

## Mobile Phone Base-Station Audit

Audit site: Upper Rainham Road

Romford Essex  
RM12 4EY



The Office of Communications (Ofcom) is responsible for management of the civil radio spectrum in the UK. Following recommendations of the Stewart Report in 2000 Ofcom is continuing a national measurement programme to ensure that emissions from cellular base stations do not exceed the guidelines for public maximum exposure set by the International Commission on Non-Ionizing Radiation Protection (ICNIRP).

Electric field strength measurements made in various bands are referenced to and presented alongside the relevant ICNIRP public maximum exposure levels. On the left hand side of the results page(s) is a graphical representation of the radio spectrum surveyed at each location on the site. The red line on each graph indicates the ICNIRP guideline exposure level for that frequency band. To the right hand side of each graph is a table showing the ten highest level emissions recorded within a band.

Further explanation of the results and their context within the ICNIRP guidelines can be provided by the Ofcom officers at the time of the audit or by contacting Ofcom on 020 7981 3040 or by e-mail at [contact@ofcom.org.uk](mailto:contact@ofcom.org.uk) A glossary of terms can be found at the end of the report.

Results taken from all audit sites and further information on the audit programme can be found on the Ofcom website at [www.ofcom.org.uk](http://www.ofcom.org.uk)

## Report Summary

As the radio spectrum is continually changing, these measurements can only provide information on the radio frequency (RF) conditions for the specific locations at the time of the survey.

Ofcom performed this survey of the RF emission environment prevailing in the vicinity of Upper Rainham Road on 09/04/2010

The following table, sorted in descending order of signal level, summarises the results obtained at each measurement location.

<b>Summary of results:</b>		
<b>Location</b>	<b>Total band exposure</b>	<b>Relationship to ICNIRP Limit</b>
Outside 213 Upper Rainham Road	0.000236	1/ 4239
Opposite 191 Upper Rainham Rd	0.000159	1/ 6304
Inside Skateboard Park	8.8E-05	1/ 11364
Childrens Play Area Turner Road	6E-05	1/ 16657
Junction with Laburnham Ave	2.11E-05	1/ 47426

Issued on behalf of Ofcom.

Issued by:

Received by:

Ian Crompton and Manuel Fernandez  
Field Engineer

Local  
Resident

## Survey Methodology

EM power density levels have been measured in this survey using a carefully designed and controlled methodology. Elements of this methodology include:

1. A peak search around the identified location in order to determine with accuracy the spot where the maximum radiation levels are being received. To achieve this, the survey engineer walked in the area surrounding the site along a pre-defined template path, using the hand-held probe and noted the location of maximum reading.
2. The probe was then positioned on a tripod at the exact location of the maximum radiation level readings and the measurement taken. The height of the probe is approximately 1.5m above the ground.
3. The exact measurement position was recorded using a GPS receiver and photographs of the location were taken where appropriate.

### Survey equipment

The measurements were performed using:

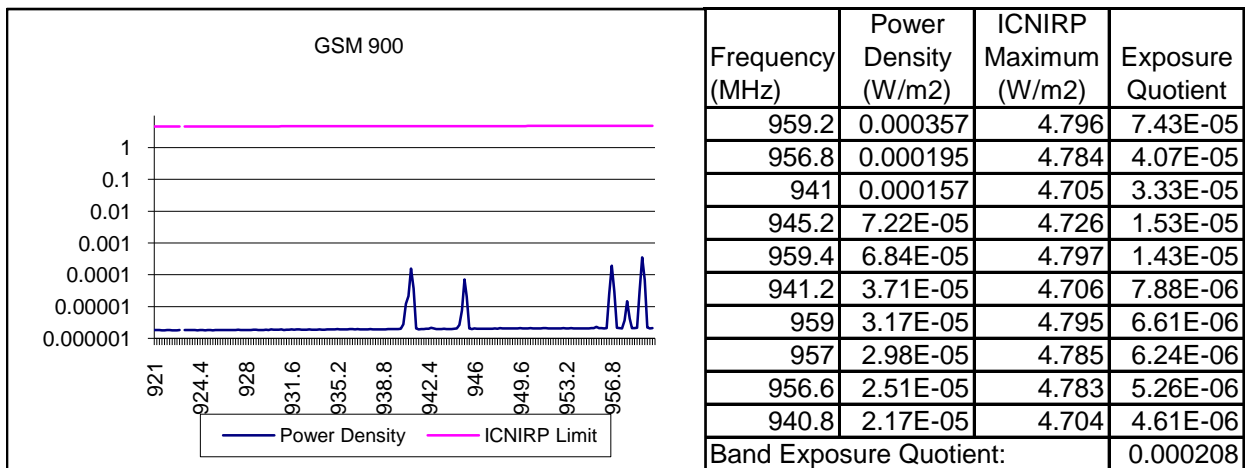
- \* an isotropic field probe, which reacts to all polarisations (directions) of the electric field, in a similar way to biological tissue.
- \* a carefully calibrated exposure level meter for all cellular frequencies to ensure that that the measurements are meaningful and accurate.

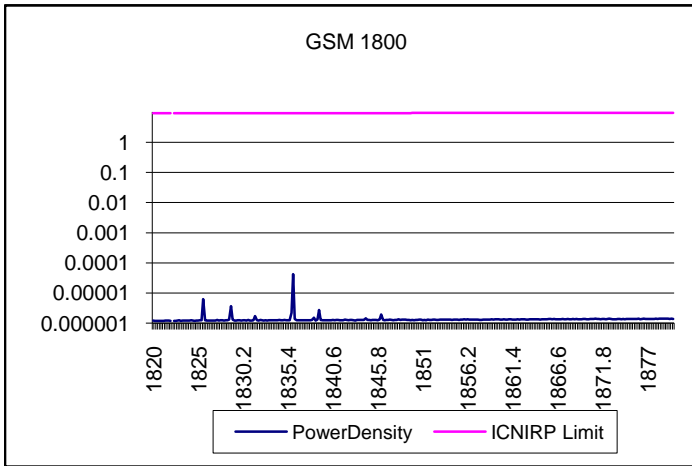
<b>Receiver:</b>	
Manufacturer:	Rohde & Schwarz
Model:	FSH6
Serial Number:	100586
<b>Probe:</b>	
Manufacturer:	Rohde & Schwarz
Model:	TS-EMF
Serial Number:	100045

<b>Site:</b>	Upper Rainham Road
<b>Location:</b>	Outside 213 Upper Rainham Road
<b>Total Band Exposure Quotient:</b>	0.000235922
<b>Total Number of Measurements:</b>	4
<b>NGR:</b>	TQ 5182 8656
<b>Start time:</b>	09/04/2010 11:05
<b>Officer:</b>	Ian Crompton and Manuel Fernandez

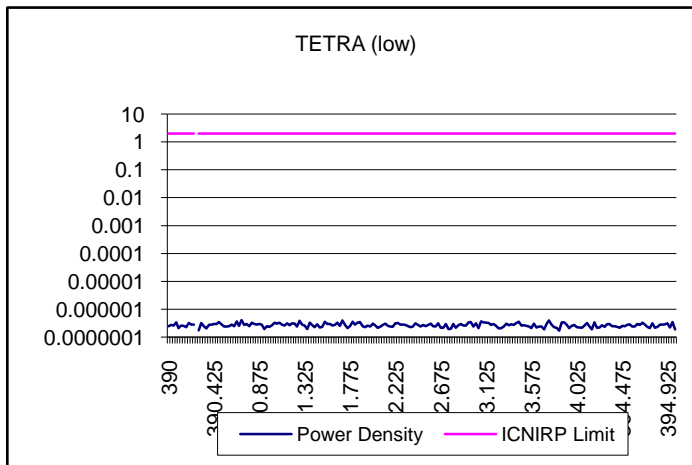


Measurement location: Outside 213 Upper Rainham Road

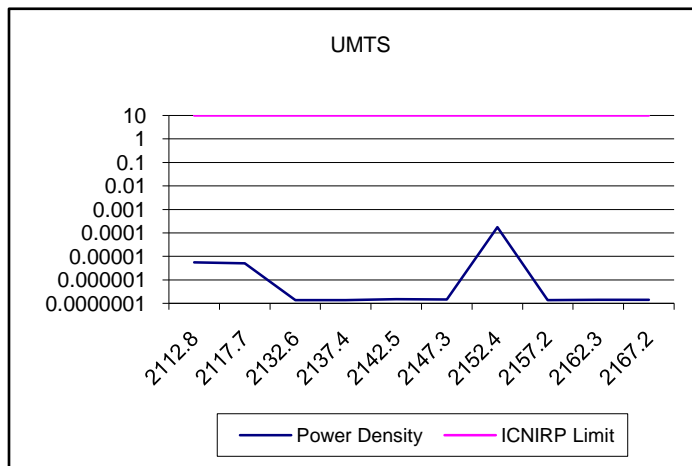




Frequency (MHz)	Power Density (W/m2)	ICNIRP Maximum (W/m2)	Exposure Quotient
1836	4.27E-05	9.18	4.65E-06
1825.6	6.31E-06	9.128	6.91E-07
1828.8	3.71E-06	9.144	4.06E-07
1839	2.73E-06	9.195	2.97E-07
1835.8	2.19E-06	9.179	2.39E-07
1846.2	1.94E-06	9.231	2.1E-07
1831.6	1.74E-06	9.158	1.9E-07
1838.4	1.53E-06	9.192	1.67E-07
1844.4	1.45E-06	9.222	1.57E-07
1876	1.41E-06	9.38	1.51E-07
Band Exposure Quotient:			7.16E-06



Frequency (MHz)	Power Density (W/m2)	ICNIRP Maximum (W/m2)	Exposure Quotient
390.7	4.09E-07	2	2.04E-07
393.75	4E-07	2	2E-07
391.7	3.99E-07	2	2E-07
391.275	3.89E-07	2	1.95E-07
393.075	3.7E-07	2	1.85E-07
390.65	3.67E-07	2	1.84E-07
393.45	3.61E-07	2	1.81E-07
391.525	3.59E-07	2	1.79E-07
391.8	3.56E-07	2	1.78E-07
392.975	3.52E-07	2	1.76E-07
Band Exposure Quotient:			1.88E-06

