Safe and Sound Pro II
Operation Manual

SAFE AND SOUND®
BY SAFE LIVING TECHNOLOGIES INC.

Safe Living Technologies Inc.

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ABOUT

Safe Living Technologies is pleased to introduce the Safe and Sound Pro II RF Meter.

Designed to meet our professional standards of accuracy and reliability, the Safe and Sound Pro II features:

- A true ±6dB response from 400 MHz - 7.2 GHz and a full frequency response from 200 MHz - 8 GHz
- Linear measurements 0.1 - 1,000,000 µW/m²
- Reduced tolerance up to 3,180,000 µW/m² or 34.6 V/m
- Reduced tolerance down to 0.005 µW/m² or 0.001 V/m
- High sensitivity and resolution at low levels
- Ability to detect very short pulses (< 5 µs) including 5G
- Can display units of measure in µW/m² or V/m
- Temperature compensate accuracy -20 to +60 °C
- Long battery life: > up to 15 hours with speaker on
- A clear display with PEAK, MAX & AVG readings
- Loud adjustable speaker sound output: 3 levels
- 1/8” stereo headphone jack
- Continuous operation via USB power

This sensitive meter is capable of measuring potentially harmful RF or microwave radiation from any continuous or pulsed digital sources. To help identify these various sources, the Safe and Sound Pro II includes a built in speaker with adjustable volume levels. Each source has its own unique sound signature.

Click here to view our sound library.

BACKGROUND

Biological damage from microwave radiation at a cellular level occurs at levels much lower than the current government safety standards. They only consider the heating of tissue to be a health concern. This meter reflects the latest science and Building Biology standards.

Environments with high levels of RF are often a reality now. The goal is to reduce your exposure as much as possible. This is especially important in sleeping areas.

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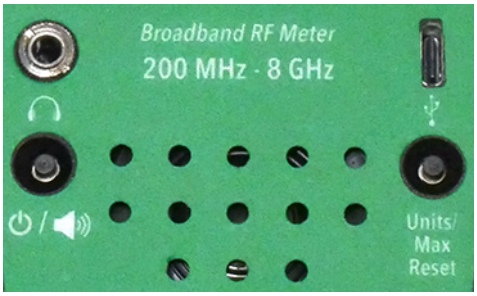
OPERATION

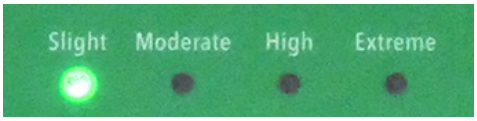
To turn on the unit, simply push and hold the power button. The startup screen will show the self calibration process and the approximate battery level in percent remaining. To turn off the unit, push and hold the power button again.



To enable sound, momentarily press the power button to cycle through LOW, MED, HIGH & OFF sound levels.

Scan the area to record the highest MAX reading by moving the meter in all directions while keeping it at least 30 cm or 1 foot from your body.

If the RF levels are at or below a safe, long-term exposure level for sleeping areas, the green LED will be solid or flashing.



To change display units from µW/m² to V/m or vice versa, press and hold the MAX RESET button down until the units change.

STARTUP SCREEN

MEASUREMENT SCREEN

QUICK VIEW INDICATOR LIGHTS

RED: Extreme

Move away from this exposure.
Flashing indicates more than 10x extreme.
Fast flashing indicates more than 100x extreme.
Fastest flashing indicates more than 1000x extreme.

ORANGE: High

Try to limit the time of your exposure at this level.

YELLOW: Moderate

Reduce this level for long term exposure.

GREEN: Slight

Good for sleeping areas and long term exposure.

Flashing indicates best and ideal conditions.

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TERMINOLOGY

PEAK: Maximum instantaneous signal level.
MAX: Highest measured PEAK value.
AVG: Time averaged signal power density.

NOTES

The unit will automatically turn itself off after 30 minutes.

To use the Safe and Sound Pro II continuously, or without batteries, connect a computer or 5V USB charger to the USB-C jack.

When headphones are connected to the 1/8" jack, the internal speaker is automatically muted.

Press the 'MAX RESET' button to clear the 'MAX' value or hold for 3 seconds to toggle units of measure. (µW/m² to V/m)

AA Alkaline Batteries only.

RF / MICROWAVE EXPOSURE GUIDELINES

1› BUILDING BIOLOGY PRECAUTIONARY GUIDELINES (SBM-2015) For Sleeping Areas*

Power density (Peak)	No Concern	Slight Concern	Severe Concern	Extreme Concern
microWatts per square meter µW/m²	< 0.1	0.1 - 10	10 - 1000	> 1000
microWatts per square cm µW/cm²	< 0.000,01	0.000,01 - 0.001	0.001 - 0.1	> 0.1
milliWatts per square meter mW/m²	<0.000,1	0.000,1 - 0.01	0.01 - 1	> 1
Signal strength				
Volts per meter V/m	< 0.006,14	0.006,14 – 0.061,4	0.061,4 – 0.614	> 0.614

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2› BIOINITIATIVE REPORT PRECAUTIONARY GUIDELINES (Dec 31, 2012) **Updated 2014-2020** www.bioinitiative.org
BioInitiative Working Group, Cindy Sage and David O. Carpenter, Editors. A Rationale for a Biologically-based Public Exposure Standard for Electromagnetic Radiation. Precautionary target level is **3 - 6 µW/m²** or **0.000,3 – 0.000,6 µW/cm²** (Peak)

3› CANADA AND UNITED STATES GOVERNMENT GUIDELINES (1999, 2009, 2019)
In Canada, guidelines for Radio Frequency Wave exposure lay under the jurisdiction of Health Canada. Safety code 6 was developed in 1999 and offers federal guidelines for safe RF exposure levels. These limits are in the range of **2,000,000 to 10,000,000 µW/m² or 200 to 1000 µW/cm² (Time Averaged)** and are based solely on the short term thermal effects or the heating of body tissue. Adverse biological effects have been documented at levels far below Safety Code 6 guidelines. No Canadian biological exposure guidelines exist for long term exposure to low level Radio Frequency Radiation. This also holds true for the USA and their FCC guidelines.

CONTACT US

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