Actions for reducing EMR/EMF exposures in Your Home and Office	
Actions	**Notes / Links (note: these are provided as helpful examples, not meant to endorse any particular products or business)**
Safe smartphones: Disable all signals when not in use and do not give them to children unless antennae are disabled. NOTE: this is not the same as turning your phone OFF. You need to follow these instructions. ○ Turn Airplane mode ON when not receiving or sending messages. ○ Turn Location services OFF and only turn it on when using Google Maps. ○ Disable Bluetooth pairing if existing Location services is under setting/privacy/location services on the iPhone and under Location or GPS or Privacy on others. NOTE: Turning your smartphone OFF will not disable the signals. It will just turn off the apps and software on the phone. There is no need to turn off your phone after you have disabled the antenna. You can still use your music and camera etc.	Check messages after breakfast, morning tea, lunch, afternoon tea, and dinner, then put phone back onto Airplane mode ON Location services OFF (note Location services switched back on for some apps and Google maps, so check it is off even if you haven't switched it on yourself. Its antenna emits at 10 to 100x the power of the other phone antennae. There about 5 antennae in phones nowadays). Do not use wired headsets connected to phones as they bring the EMRs directly into your brain and increase risk of tumours. Use safe airtube plugs that use air pressure instead of EMFs to carry the signal to your ears https://emraustralia.com.au/products/airtube-headsets https://www.earthingoz.com.au/defendershield-airtube-headsets
Safe iPads / Tablets: Disable all signals when not in use and do not give them to children unless disabled. Turn Airplane mode ON and Location services OFF. Connect tablets / laptops via Ethernet.	Your ipad devices can now be wired via ethernet: ethernet to iPad Air • see page 4 of this tip sheet for step by step instructions • e.g. https://youtu.be/2ndUO_p_9oI  ethernet to iPhone connections • https://www.electrosensitivesociety.com/how-to-reduce-your-exposure/ • https://ehtrust.org/how-to-set-up-a-low-emf-safe-tech-computer-workstation/
Safe Home Phones: Use wired phones. Do not use cordless phones. Purchase wired phones from Officeworks or a phone store. For the NBN you will need a VOIP compatible phone or a VOIP converter. 	If you MUST use a cordless phone get the safest possible phone which ONLY emits when it is in use. http://www.emfsafe.com.au/radiation-protection/low-radiation-cordless-dect-phones/low-radiation-cordless-dect-phone-a510.html
Safe Modem: Use wired connections with Ethernet cable from back of modem to computer.  Ethernet cable makes your home internet faster and more reliable. You may need a long cable from the modem to the PC, or a short cable if your PC is right next to your modem. You can purchase Ethernet from Officeworks. Use NBN compatible but safe modems; e.g. g this one (Archer 1600 from iiNet) has 4 yellow ports for 4 devices to be connected via ethernet cable plus 2 USB ports (for printer / VIOIP phones.) 	Long ethernet cable can be run under mats inside the house, or under the floor then install ethernet outlets in the walls in each room.You can also run ethernet cable through conduit along and down walls (this works well in offices and schools).  You can also use a main switch board near your modem that all cables plug into and then they run throughout the home or office from there.Call a cable guy to come and do this for you neatly. **DO NOT** use Ethernet over powerlines (extra switches or power boards that also have Ethernet plugs). They use normal power lines (made for carrying 50Hz frequencies) to carry internet which is at Megahertz and Gigahertz frequencies.  This mismatch will create huge amounts of Dirty Electricity in your home.

