



**2006 - 2019**

**EMF / RF Measurement and Mitigation Specialists**

**Serving Canada and the USA**



# How we started

- Starting a Family (2001)
- Wanted to keep family safe
- Mercury Amalgam removal (Sharon and I)
- Naturopathic Dentist the late Dr. Adirim had a meter that measured 3 fields
- I was skeptical
- Tried it in my home
  - Lit up like a Christmas Tree
- Piqued technical curiosity
- Seeing is believing – Began as a hobby
- Learned how to use it in my home
- Taught him how to use it

## What is safe?

### International Radio Frequency "RF" Exposure Limits for 1800 MHz Range

(Cell Phone, WiFi, Smart Meters, etc)

Location	Reference	$\mu\text{W}/\text{m}^2$
Most of Western Europe	IEEE C95.1-1999 and ICNIRP	10,000,000
USA	(FCC) IEEE C95.1-1999 and ICNIRP	10,000,000
Canada	Safety Code 6, Table 5 (2015)	4,393,278.4
Russia	Sanitary Norms and Regulations 2.2.4/2.1.8.055-96	100,000
China	UDC 614.898.5 GB 9175-88	100,000
Italy	Sanitary Norms and Regulations 2.2.4/2.1.8.055-96	100,000
Most of Eastern Europe	Sanitary Norms and Regulations 2.2.4/2.1.8.055-96	100,000
Switzerland	Ordinance on Protection from Non-ionising Radiation (NISV)	100,000
Toronto Board of Health, Canada	Proposed 1999	100,000
Bio-Initiative Report recommendation	Bio-Initiative Report 2007	1,000
Salzburg Resolution on Mobile Telecommunication	Preventive public health protection, Salzburg, June 7-8, 2000	1,000
European Parliament	Resolution 1815, Strasburg, May 27, 2011	106
Building Biology Guidelines Germany (Sleeping Areas)	SBM2008 - Level of No Biological Concern	0.1
Cell Phone Operational Requirements		0.001
Natural Cosmic Radiation	MAES 2000	0.000,001
Average Indoor Urban Exposure Toronto, Canada	Safe Living Technologies Inc. 2011	200 - 5000

## What is safe? Nature Building Biology Guidelines

- Stringent Guidelines
- Based biological concern levels
- Nature is the design goal
- Based on 1000's of Assessments

# How we started

## What is safe continued

- 
- Met Dr. Havas at a trade show in 2003
- She was questioning our guidelines (Too strict!)
- Made me question what we are doing
- We then primarily stated dealing with Electrically Sensitive People
- Over several years and after 100's of assessments and 1000's of phone calls we learned that Building Biology is on the right tack
  
- Most EHS Persons were comfortable below 10  $\mu\text{W}/\text{m}^2$
- Extremely Sensitive persons below 1  $\mu\text{W}/\text{m}^2$
- Design Goal of under 10  $\mu\text{W}/\text{m}^2$  - Slight Concern

## Building Biology Guidelines

For Sleeping Areas (SBM-2015)

	No Anomaly	Slight Anomaly	Severe Anomaly	Extreme Anomaly
$\mu\text{W}/\text{m}^2$	< 0.1	0.1 - 10	10 - 1000	> 1000

# What we do

Teach people how to measure EMR  
Correctly



Instructors / course developers at the Building Biology  
Institute USA Since 2008 – Get signed up for live  
seminars!

Authorized North American Distributors

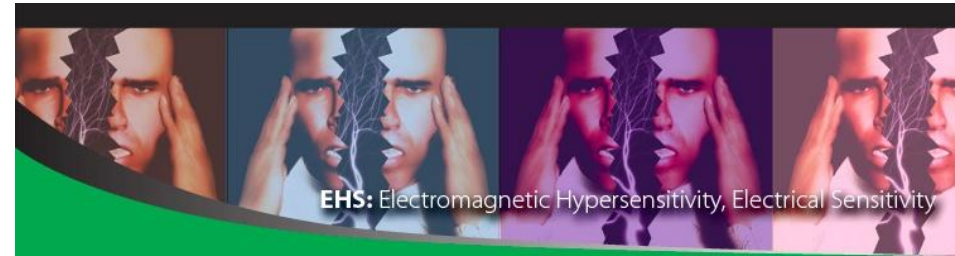
of:



