BACKGROUND

Biological damage from microwave radiation at a cellular level occurs at levels much lower than the current government safety standards. They only consider the heating of tissue to be a health concern. This meter reflects the latest science and building biology standards.

Environments with high levels of RF are often a reality now. The goal is to reduce your exposure as much as possible. This is especially important in sleeping areas.

NOTES

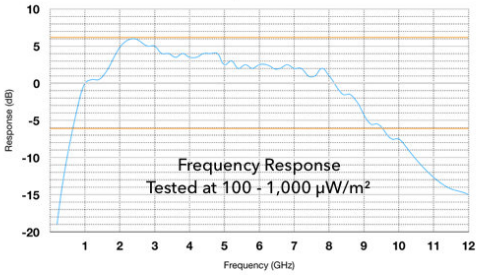
The unit will automatically turn itself off after 30 minutes. To turn it on again, move the power switch to the OFF position, then back ON again.

To use the Safe and Sound Pro continuously, or without batteries, connect a computer or 5V USB charger to the micro USB jack.

When headphones are connected to the 1/8" jack, the internal speaker is automatically muted.

Safe and Sound Pro

Technical Specifications



Frequency Response: 650MHz - 10GHz (±6dB)
Full Frequency Response: 200MHz - 12 GHz
Response Time: < 5 µs

Peak Values

Red (Fast Flash) > 100,000 µW/m²
Red (Flash) 10,000 - 100,000 µW/m²
Red 1000 - 10,000µW/m²
Orange 100-1000 µW/m²
Yellow 10-100 µW/m²
Green 1-10 µW/m²
Green (Flashing) < 1 µW/m²

(2.4 GHz signal level reference)
Recommended Battery Type: 2 x AA alkaline
Battery Life: > 15 hours with speaker on
> 18 hours with speaker off

Engineered and Made in Canada by

SAFE LIVING TECHNOLOGIES

www.slt.co

Safe and Sound Pro

200 MHz - 12 GHz
650 MHz - 10 GHz (±6dB)
Broadband RF Detector

Operation Guide

ABOUT

Safe Living Technologies is pleased to introduce the Safe and Sound Pro RF Meter. Designed to meet our professional standards of accuracy and reliability, the Safe and Sound Pro features:

- a true ±6dB response from 650 MHz - 10 GHz. (full frequency response from 200 MHz - 12 GHz)
- the ability to detect very short pulses (< 5 µs)
- high sensitivity and resolution at low levels
- long battery life: >15 hours with speaker on
- a clear display with PEAK, MAX & AVG readings
- measures up to 1,000,000 µW/m²
- loud adjustable speaker sound output - 3 levels
- 1/8" stereo headphone jack
- continuous operation via USB power

This sensitive meter is capable of measuring potentially harmful RF or microwave radiation from any continuous or pulsed digital sources. To help identify these various sources, the Safe and Sound Pro includes a built in speaker with adjustable volume levels. Each source has its own unique sound signature. Please visit our website **www.slt.co** for the sound library.

OPERATION

To turn on the unit, simply slide the power switch up to the middle (or top position) for enabling sound. The startup screen will show the self calibration process and the approximate battery level in percent remaining.
With sound enabled, the speaker volume switch can be set to three levels: LOW, MEDIUM and HIGH.

Scan the area to record the highest MAX reading by moving it in all directions while keeping it at least 30 cm or 1 foot from your body. If the RF levels are at or below a safe, long-term exposure level for sleeping areas, the green LED will be solid or flashing if it's an ideal environment.

Startup Screen

Measurement Screen

Quick view indicator lights

RED: Extreme
Move away from this exposure.
Flashing indicates more than **10x** extreme.
Fast flashing indicates more than **100x** extreme

ORANGE: High
Try to limit the time of your exposure at this level.

YELLOW: Moderate
Reduce this level for long term exposure.

GREEN (solid): Slight
Good for sleeping areas and long term exposure.
Flashing indicates best and ideal conditions.

TERMINOLOGY

PEAK: Maximum instantaneous signal level.

MAX: Highest measured PEAK value.

AVG: Time averaged signal power density.

The graph below shows how average signal levels are calculated and why these levels are often much lower than peak levels. Example WiFi beacon: