

For normal conversations (50% duty cycle), multiply the 'Controlled (Con)' or 'Uncontrolled (Unc)' distance by 0.707 and then multiply by 3.28 to convert to feet.

TABLE 4a. (MF/HF Bands)

(Developed by Fred Maia, W5YI Group, working in cooperation with the ARRL.)

Estimated distances in meters from transmitting antennas necessary to meet FCC power density limits for Maximum Permissible Exposure (MPE) for either occupational/ controlled exposures ("Con") or general population/uncontrolled exposures ("Unc") using typical antenna gains for the amateur service and assuming 100% duty cycle and maximum surface reflection. Chart represents worst case scenario.

Freq. (MF/HF) (MHz/Band)	Antenna Gain (dBi)	Peak Envelope Power (watts)							
		100 watts		500 watts		1000 watts		1500 watts	
		Con.	Unc.	Con.	Unc.	Con.	Unc.	Con.	Unc.
2.0 (160m)	0	0.1	0.2	0.3	0.5	0.5	0.7	0.6	0.8
2.0 (160m)	3	0.2	0.3	0.5	0.7	0.6	1.06	0.8	1.2
4.0 (75/80m)	0	0.2	0.4	0.4	1.0	0.6	1.3	0.7	1.6
4.0 (75/80m)	3	0.3	0.6	0.6	1.3	0.9	1.9	1.0	2.3
7.3 (40m)	0	0.3	0.8	0.8	1.7	1.1	2.5	1.3	3.0
7.3 (40m)	3	0.5	1.1	1.1	2.5	1.6	3.5	1.9	4.2
7.3 (40m)	6	0.7	1.5	1.5	3.5	2.2	4.9	2.7	6.0
10.15 (30m)	0	0.5	1.1	1.1	2.4	1.5	3.4	1.9	4.2
10.15 (30m)	3	0.7	1.5	1.5	3.4	2.2	4.8	2.6	5.9
10.15 (30m)	6	1.0	2.2	2.2	4.8	3.0	6.8	3.7	8.3
14.35 (20m)	0	0.7	1.5	1.5	3.4	2.2	4.8	2.6	5.9
14.35 (20m)	3	1.0	2.2	2.2	4.8	3.0	6.8	3.7	8.4
14.35 (20m)	6	1.4	3.0	3.0	6.8	4.3	9.6	5.3	11.8
14.35 (20m)	9	1.9	4.3	4.3	9.6	6.1	13.6	7.5	16.7
18.168 (17m)	0	0.9	1.9	1.9	4.3	2.7	6.1	3.3	7.5
18.168 (17m)	3	1.2	2.7	2.7	6.1	3.9	8.6	4.7	10.6
18.168 (17m)	6	1.7	3.9	3.9	8.6	5.5	12.2	6.7	14.9
18.168 (17m)	9	2.4	5.4	5.4	12.2	7.7	17.2	9.4	21.1
21.145 (15m)	0	1.0	2.3	2.3	5.1	3.2	7.2	4.0	8.8
21.145 (15m)	3	1.4	3.2	3.2	7.2	4.6	10.2	5.6	12.5
21.145 (15m)	6	2.0	4.6	4.6	10.2	6.4	14.4	7.9	17.6
21.145 (15m)	9	2.9	6.4	6.4	14.4	9.1	20.3	11.1	24.9
24.99 (12m)	0	1.2	2.7	2.7	5.9	3.8	8.4	4.6	10.3
24.99 (12m)	3	1.7	3.8	3.8	8.4	5.3	11.9	6.5	14.5
24.99 (12m)	6	2.4	5.3	5.3	11.9	7.5	16.8	9.2	20.5
24.99 (12m)	9	3.4	7.5	7.5	16.8	10.6	23.7	13.0	29.0
29.7 (10m)	0	1.4	3.2	3.2	7.1	4.5	10.0	5.5	12.2
29.7 (10m)	3	2.0	4.5	4.5	10.0	6.3	14.1	7.7	17.3
29.7 (10m)	6	2.8	6.3	6.3	14.1	8.9	19.9	10.9	24.4
29.7 (10m)	9	4.0	8.9	8.9	19.9	12.6	28.2	15.4	34.5

Note: Multiply above distances by 0.707 if duty cycle is 50% - such as during a typical back and forth communications exchange. To convert from meters to feet multiply meters by 3.28. Distance indicated is shortest line-of-sight distance to point where MPE limit for appropriate exposure tier is predicted to occur.