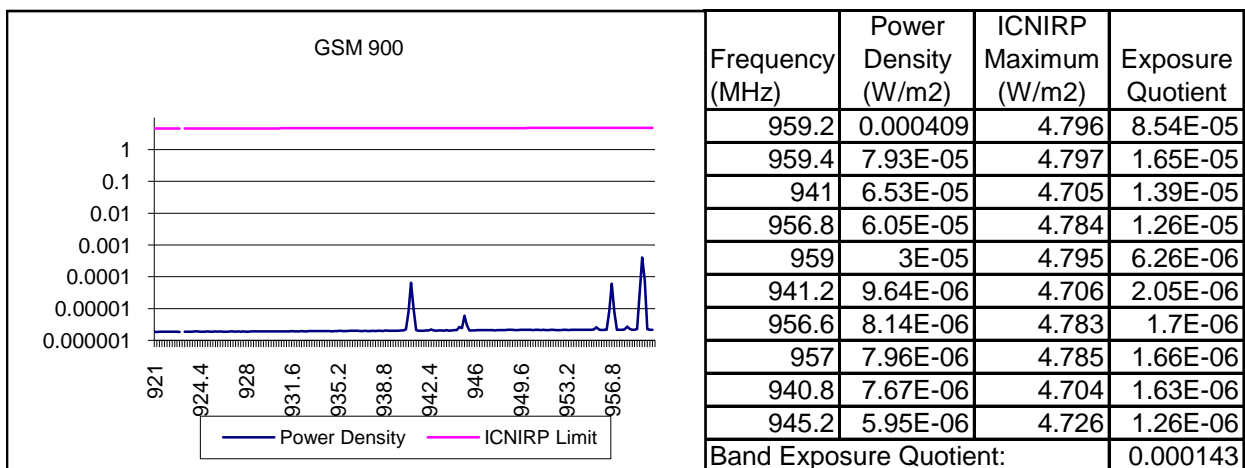


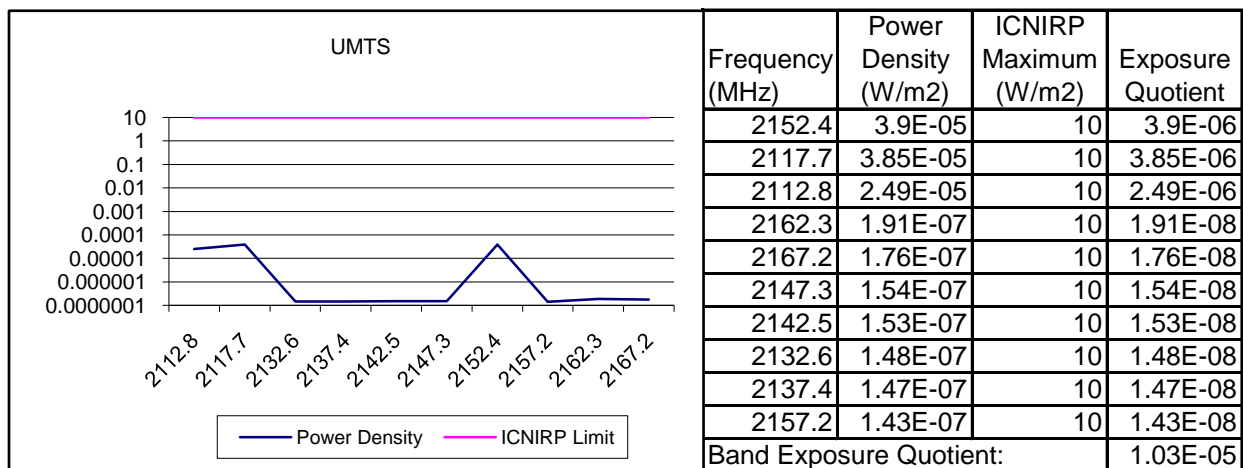
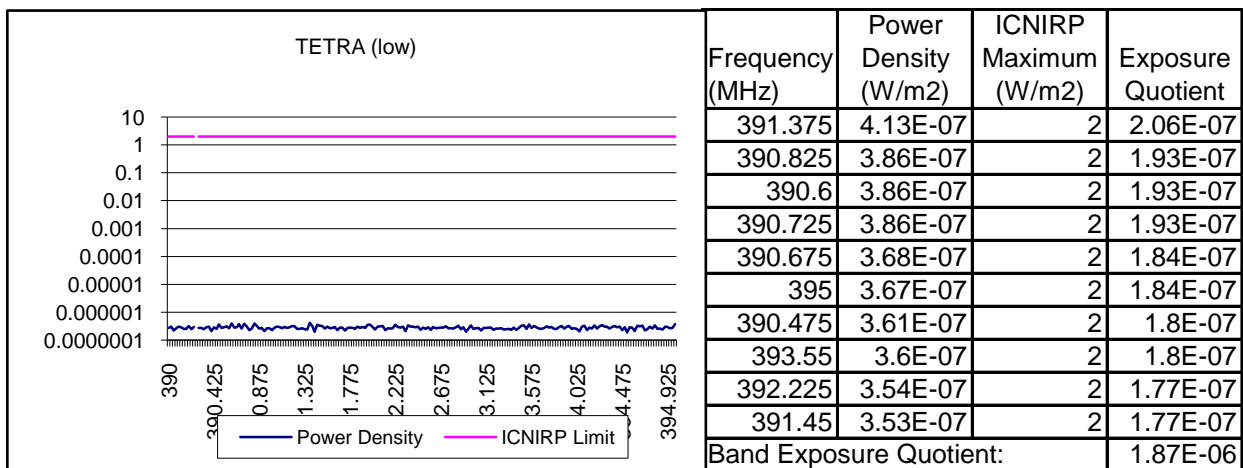
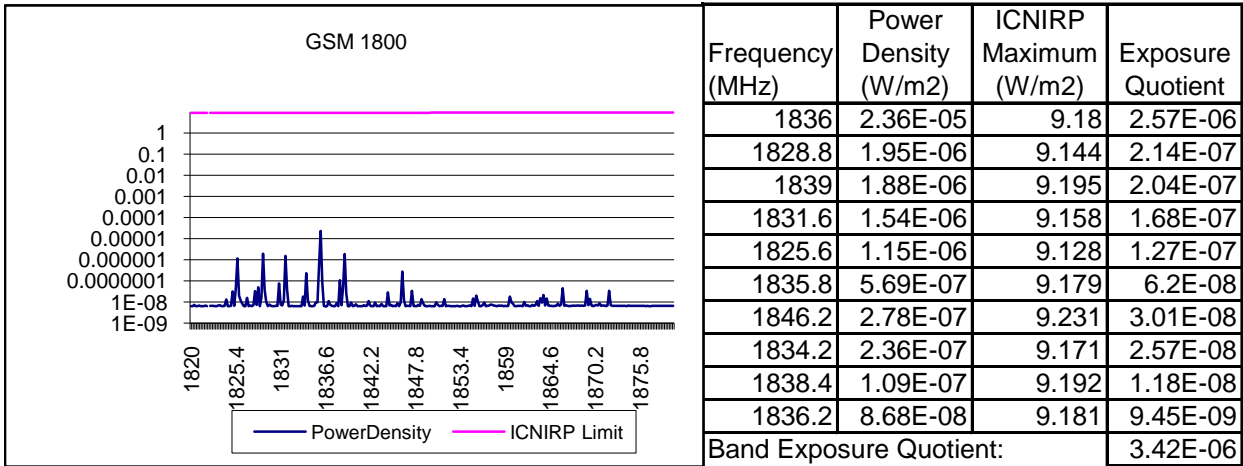
Frequency (MHz)	Power Density (W/m2)	ICNIRP Maximum (W/m2)	Exposure Quotient
2152.4	0.000173	10	1.73E-05
2112.8	5.64E-06	10	5.64E-07
2117.7	4.99E-06	10	4.99E-07
2142.5	1.52E-07	10	1.52E-08
2147.3	1.47E-07	10	1.47E-08
2162.3	1.42E-07	10	1.42E-08
2167.2	1.42E-07	10	1.42E-08
2137.4	1.41E-07	10	1.41E-08
2132.6	1.41E-07	10	1.41E-08
2157.2	1.39E-07	10	1.39E-08
Band Exposure Quotient:			1.84E-05

