



Wireless and Electrical Exposure Checklist

- Wearables
(fitness trackers, smart watches, wireless earbuds & headphones)
- Location tracker
(wearable or carried unit)
- Electric blanket
- Plugged-in bed or heated water bed
- Baby monitor
- Cell phone
- Tablet (iPad)
- Digital assistant
(like Alexa, Google Home)
- Cordless phone base station
(main unit with answering machine)
- Wi-Fi
(router, access point, range extender or cable modem with Wi-Fi)
- Plug-in LED clock or clock/radio
- Lamp or reading light
(plug-in AC power)
- Power strip or extension cord
- Transformer
(plug-in electronics chargers, laptop chargers)
- Television
(including smart TVs and wireless streaming devices)
- Desktop or laptop computer
- Refrigerator or freezer
- Electric appliance
(humidifier, air conditioner, heater, air filter, aquarium pump)
- Electric smart meter
(usually with a digital display)
- Electric meter, panel or subpanel
- Electric radiant floor heating
- Wireless alarm system
- Dimmer switch
- 3-way light switch
- Fluorescent, compact fluorescent (CFL) or LED lights