed for legal or medical uses- results are advisory only.** Consult a trained Building Biologist, or EMF remediation professional for more specific analysis. See hbelc.org
- **To obtain precise readings in the “no concern” range**, especially for LF, more advanced measuring equipment (such as the Alphalab UHS2 for LF, or Gigahertz Solutions HF35C for RF) is required- both are available in our online store.

Biological effects have been observed down to very low exposure levels. The lower the numbers on your meter, the better. We recommend use of wired ethernet connections, landline telephones, elimination of all RF emitting devices, and minimizing LF exposure (eg. by switching off breakers at night) **Organize with your community to reject toxic wireless proliferation. You have a right to say no!**

If you have questions about the operation of your Cornet Electromagnetic meter, or want advice on organizing against smart meters in your area, please contact us: (888) 965 6435 info@stopsmartmeters.org PO Box 682 Portola CA 96122



Stop Smart Meters! is funded by your donations and store purchases- thank you! Please spread the word about the hazards of smart meters to your friends and family using the enclosed brochures and public health warning cards, or simply leave them in a public place for others. **Thank you for your support! StopSmartMeters.org/store**