<b>Site:</b>	Upper Rainham Road
<b>Location:</b>	Opposite 191 Upper Rainham Rd
<b>Total Band Exposure Quotient:</b>	0.000158627
<b>Total Number of Measurements:</b>	4
<b>NGR:</b>	TQ 5178 8661
<b>Start time:</b>	09/04/2010 11:23
<b>Officer:</b>	Ian Crompton and Manuel Fernandez



Measurement location: Opposite 191 Upper Rainham Rd

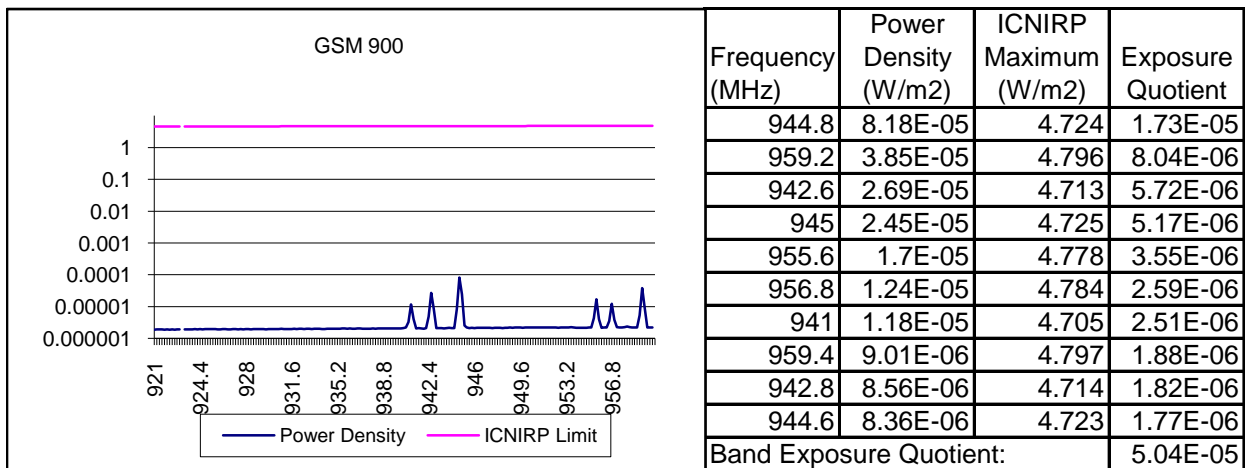




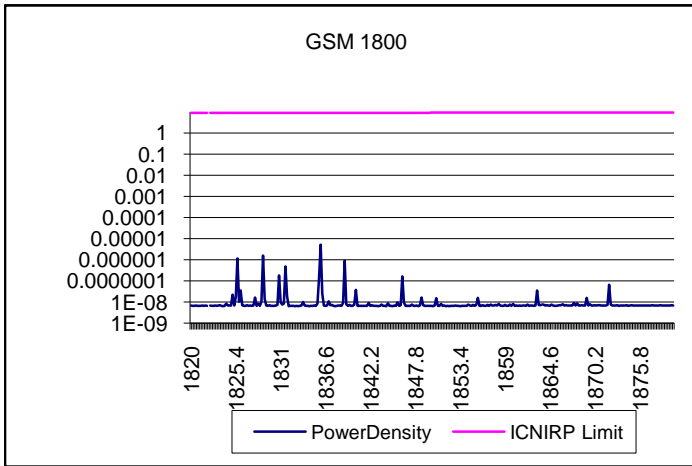
<b>Site:</b>	Upper Rainham Road
<b>Location:</b>	Childrens Play Area Turner Road
<b>Total Band Exposure Quotient:</b>	6.00361E-05
<b>Total Number of Measurements:</b>	4
<b>NGR:</b>	TQ 5169 8664
<b>Start time:</b>	09/04/2010 11:37
<b>Officer:</b>	Ian Crompton and Manuel Fernandez



