

# Tips for using mobile phones, by AUVA



## 10 tips to minimize your risk while using your mobile phone

- Choose a phone with a low SAR value and radiation connect factor (more info at [www.handywerte.de](http://www.handywerte.de), or [www.bfs.de/bfs](http://www.bfs.de/bfs))
- Keep it distant to your head: Use the speaker, headset, or Bluetooth
- For long conversations, use a wired telephone
- Keep your phone in your handbag. Do NOT wear it on the body, especially if you are in motion (e.g. travel by public transport, etc.)
- In the car: activate the speaker; or even better: Use the mobile phone with an external antenna.
- While waiting for the connection, do NOT hold it close to your head
- Use the phone in areas with good reception (e.g. NOT in the basement or in an elevator)
- Write SMS instead of calling
- Keep phone calls short, do not talk for hours
- If you were on the phone for long, have a break of two hours