Conduct Electromagnetic Radiation Inspections -



Help people with Electromagnetic Hypersensitivity "EHS" -  
2003



Design & Supply Measuring Equipment and Mitigation  
Products





# Who we are



**Founder:**

**Rob Metzinger BBEC, EMRS  
President Safe Living Technologies  
Inc**

**Electronics Engineering Technologist  
Building Biology Environmental Consultant  
Electromagnetic Radiation Specialist**

## **History:**

**Electronics Engineering Technologist, 1987  
Electronics Field Service Engineer, Supervisor 1987-1994  
President and Founder - Addressable Solutions Inc. 1994-2009  
Professional EMR Site Inspector Residential and Commercial 2002-Present  
Factory Certified Gigahertz Solutions Test Equipment Instructor, 2005-Present  
President and Founder - Safe Living Technologies Inc., 2006 - Present  
Certified Electromagnetic Radiation Safety Advisor (CERSA) Consultant, 2008  
EMR Mitigation Instructor for the Institute of Building Biology USA, 2008-Present  
EMR Safety Panelist IBE- 2008, 2011  
Speaker – Total Health Expo. - Toronto Convention Centre, 2010  
Certified Building Biologist, BBEC 2010, EMRS 2014  
Speaker – American Medical Association for Anti-Aging 2011  
Researcher and Design of RF Shielding Products and Techniques  
One of Canada’s most experienced EMR Technologists**



**Bryan and Zack**

**Our 2 in shop  
- Electronic Engineering Technicians**



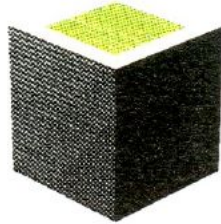
# Who we are continued...

(100 MHz - 110 GHz test capability)

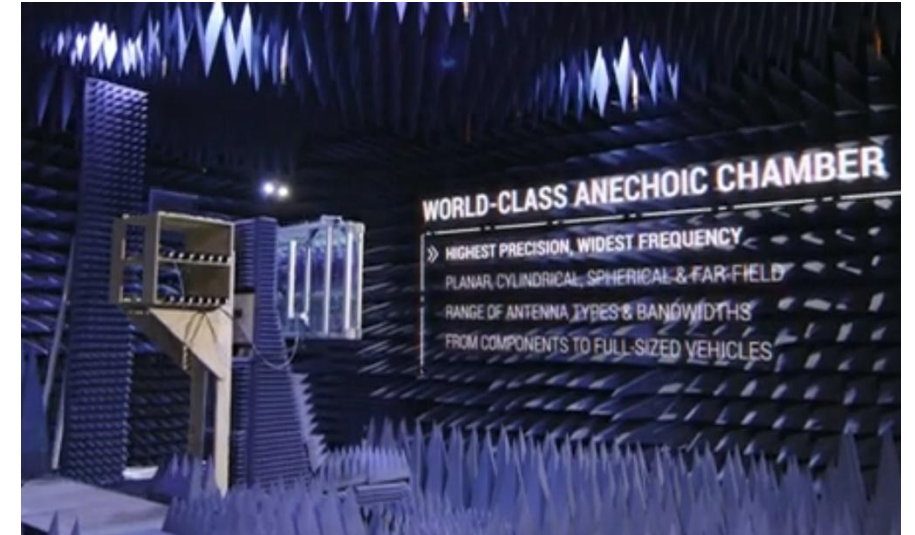
University of



# CIARS



CENTRE FOR  
INTELLIGENT ANTENNA  
AND RADIO SYSTEMS



Exclusive RF Engineering  
Partners



**Building Biology Institute**  
The science of healthy buildings

**We have an established Network of  
Certified Consultants**

EMRS – Electromagnetic Radiation Specialists  
Dozens serving Canada and the US



# Our meter brand



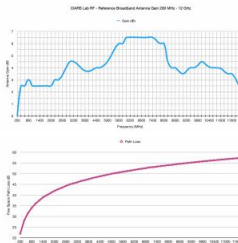
3<sup>rd</sup> Party Certified Results – Meters tested at state of the Art Testing Facility CIARS  
 - University of Waterloo, Ontario Canada  
 - Results published on website

