

## TRAINING COURSE

**Product ID:** RGT4:RF  
**Description:** Radio Frequency Awareness  
**Duration:** 0.5 Days  
**Max Number of Delegates:** 15

### Prerequisite:

- No previous experience or qualification required.
- Delegates must meet the minimum age of 18 years and be fluent in English.

### Course:

This training course is designed to provide delegates awareness of radio frequency hazards typically found when working on flat and inclined rooftops. This course is suitable for anyone who is required to work on rooftops where there are RF hazards so they can understand the dangers and what they impose and how to keep themselves safe.

### Course Content:

- Legislation
- Electromagnetic fields
- E fields
- H fields
- Alternating fields
- Frequency and wavelength, speed of light relationship
- Electromagnetic spectrum
- RF and Microwave bands
- Ionising Vs Non-ionising radiation
- Biological effects
- Typical power outputs and sources
- Human body – direct and indirect effects
- Dielectric composition
- Tissue geometry and size
- Penetration depth vs. frequency
- Non-thermal effects
- RF policy
- Source characteristics including antenna types
- Low Frequency and Medium Frequency antennas and precautions
- Near field and far field
- Measurement equipment
- Survey meters
- Personal monitors
- Warning signs

### Training Methods:

This training course combines theory and practical training methods to ensure delegates receive the information required in preparation for their assessment. Printed course material, practical demonstrations and hands on training will be conducted throughout the course.

### Certification:

On successful completion of the course, delegates will receive a 3 year RIDGEGEAR certificate. Delegates must keep up their CPD by attending regular training to refresh their skillset.

### PPE Requirements:

No PPE requirements.