## Radiation Safety Checklist

Radiation or Electromagnetic Radiation (EMR), is energy in a wave form. An Electromagnetic Field (EMF) is made up of an electric field and a magnetic field. EMFs occur naturally and also come from sources created by human activity. Natural EMFs comes from sources such as the earth's own magnetic field, electrical storms, the sun and even the body's own essential electric activity. Manufactured EMFs, come from overhead power lines, electric wiring in buildings, radio towers, and laser tools. It is these that are of more concern. EMR can be either ionizing or non-ionizing.

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