## Commitment to Quality and Data Integrity



11.2	3500	56.95	-13.5
11.4	3500	57.1	-14
11.6	3500	57.25	-14.5
11.8	3500	57.4	-14.5
12.0	3500	57.55	-15

Constants:  
 UWB Antenna Gains, Free space path loss applied to calculate correction factors & plot results



**5G Ready!**  
 Below 12 GHz

Ultrafast response – detects pulses faster than  $5\mu$  seconds

Easy to Use, Designed with EHS clients in mind

Design Goal is Best in Class



# Our meter brand



**5G  
Ready!**  
Below 12 GHz

## Safe and Sound RF Detector:

**True response:** 650 MHz to 10 GHz +/- 6dB (effective 200 MHz to 12 GHz)



**2018 Technology** - Engineered in Canada - Manufactured in Canada and the USA

Performance tested in 3rd party RF testing lab

No technical experience required, easy to use and understand

Sound signature analysis to assist with source identification

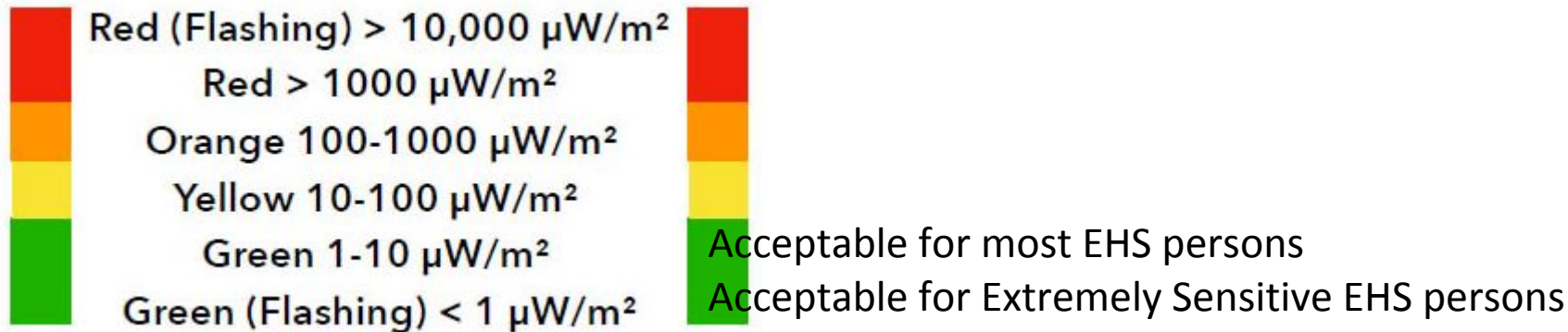
- Discrete low volume

Uses current state of the art measurement technology and is sensitive below  $1 \mu\text{W}/\text{m}^2$

EHS Friendly to hold - no emissions from electronics inside when sound is disabled

Small, durable and compact handheld design – fits in pocket

Color coded LED's identify exposure levels corresponding to Building Biology Guidelines





# Our meter brand



## Safe and Sound Pro RF Meter:

**True response:** 650 MHz to 10 GHz +/- 6dB (effective 200 MHz to 12 GHz)



**2019! Engineered in Canada** - Manufactured in Canada and the USA

Sound signature analysis to assist with source identification

- 3 selectable volume levels + Sound On/Off
- 2.5mm headphone jack

Low EMF emissions, designed for the Electrically Hypersensitive person in mind

Premium OLED Display for a real time display that is easy to read in any type of light

Uses state of the art measurement technology and is sensitive to less than 0.5  $\mu\text{W}/\text{m}^2$