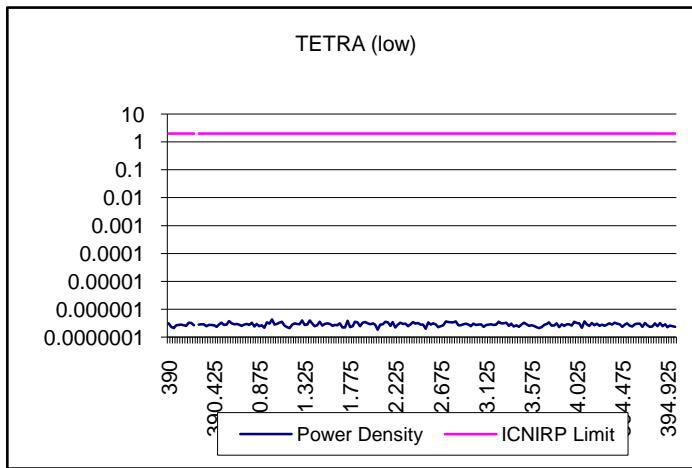
Measurement location: Childrens Play Area Turner Road



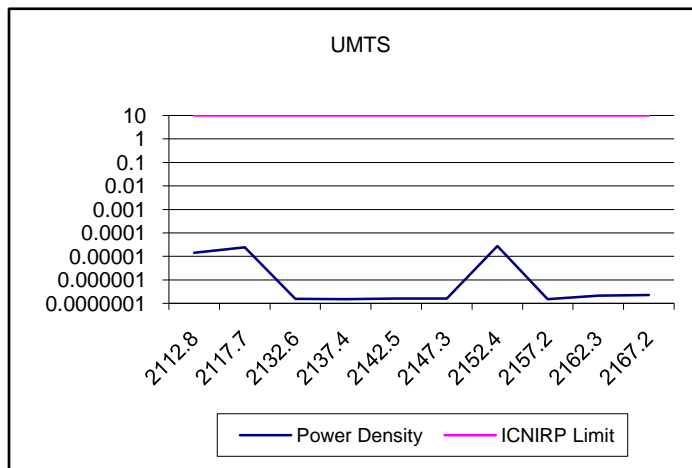




Frequency (MHz)	Power Density (W/m²)	ICNIRP Maximum (W/m²)	Exposure Quotient
1836	5.25E-06	9.18	5.72E-07
1828.8	1.62E-06	9.144	1.77E-07
1825.6	1.17E-06	9.128	1.28E-07
1839	9.27E-07	9.195	1.01E-07
1831.6	4.94E-07	9.158	5.39E-08
1830.8	1.84E-07	9.154	2.01E-08
1846.2	1.67E-07	9.231	1.8E-08
1835.8	1.48E-07	9.179	1.61E-08
1872	6.65E-08	9.36	7.11E-09
1840.4	3.77E-08	9.202	4.09E-09
Band Exposure Quotient:			1.1E-06



Frequency (MHz)	Power Density (W/m²)	ICNIRP Maximum (W/m²)	Exposure Quotient
391	4.25E-07	2	2.13E-07
391.3	3.92E-07	2	1.96E-07
391.375	3.9E-07	2	1.95E-07
391.75	3.84E-07	2	1.92E-07
390.575	3.74E-07	2	1.87E-07
394.1	3.68E-07	2	1.84E-07
392.825	3.61E-07	2	1.8E-07
392.725	3.61E-07	2	1.8E-07
393.25	3.58E-07	2	1.79E-07
391.475	3.57E-07	2	1.78E-07
Band Exposure Quotient:			1.88E-06

