

# Quick Course – Radiation (Non-Ionizing)

## Course Description

Radiation or Electromagnetic Radiation (EMR), is energy in a wave form. Non-ionizing radiation is very prevalent and comes from both natural and human – made sources. It includes electric and magnetic fields, radio waves, microwaves, infrared, ultraviolet and visible radiation. The litmus test is how do workers protect themselves or limit their exposure to non – ionizing radiation.