

RF Site Safety & Construction

OSHA Employee Training

(29 CFR 1910 & 1926)

Course Length One Day

Prerequisites None

Course Objectives Required Training for employees and sub-contractors in the telecommunications industry. Subjects include regulations and RF standards, types of radiation and field effect, overview of radio antenna systems, Maximum Permissible Exposure (MPE) at RF sites, hazard assessment, and Personal Protective equipment.

This course can be included as a subject in the 10 hour OSHA outreach training program. *This course can be customized to meet specific requirements*

COURSE OUTLINE

RF Site Safety and the Law

- 1) Introduction
- 2) OSHA 29CFR 1910 & 1926
- 3) ANSI, FCC, OSHA Standards
- 4) FCC Enforcement
- 5) Federal vs. State Regulations
- 6) Training and Record keeping

Types of Radiation

- 1) Ionizing Radiation Transmitters
- 2) Non-ionizing radiation
- 3) Near field vs. Far field
- 4) Wavelength
- 5) Radio Spectrum

Radio Antenna Systems

- 1) How Antennas work
- 2) Antenna Types
- 3) Antenna Gain & Bandwidth
- 4) Transmission Lines
- 5) Grounding overview

Maximum Permissible Exposure

- 1) MPE Defined
- 2) Exposure Limit
- 3) Controlled vs. Uncontrolled
- 4) The 5% Rule
- 5) Contact Currents

Hazard Assessment

- 1) Site Assessment
- 2) Site Inspection & Security
- 3) Multi-user Sites
- 4) Posting Requirements
- 5) Lock out – Tag out

Personal Protective Equipment - PPE

- 1) General Requirements
 - 2) RF Monitors
 - 3) Eye and Hearing Protection
 - 4) RF Suits
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