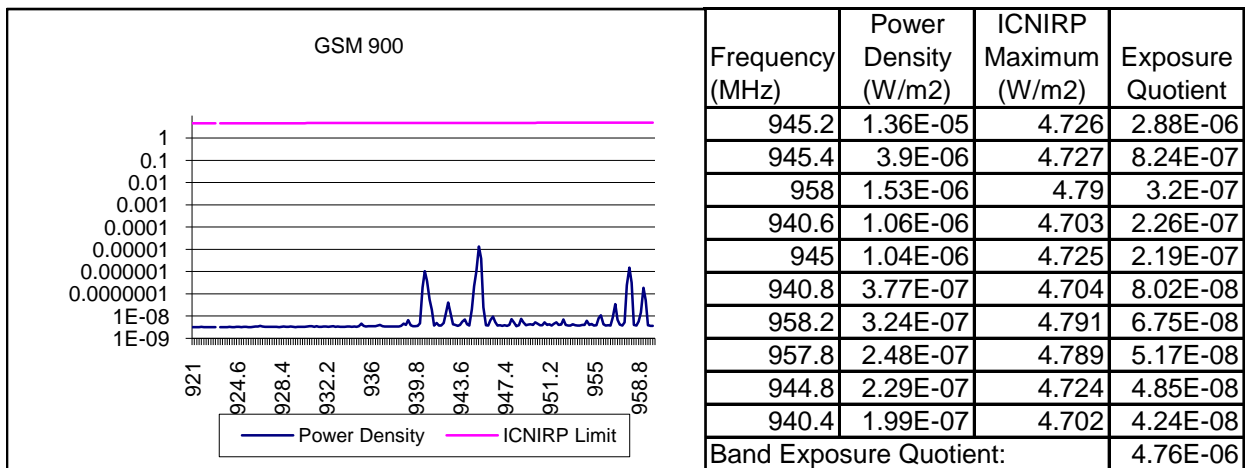


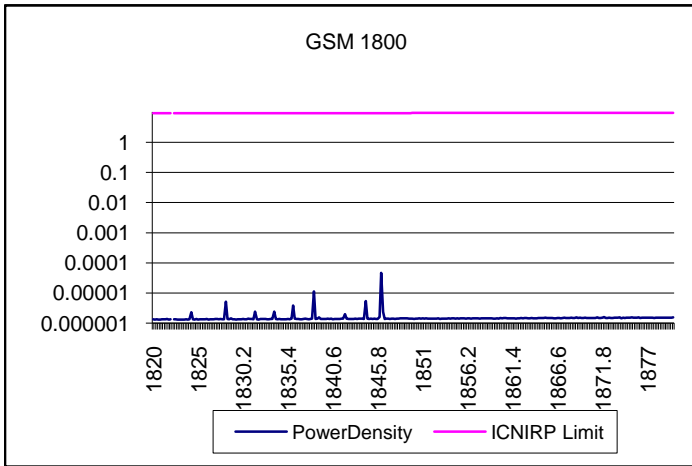
Frequency (MHz)	Power Density (W/m²)	ICNIRP Maximum (W/m²)	Exposure Quotient
2152.4	2.71E-05	10	2.71E-06
2117.7	2.43E-05	10	2.43E-06
2112.8	1.43E-05	10	1.43E-06
2167.2	2.26E-07	10	2.26E-08
2162.3	2.14E-07	10	2.14E-08
2142.5	1.63E-07	10	1.63E-08
2147.3	1.62E-07	10	1.62E-08
2132.6	1.57E-07	10	1.57E-08
2137.4	1.52E-07	10	1.52E-08
2157.2	1.5E-07	10	1.5E-08
Band Exposure Quotient:			6.69E-06

<b>Site:</b>	Upper Rainham Road
<b>Location:</b>	Junction with Laburnham Ave
<b>Total Band Exposure Quotient:</b>	2.10855E-05
<b>Total Number of Measurements:</b>	4
<b>NGR:</b>	TQ 5189 8637
<b>Start time:</b>	09/04/2010 11:52
<b>Officer:</b>	Ian Crompton and Manuel Fernandez

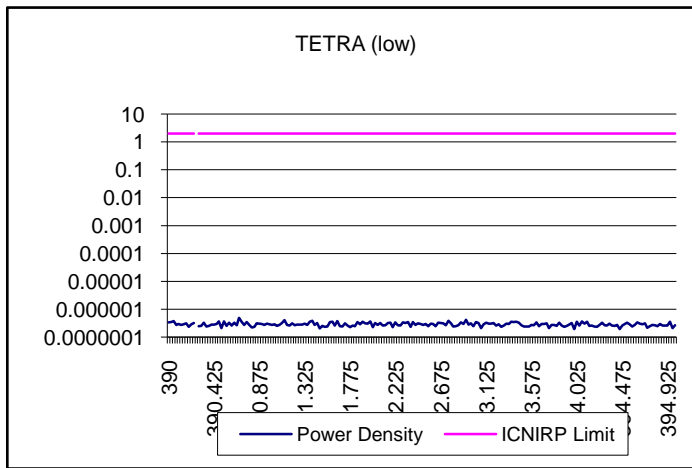


Measurement location: Junction with Laburnham Ave

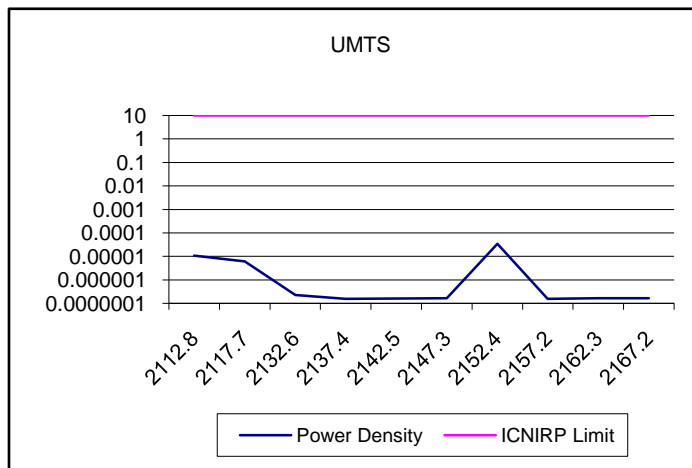




Frequency (MHz)	Power Density (W/m²)	ICNIRP Maximum (W/m²)	Exposure Quotient
1846.2	4.69E-05	9.231	5.08E-06
1838.4	1.13E-05	9.192	1.23E-06
1844.4	5.5E-06	9.222	5.96E-07
1828.2	5.23E-06	9.141	5.72E-07
1836	3.92E-06	9.18	4.27E-07
1831.6	2.46E-06	9.158	2.69E-07
1833.8	2.42E-06	9.169	2.64E-07
1846.4	2.39E-06	9.232	2.59E-07
1824.2	2.32E-06	9.121	2.54E-07
1842	2.01E-06	9.21	2.18E-07
Band Exposure Quotient:			9.17E-06



Frequency (MHz)	Power Density (W/m²)	ICNIRP Maximum (W/m²)	Exposure Quotient
390.675	4.85E-07	2	2.43E-07
392.925	4.17E-07	2	2.09E-07
391.125	4E-07	2	2E-07
392.75	3.81E-07	2	1.91E-07
391.4	3.8E-07	2	1.9E-07
390.05	3.75E-07	2	1.88E-07
391.65	3.71E-07	2	1.86E-07
391.975	3.66E-07	2	1.83E-07
394.075	3.6E-07	2	1.8E-07
390.475	3.59E-07	2	1.79E-07
Band Exposure Quotient:			1.95E-06

