



Online Course Name: RF Awareness (OSHA Compliant 29 CFR 1910.268)

Program Overview:

The learning solution is based around complete program that allows our partners to train, test and certify their employees on applicable OSHA and FCC guidelines as well as related precautions, equipment, postings and safe practices. This program will be based around an automated web-training solution that tracks and records results for certification and documentation.

Three Options you may choose from:

Option 1: Bundled RF Awareness and online Certification (Sku 395103)

- One Hour e-Learning Module
 - Covers areas relevant to RF Awareness and Safety
 - Training updated semi-annually or when standards and guidelines change
 - Training module available for full year
 - Practice quiz at the end of the training module
- New Certification Test
 - Web-based assessment
 - Assessment must be passed with score of 80% or higher
 - Wallet card/and certification certificate will be supplied upon successful completion
 - 25 questions randomly pulled and shuffled from pool of 50 to prevent fraud
 - Assessment will be updated semi annually or when standards and guidelines change
- Username/Password assigned to access TESSCO e-Learning System
- TESSCO maintains records to validate training and assessment results
- Automated e-mail annually to notify of update training
- If regulations or standards change within the year, TESSCO will provide all update training at no additional cost
- Reduced cost for annual fees once enrolled in the program (\$50/person)

Option 2: e-Learning Training Module Only (Sku #363242)

Option 3: Online Certification Assessment Only (Sku #355986)

- Not a substitute for training but provides certificate and wallet card validating knowledge and understanding of RF Safety



Outline for e-Learning Module

This e-Learning module is catered to employees and sub-contractors working around communications systems and RF equipment. Subjects taught include regulations and RF standards, types of radiation and recognition of antenna systems, Maximum Permissible Exposure (MPE) at RF sites, hazard assessment, and Personal Protective equipment. A review quiz will be given at the end of class. This course can also be customized to meet specific requirements.

Course Length: 1 Hour

Who should attend?

- Tower Erectors and Construction Contractors
- RF Field Service Technicians
- RF Managers/Field Supervisors
- RF Field Engineers
- RF Installers

Optional online **RF Awareness Certification Test** is now available. This can be purchased solely, or bundled with our online RF Awareness course.

You will learn:

- OSHA Requirements, 29 CFR 1910 and 1926
- Types of Radiation
- Antenna types
- Site assessments and security
- MPE time averages
- Personal Protective Equipment
- Lock Out – Tag Out

Prerequisites: None

Customizable Course: Yes



Course Content:

RF Site Safety and the Law

- 1) Introduction
- 2) OSHA 29CFR 1910 & 1926
- 3) ANSI, FCC, OSHA Standards
- 4) FCC Enforcement
- 5) Federal vs. State Regulations
- 6) Training and Record keeping

Maximum Permissible Exposure

- 1) MPE Defined
- 2) Exposure Limit
- 3) Controlled vs. Uncontrolled
- 4) The 5% Rule
- 5) Contact Currents

Types of Radiation

- 1) Ionizing Radiation Transmitters
- 2) Non-ionizing radiation
- 3) Near field vs. Far field
- 4) Wavelength
- 5) Radio Spectrum

Hazard Assessment

- 1) Site Assessment
- 2) Site Inspection & Security
- 3) Multi-user Sites
- 4) Posting Requirements
- 5) Lock out – Tag out

Radio Antenna Systems

- 1) How Antennas work
- 2) Antenna Types
- 3) Antenna Gain & Bandwidth
- 4) Transmission Lines
- 5) Grounding overview

Personal Protective Equipment - PPE

- 1) General Requirements
- 2) RF Monitors
- 3) Eye and Hearing Protection
- 4) RF Suits