Safe Computer: Use a wired keyboard, monitor and mouse. Sit back ½ m at least from monitor and PC tower / laptop. 	Use a shield over your screen if your eyes get tired. https://www.lessemf.com/emf-shie.html Downlaod flux (free) for removing blue light at sunset https://justgetflux.com/
No Smart Meter: Opt out of getting a smart meter or request a user-friendly **4A** digital meter from your energy supplier.	Contact Stop Smart Meters after reading their webpages https://stopsmartmeters.com.au/
Safe Bedroom No electronics in bedroom. Use battery lamps and clocks. Replace wired mattress with wooden frame and foam/latex mattress. Charge phones / iPads / tablets etc in dining room/kitchen/office, NOT in bedrooms. Turn power off at night if possible; install a demand switch if possible to turn of power to bedrooms	**Use a bed canopy and curtains to shield EMF/EMR from outside** https://www.lessemf.com/emf-shie.html https://aaronia.com/shielding-materials/aaronia-canopies/ **Note:** the Aaronia silver mesh fabric will shield 5G higher frequencies as well when they arrive 
Check Water Pipes: Test pipes to see if water pipe is charged, replace a small section with plastic/PVC.	Use Magnetic Field meter purchased from EMR Australia (above)
Fix Dirty Electricity (constant and massive spiking on the power lines in all walls in homes) https://youtube/Lq5e-1YNynw Purchase dirty electricity filter test kit and install filters.	http://www.emraustralia.com.au/shop/meters-testing/dirty-electricity-kit http://www.stetzerelectric.com
Solar/wind power systems *the inverters on these systems generate **very high** levels of 20 kiloHertz high frequency transients (dirty electricity) that propagate on all electrical wiring in the home, and even in neighbouring homes. Those homes using grid-tied solar/wind systems can still use filters, but will likely need more than 20 Stetzerizer filters* [or several deTekta filters *Use of Stetzerizer filters is not recommended for homes using off-grid solar/wind systems* (http://www.stetzerelectric.com/stetzerizer/installation/)	It is also possible to build a Faraday cage around the inverter and ground it, which will remove the electromagnetic fields discharging into the air but not those moving along the wiring into your home. Unfortunately, while solar is energy saving, as it stands right now, it is not safe for humans. This presents a wicked problem for out times. This problem could be solved by clever engineers if there was a will and funding.
Empower yourself Purchase two user friendly meters for ELF and RF-EMR. **Read books about protecting yourself and families** Wireless wise families by Lyn McLeaan https://www.booktopia.com.au/wireless-wise-families-lyn-mclean/book/9781925322248.html Healthy Home Healthy Family Nicole Bijlsma https://www.buildingbiology.com.au/biology/healthy-home-healthy-family.html	http://www.emraustralia.com.au/shop/meters-testing/home-and-office-test-kit https://www.buildingbiology.com.au/product-category/electromagnetic-field-meters https://www.lessemf.com/rf.html

Pls see next page for further links and resources…

Further Links

General information and latest news

- **EMR Australia** https://emraustralia.com.au/
- **Stop Smart Meters Australia: https://stopsmartmeters.com.au/**
- **Australian EMF Updates and Commentary**: https://www.emfacts.com/2017/

Information with Helpful Videos and Downloads

- **Families and Individuals**: https://ehtrust.org/
- **Babies**: The Baby Safe Project: http://www.babysafeproject.org/
- **WiFi in Schools**: http://www.wifi-in-schools-australia.org/
- **Building Biology hazards in the home** https://www.buildingbiology.com.au/hazards/electromagnetic-fields.html

Research

- **ORSAA:** A categorised collection of the effects of EMR/EMF on humans and animals. http://www.orsaa.org/
- **Advice from well-respected researcher Dr Magda Havas**: http://www.magdahavas.com/

EMF/ELF

- **Understanding electromagnetic field and how to reduce them in your home**: http://www.magdahavas.com/electromagnetic-hygiene-in-12-easy-steps-how-to-create-a-cleaner-electromagnetic-environment-at-home-and-at-work/
- **Radiation in mattresses:** https://blogs.scientificamerican.com/guest-blog/left-sided-cancer-blame-your-bed-and-tv/

Dirty Electricity

- **EMR Australia:** Could Dirty Electricity be contributing to health problems in your home or workplace? http://www.emraustralia.com.au/BlogRetrieve.aspx?PostID=620950&A=SearchResult&SearchID=9964642&ObjectID=620950&ObjectType=55
- **Scientist Magda Havas** information on dirty electricity: http://www.magdahavas.com/category/electrosmog-exposure/dirty-electricity-electrosmog-exposure/
- **Cleaning up dirty electricity** to improve Multiple Sclerosis symptoms https://www.youtube.com/watch?v=xdtIPb3Veuw and Cleaning up dirty electricity to reduce Type 3 Diabetes http://www.magdahavas.com/diabetes-and-electrosensitivity/
- **Stetzerizer Research Papers on Dirty Electricity**: http://www.stetzerelectric.com/category/research/