Measures power densities up to 2,000,000  $\mu\text{W}/\text{m}^2$

Peak Hold

Bar graph of RF intensity

USB Power Jack for continuous monitoring

Battery life remaining display on power up

Small, durable and compact handheld design

# Other products designed

## Power Shut off Devices (Like turning off circuit breakers)

- Sleeping areas of prime concern

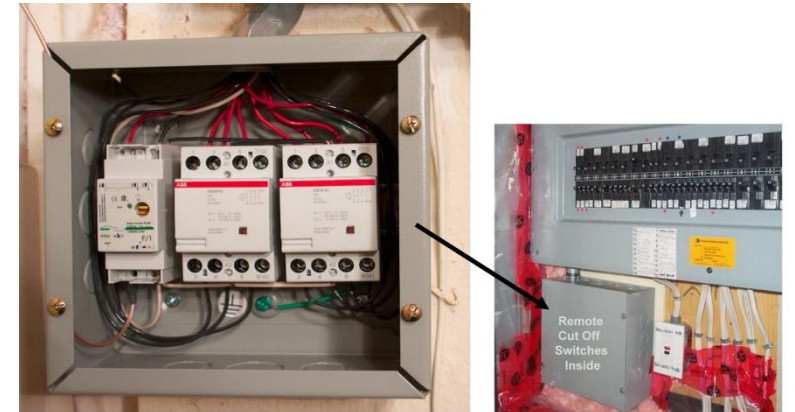
### 2005-2015 - Demand Switch

- NEFA-16 Plus 1P



### 2005-2015 - Remote Cut Off Switch

- NEFA-16 Plus F/1



### 2015-2019 - Remote Cut Off Switch:

- RCS4



# Other products designed

**Body Voltage Test Kit**  
(Building Biology Compliant)



**OFC1**  
**Optical Pulsed Light Meter**  
(Analysis of **Flicker** of all lights  
computer monitors/ TV's)



# Other products designed



## Swiss Shield Bed Canopies





# Our network

All of our Building Biology certified testers use Professional meters from Gigahertz Solutions – Germany

Gigahertz Solutions founded in 1997

SLT - Exclusive North American Importer since 2004  
- We have factory trained technicians

Equipment Designed specifically for Building Biology in Germany

Continually working with Gigahertz Solutions for North American design requirements

Design Goal is Best Equipment in Class



**Building Biology Institute**  
The science of healthy buildings

Authorized Distributor for  
North America

**GIGAHERTZ<sup>®</sup>**  
**SOLUTIONS**  
Made in Germany



# Mitigation

Determine your exposure levels with a Certified Professional or a Meter backed with 3<sup>rd</sup> party certified test results

Once the source found, the best option is always to Eliminate them!  
(Unplug, replace with safer technology, reduce exposure or Shield)

The ideal environment is Nature or to be as natural as possible

Shielding is not Natural but may be necessary

- Some products are more biologically friendly than others
- Do your homework

All shielding devices or materials cause secondary Effects!

- Need to be installed strategically  
(It takes knowledge and experience to do it correctly)

Verify mitigation strategy – Always take follow up measurements



# Solutions

**Complete enclosure is best for RF protection (Certified Products)**

**RF Shielding Fabrics – Bed canopies and curtains**

Swiss Shield - No exposed metals

**Shielding Paint**

**Building materials**

- Mesh
- Foil

**Window Film (Signal Protect)**

**Giron Power Line Shielding**





# RF meters + kits

**Need for Meters that are as sensitive as the body**

- Difficult to achieve with 3 in 1 meters

Ideally practitioner's should have a loaner test kit/meter for patients

There are Doctors that wont begin treatment until EMR Eliminated first

Even if patients are not EHS, their treatment will be more effective with low EMF in the home

Look for a quality meters – You get what you pay for

**Trust is earned !**

We are building trust with certified meters and materials

100's of success stories

Scientific approach



2006 - 2019



# Research and development



**Continual improvement on all products**

**Safe and Sound Mini – Winter 2019**

Wearable Watch

Future dosimeter with GPS data logging



**AC Electric field and 3D AC Gaussmeter - Spring 2020**

**Data logging SS Pro plus**

**Doctors are on the front lines**

What are your patients asking for?

What products are needed?

Give us some feedback and lets work together

