

Contact for your questions

Do you have any questions concerning wireless telecommunication, the environment and health?

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40000857 04.10 Strahlungsarm Telefonieren Flyer 2010 en

Low-radiation on the move

Choose the right mobile phone

Anyone wishing to reduce their exposure to mobile phone radiation can choose a low-radiation handset and alter their phoning habits.

Which type of mobile phone is suitable?

An important factor is the SAR value, which measures the rate at which electromagnetic radiation is absorbed by the body. This value is checked for each type of mobile at maximum power output as well as under unfavourable conditions. Recommendations issued by the International Commission on Non-Ionising Radiation Protection (ICNIRP) have set a SAR limit of 2 watts per kilogram of body weight.

Exposure to radiation arising from the daily use of mobile phones, however, is well below the SAR limit. This is because a mobile phone only transmits using the level of power that is absolutely necessary rather than constantly at full power.

UMTS reduces the level of radiation

Modern UMTS mobiles emit between 100 and 1,000 times less radiation than older GSM phones. So you can greatly reduce emissions by making your calls on the UMTS network! This is also the reason why Swisscom only designates UMTS-compatible phones with a low SAR value as being low in radiation.



Low radiation at home

Tips for low-radiation phoning

The following tips are precautionary measures that you can take to reduce radiation when making mobile phone calls.

- > Use a UMTS-compatible handset: this works with much lower average power output than a GSM device.
- > Call preferably from locations where coverage is good: here the handset requires less power output.
- > Use a handsfree earpiece when making longer calls: this reduces radiation significantly.
- > When phoning on trains, choose a modern coach equipped with repeaters: these pick up and optimally transmit weak signals using low power output.
- > Don't use products that are advertised as radiation blockers or harmonisers and can be affixed to the handset. At best the effect is zero, at worst they block out waves and therefore increase the power output of the mobile.

Cordless fixed-line phones

In autumn 2008 Swisscom was the first telecoms provider worldwide to launch Ecomode plus. Cordless phones featuring Ecomode plus are currently the lowest-emission cordless handsets available on the market.

No radiation in standby mode

Thanks to Ecomode plus, the handsets emit no radiation in standby mode, irrespective of whether the handset is resting on the base station or not. Ecomode plus also minimises the power output of the handset while in use without impairing the quality. Depending on the distance from the base station, radiation is reduced by up to 80 per cent.

Ecomode plus phones consume 60% less electricity than conventional cordless sets.

WLAN router

All of the new WLAN routers sold by Swisscom can be switched off at the touch of a button.

This way the devices only emit electromagnetic fields when they are also used for wireless Internet access.

Swisscom TV

Anyone wishing to reduce their exposure to radiation while watching Internet television should use a cable to connect their Swisscom TV box to the DSL modem. The required Ethernet cable is included with every TV set.