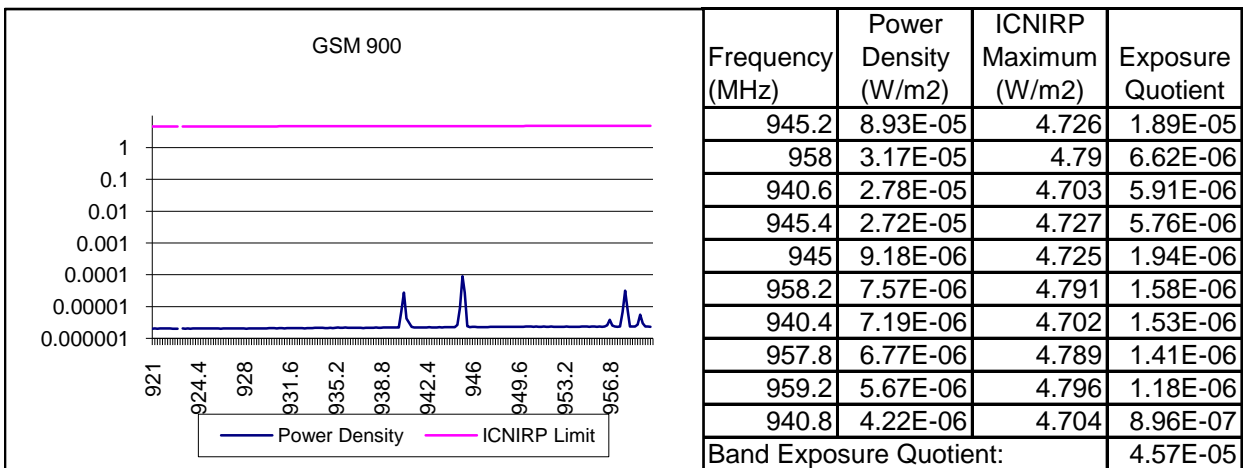


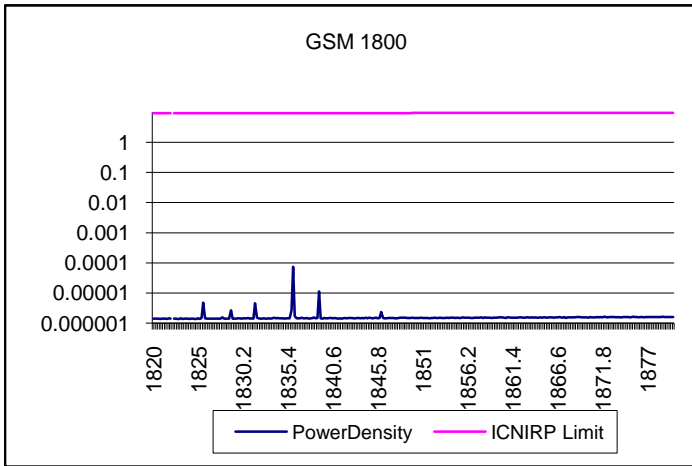
Frequency (MHz)	Power Density (W/m²)	ICNIRP Maximum (W/m²)	Exposure Quotient
2152.4	3.41E-05	10	3.41E-06
2112.8	1.08E-05	10	1.08E-06
2117.7	6.1E-06	10	6.1E-07
2132.6	2.21E-07	10	2.21E-08
2147.3	1.64E-07	10	1.64E-08
2162.3	1.62E-07	10	1.62E-08
2167.2	1.62E-07	10	1.62E-08
2142.5	1.61E-07	10	1.61E-08
2137.4	1.56E-07	10	1.56E-08
2157.2	1.54E-07	10	1.54E-08
Band Exposure Quotient:			5.21E-06

<b>Site:</b>	Upper Rainham Road
<b>Location:</b>	Inside Skateboard Park
<b>Total Band Exposure Quotient:</b>	8.79977E-05
<b>Total Number of Measurements:</b>	4
<b>NGR:</b>	TQ 5182 8644
<b>Start time:</b>	09/04/2010 12:10
<b>Officer:</b>	Ian Crompton and Manuel Fernandez

