BenchPicked EMF Measurement Log

Cover

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EMF Measurement Log

Record RF, AC magnetic, and AC electric field readings with enough context to compare physical changes without making health claims.

Important: This worksheet is for consumer product research and personal measurement notes. It does not evaluate health effects, diagnose conditions, or define safety thresholds.

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How to use this log

Use one row for each measurement condition. A condition is a fixed setup: same source, same meter mode, same distance, same orientation, and same signal state.

Before recording product readings, take a no-product baseline. After product readings, take a return-to-baseline reading. If the return-to-baseline value shifts heavily, mark the test as unstable and repeat later.

Field type identification chart

Field type	Common sources	Common units	Measurement note
RF	Phones, Wi-Fi routers, Bluetooth devices, smart meters	mW/m2, uW/cm2, dB	Readings change with distance, orientation, traffic, and signal strength.
AC magnetic	Wiring current, motors, transformers, chargers, appliances	mG, uT	Distance and source management often matter more than shielding.
AC electric	Voltage in wiring, lamps, cords, powered devices	V/m	Grounding and body-voltage claims belong here, not under RF shielding.

Pre-measurement checklist

- [ ] Meter battery is sufficient.
- [ ] Meter mode and unit are recorded.
- [ ] Field type is named before reading.
- [ ] Distance is measured with a ruler or fixed spacer.
- [ ] Source state is recorded.
- [ ] Orientation is recorded.
- [ ] Baseline reading is taken before product reading.
- [ ] Return-to-baseline reading is taken after product reading.

Measurement recording template

#	Date	Location	Source	Field type	Meter mode	Distance	Reading	Unit	Notes
1									
2									
3									
4									
5									
6									
7									
8									
9									
10									

Shielding comparison template

Condition	Reading 1	Reading 2	Reading 3	Mean	Range	Notes
No-product baseline						
Product in place						
Return to baseline						

Use the same distance and orientation for all three rows. Do not compare readings from different meter modes or different source states.

What your readings mean

A useful EMF reading is a physical field measurement under a defined condition. It can help compare one setup against another, such as with and without a shielding product.

One reading does not prove a product verdict. Look for repeatable change that is larger than the normal range of repeated baseline readings.

This log does not define safe or unsafe exposure. It also does not replace a professional survey, calibrated lab instrument, or qualified technical assessment.

BenchPicked EMF research links

- EMF field types: /emf/rf-vs-magnetic-vs-electric-field
- EMF meter specs: /emf/emf-meter-specs
- Do EMF shields work: /emf/do-emf-shields-work
- Grounding sheets and EMF FAQ: /emf/emf-grounding-sheet-faq

Notes

Use this space for unusual conditions, unstable readings, nearby devices, or questions to check before repeating the measurement.

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