

### WORKSHEET 3 - RF EXPOSURE WORKSHEET

Complete one of the following sections.

**1. A single LPFM station that does not share its tower with any other non-excluded RF sources (including, but not limited to, FM or TV transmitting antennas) and is located more than 315 meters (1,034 feet) from any other tower or non-excluded RF radiation sources.**

**LPFM stations:** the maximum operating power (ERP) for your station will not exceed 100 watts.

a. Enter the height above ground level to the lowest part of your antenna:  **Meters**  
(If your antenna is mounted on a building or rooftop, use the height from the bottom of your tower or support structure to the lowest part of your antenna). *This value must be at least 6.5 meters (21 feet).*

b. Enter the minimum distance in any direction that will be maintained between any part of the radiation structure of the antenna and any nearby person or persons:  **Meters**  
*This value must be at least 6.0 meters (20 feet).*

**2. A single LPFM station on a tower that supports other non-excluded RF sources.**

**LPFM stations:** the maximum ERP for your station will not exceed 100 watts.

Enter the height above ground level to the lowest part of your antenna:  **Meters**  
(if your antenna is mounted on a building or rooftop, use the height from the bottom of your tower or support structure to the lowest part of your antenna). *This value must be at least 22 meters (72 feet).*

If a proposed station does not meet these minimum distance requirements it may not be in compliance with the Commission's radio frequency exposure guidelines. In such cases, the applicant will need to perform an environmental evaluation for the proposed station and may have to submit an Environmental Assessment (EA). If the proposed station does not meet the minimum distance requirements, or if the proposed station doesn't fall under categories one or two above, the application should consult OET Bulletin 65 (and Supplement A to Bulletin 65) for further information on evaluating its site. In particular, see sections of the bulletin and supplement on "FM radio broadcast stations" and on "multiple transmitter sites." These documents are available from the following Web site: [www.fcc.gov/encyclopedia/radio-frequency-safety](http://www.fcc.gov/encyclopedia/radio-frequency-safety) or call: 1-888-225-5322 to request copies. An applicant may also send requests or inquiries about RF safety requirements to: [rfsafety@fcc.gov](mailto:rfsafety@fcc.gov).