Solar

- **Solar safe: http://www.electronicsilentspring.com/safer-solar-power/**
- **Safe housing, shielding, solar**: http://eiwellspring.org/

NBN

- **NBN setup**: https://www.onthenet.com.au/broadband/nbn/nbntech/#1512020458614-e5bba325-dd9a
- **NBN recommendation to use Ethernet for better signal "**If you're still having issues, consider using a fixed connection like an Ethernet cable". https://www1.nbnco.com.au/learn-about-the-nbn/in-home-optimisation.html

5G

- **white paper** https://emraustralia.com.au/pages/5g
- **ORSAA submissions and responses to the 5G inquiry** https://www.orsaa.org/5g-inquiry.html

How to Connect an iPad Air (iPad 3) via Ethernet

[excerpts from Craig Lloyd: http://www.gottabemobile.com/2014/08/28/] See also:

- https://www.youtube.com/watch?v=2ndUO_p_9oI David Buckland
- https://jamfnation.jamfsoftware.com/discussion.html?id=12444
- http://plugable.com/2012/03/13/charging-your-ipad-or-iphone-with-a-usb-hub

There are some things that would just be way better with a solid hard-wired Ethernet connection. Here's how to connect your iPad to Ethernet in order to get a solid internet connection. Unfortunately, iPads don't have an Ethernet port, so you may think that you're out of luck with supplying your tablet with a hard-wired internet connection, but you'd be sorely mistaken. By gathering up a few iPad and Mac accessories, you can connect your iPad to your internet router via Ethernet in order to get a solid internet connection.

...if you're at home and want to stream something on your iPad, connecting it to an Ethernet connection can be a great way to make sure that the content you're viewing streams efficiently and quickly.

However, it's important to note that this setup isn't exactly clean and simple. You'll actually need three accessories in order to get it to work, but if you're willing to deal with a slightly messy setup, you're iPad will be able to obtain an internet connection that's better than any wireless connection that it could muster up.

Things You'll Need: As aforementioned, this "hack" doesn't just require one simple tool, but rather three accessories that you'll need to purchase if you don't already have them. Here's what you'll need:

- Lightning to USB / 30 pin to USB Camera Adapter – Buy
- USB Ethernet Adapter – Buy
- Powered USB 2.0 Hub – Buy (It can be any cheap hub, though. Just make sure it's powered.)
- Ethernet Cable – Buy
- An iPad Air (which uses the Lighting connector) – Buy

The reason you need a powered USB hub is because the USB Ethernet adapter requires more power than the Lightning to USB adapter cable can provide, so if you don't have the powered USB hub, you end up getting a popup saying the device cannot power the adaptor.

Setting It Up: While this is quite a list of things you'll need, setting it all up takes less than 30 seconds. I've embedded a video below that details the steps needed and demonstrates the hack, but here's a step-by-step guide on connecting your iPad to Ethernet:

1. First off, disable WiFi on your iPad, as well as cellular data if it's an LTE model.
2. Plug one end of the Ethernet cable into a free port on your router, and the other end into the Ethernet port on the USB Ethernet Adapter.
3. Connect the USB end of the adapter to any of the USB ports on the USB hub.
4. Connect the USB cable that came with your USB hub to the hub. The cable should have a smaller connector on one end and the port for it should be on the back of the hub.
5. Connect the power cable for the USB hub to the hub and plug the other end into a wall outlet.
6. Connect the USB end of the Lighting to USB Adapter to the other end of the USB cable that came with your USB hub.
7. Lastly, plug the Lightning end of the adapter into your iPad.
8. You might have to give your iPad a few seconds to recognize everything, but after that, you can launch Safari and begin surfing the web.
9. From there, you can launch the streaming app of your choice, be it YouTube, Netflix, Hulu Plus, etc. You should get a much better internet connection than you would if you were just using a WiFi connection.