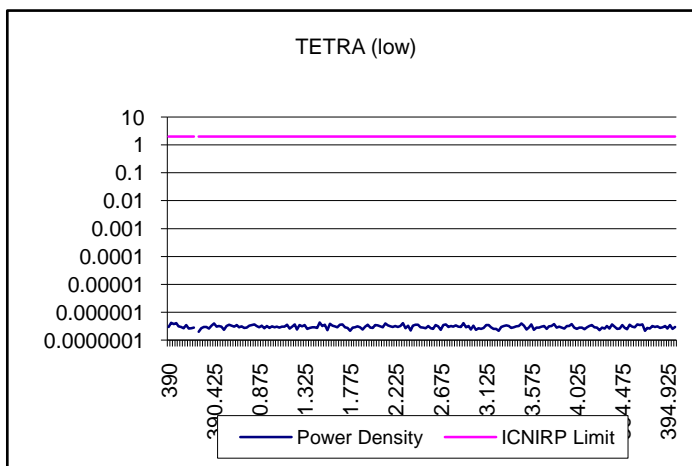


Measurement location: Inside Skateboard Park

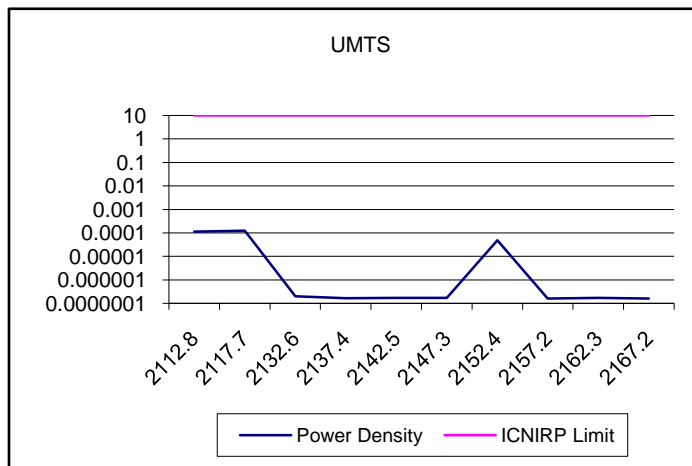




Frequency (MHz)	Power Density (W/m²)	ICNIRP Maximum (W/m²)	Exposure Quotient
1836	7.36E-05	9.18	8.01E-06
1839	1.13E-05	9.195	1.23E-06
1825.6	4.82E-06	9.128	5.28E-07
1831.6	4.59E-06	9.158	5.02E-07
1828.8	2.67E-06	9.144	2.92E-07
1835.8	2.67E-06	9.179	2.91E-07
1846.2	2.34E-06	9.231	2.54E-07
1836.2	1.7E-06	9.181	1.86E-07
1872	1.63E-06	9.36	1.74E-07
1875.4	1.62E-06	9.377	1.73E-07
Band Exposure Quotient:			1.16E-05



Frequency (MHz)	Power Density (W/m²)	ICNIRP Maximum (W/m²)	Exposure Quotient
391.475	4.25E-07	2	2.13E-07
390.025	4.18E-07	2	2.09E-07
392.9	4.05E-07	2	2.03E-07
390.075	4.05E-07	2	2.03E-07
392.3	3.98E-07	2	1.99E-07
392.125	3.96E-07	2	1.98E-07
393.475	3.9E-07	2	1.95E-07
390.425	3.88E-07	2	1.94E-07
391.575	3.85E-07	2	1.92E-07
393.975	3.72E-07	2	1.86E-07
Band Exposure Quotient:			1.99E-06



Frequency (MHz)	Power Density (W/m²)	ICNIRP Maximum (W/m²)	Exposure Quotient
2117.7	0.000123	10	1.23E-05
2112.8	0.000114	10	1.14E-05
2152.4	4.82E-05	10	4.82E-06
2132.6	2.04E-07	10	2.04E-08
2162.3	1.75E-07	10	1.75E-08
2142.5	1.72E-07	10	1.72E-08
2147.3	1.71E-07	10	1.71E-08
2137.4	1.67E-07	10	1.67E-08
2157.2	1.64E-07	10	1.64E-08
2167.2	1.62E-07	10	1.62E-08
Band Exposure Quotient:			2.86E-05

## EM Exposure Background

All radio waves are electromagnetic waves (“EM”), which are composed of electric and magnetic fields. These waves are referred to as ‘non-ionising radiation’ as distinct from the ionising radiation produced by radioactive sources. We are all regularly exposed to EM radiation from a variety of sources.

Exposure to EM waves is measured in terms of the electric and magnetic field strengths, which are produced by a transmitter at locations, which could be accessed by the public. The electric field strength, E, is measured in volts per meter [V.m<sup>-1</sup>]. The power that could be absorbed by an object at a given location is proportional to the area of the object multiplied by the square of the electric field strength.

In this report, the Exposure Quotient (“EQ”) is calculated to express the ratio of the measured power density levels (expressed in W/m<sup>2</sup>) to the ICNIRP Reference power density levels (derived from the Reference field strength levels). The EQ is then summed over all the frequencies in each of the surveyed bands to yield the band exposure quotient as shown in the Survey Results section of this document. A band EQ of 1 (unity) means that the ICNIRP Reference level has been reached at the surveyed frequency band.

## Glossary

<b>Site:</b>	The building or area around which sets of measurements are taken
<b>Location:</b>	The position within a site at which a single set of measurements is taken. A set of measurements consists of multiple scans of many frequencies within a number of bands
<b>Band:</b>	A portion of the electromagnetic spectrum reserved for specific radio services
<b>NGR:</b>	The Ordnance Survey national grid reference coordinates of the location. In this survey NGRs are specified to 8-digit (10-metre) resolution. E.g. SJ 9755 9888
<b>GPS:</b>	The Global Positioning System
<b>Start Time:</b>	The date and time at which the receiver started taking its measurements at a location
<b>Officer:</b>	The name of the Ofcom representative who carried out the audit
<b>Receiver:</b>	The receiver used to perform the measurements
<b>Antenna:</b>	The antenna used to perform the measurements
<b>Exposure:</b>	The maximum measured electric field strength (dB( $\mu$ V/m)) converted to an equivalent power density (W/m <sup>2</sup> )
<b>Power Density:</b>	The electromagnetic energy flowing through a unit area normal to the direction of propagation in a unit time. Measured in Watts per square metre (W/m <sup>2</sup> )
<b>ICNIRP Limit:</b>	The reference level given by the International Commission for Non-Ionizing Radiation Protection (ICNIRP) for general public exposure to electromagnetic fields
<b>Frequency Exposure Quotient:</b>	The ratio of the measured maximum power density to the ICNIRP limit at a given frequency. A value close to 1 signifies that exposure levels could be near to the ICNIRP limit for that frequency
<b>Band Exposure Quotient:</b>	The sum of the frequency exposure quotients for a single band at a location
<b>Total Band Exposure Quotient:</b>	The sum of the frequency exposure quotients for all of the measured bands at a location
<b>GSM:</b>	Global System for Mobile communication
<b>TETRA:</b>	Terrestrial Trunked Radio
<b>UMTS:</b>	Universal Mobile Telecommunications System (Third Generation mobile-phone services)
<b>1.00E-03:</b>	Exponential (or 'scientific') number format. Equal to one thousandth
<b>1.00E-06:</b>	Equal to one millionth
<b>1.00E-09:</b>	Equal to one thousand-millionth
<b>1.00E-12:</b>	Equal to one million-millionth