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UNDERSTANDING EMF ELECTRIC AND MAGNETIC FIELDS

Questions have been raised about the possible health effects of 60-hertz (power frequency) electric and magnetic fields (EMF*), which are found wherever you have electric power. This brochure contains information that will help you understand the EMF issue, plus practical tips you can use if you want to reduce your exposure at home and at work.

Can EMF Harm Your Health?

Electric and magnetic fields are present wherever electricity flows—around appliances and power lines, and in offices, schools and homes. Many researchers believe that if there is a risk of adverse health effects from usual residential exposures to EMF, it is probably just at the detection limit of human health studies; nonetheless, the possible risk warrants further investigation. The varying results from epidemiological studies, which looked at estimated EMF exposures and childhood leukemia, are consistent with a weak link. Laboratory studies, including studies investigating a possible mechanism for health effects (mechanistic studies), provide little or no evidence to support this weak link.

The results from many research studies have been evaluated by international, national and California EMF research programs to determine whether EMF poses any health risk. Given the uncertainty of the issue, the medical and scientific communities have been unable to conclude that usual residential exposures to EMF cause health effects, or to establish any standard or level of residential exposure that is known to be either safe or harmful. These conclusions remain unchanged by recent studies.

World Health Organization Findings

The World Health Organization (WHO) completed a review of the potential health implications of extremely low frequency (ELF) EMF, which includes power-frequency fields. Their conclusions and recommendations were presented in June 2007 in a report known as the Extremely Low Frequency Fields, Environmental Health Criteria Monograph No. 238.

The WHO report concluded that evidence for a link between ELF magnetic fields and childhood leukemia "is not strong enough to be considered causal but sufficiently strong to remain a concern." "Virtually all of the laboratory evidence and the mechanistic evidence fail to support" this reported association. For all other diseases, there is inadequate or no evidence of health effects at low exposure levels.

The report emphasized that, given the weakness of the evidence for health effects, the health benefits of exposure reduction are unclear and adopting policies based on arbitrary low exposure limits is not warranted. In light of this situation, WHO made these and other recommendations:

- National authorities should implement communication programs with all stakeholders to enable informed decision-making, including how individuals can reduce their own exposure.
- Policy makers and community planners should implement very low-cost measures to reduce exposures when constructing new facilities and designing new equipment, including appliances.
- Policy makers should establish guidelines for ELF field exposure for both the general public and workers. The best source of guidance for both exposure levels and the principles of scientific review are the international guidelines.
- Government and industry should promote research to reduce the uncertainty of the scientific evidence on the health effects of ELF field exposure. Several recommended research projects are already under way through the Electric Power Research Institute, of which SCE is a member.







To view the full report and a fact sheet summarizing it, visit www.who.int/peh-emf/publications/elf_ehc/en/index.html
www.who.int/mediacentre/factsheets/fs322/en/index.html

What You Can Do



In a situation of scientific uncertainty and public concern, WHO recommended that utilities explore "very low-cost" ways to reduce EMF exposure from new or upgraded facilities. SCE and other California public utilities have been pursuing no-cost and low-cost measures to reduce EMF levels from new utility transmission lines and substation projects. You, too, may want to take no-cost

and low-cost measures to reduce your EMF exposure at home and at work.

Human studies have not produced a consensus about any health benefits from changing the way people use electric appliances. But, if you feel reducing your EMF exposure would be beneficial, you can increase your distance from electric appliances and/or limit the amount of time you use appliances at home or at work.

Magnetic Fields at Home (Measurements are in milligauss.)				
		1.2" away	12" away	36" away
	Microwave Oven	750 to 2,000	40 to 80	3 to 8
	Clothes Washer	8 to 400	2 to 30	0.1 to 2
	Electric Range	60 to 2,000	4 to 40	0.1 to 1
	Compact Fluorescent Bulb	0 to 32.8	0 to 0.1	0
	Hair Dryer	60 to 20,000	1 to 70	0.1 to 3
	LCD/Plasma TV	1.1 to 73.6	0 to 2.5	0 to 2.2

Source: Adapted from Gauger 1985 & EPRI Appliance Measurement Study 2010.

Magnetic Fields Outside (Maximum values may be lower for some California utilities.)	
	Distribution Lines 1 to 80 milligauss under the line
	Transmission Lines 1 to 300 milligauss edge of right-of-way

For instance, you can place phone answering machines and electric clocks away from the head of your bed. Increasing your distance from these and other appliances such as televisions, computer monitors and microwave ovens can reduce your EMF exposure.

You can also reduce your EMF exposure by limiting the time you spend using personal appliances such as hair dryers, electric razors, heating pads and electric blankets. You may also want to limit the time you spend using electric cooking appliances.

You can locate the sources of EMF in your work environment, and spend break time in lower-field areas.

It is not known whether such actions will have any impact on your health.

Additional Information Is Available

SCE provides free EMF information packages and home/business measurements upon request. We also invite you to attend a workshop on EMF at our EMF Education Center located in Irwindale. For any of these services, please call us at 1-800-200-4SCE. Additional information is also available at these links:

EMF Basics:
www.who.int/peh-emf/about/WhatIsEMF/en/
www.niehs.nih.gov/health/assets/docs_p_z/emf-02.pdf

World Health Organization International EMF Project:
www.who.int/peh-emf/en/

National Institute of Environmental Health Sciences:
www.niehs.nih.gov/health/topics/agents/emf/

California Department of Health Services:
www.ehib.org/emf/

View www.sce.com/notices to check for monthly bill inserts which may include notice of actions and other important information.

California Public Utilities Commission:
www.cpuc.ca.gov/PUC/energy/Environment/ElectroMagnetic+Fields/action.htm

Campos Eléctricos y Magnéticos (EMF): Si desea recibir información en español, comuníquese con SCE al **1-800-441-2233**

Reviewed by: California Public Utilities Commission (CPUC)
 *The term EMF in this publication refers to extremely low frequency (ELF) 60-hertz electric and magnetic fields associated with power delivered by electric utilities. It does not refer to radio frequency (RF) waves associated with wireless communications such as cell phones.

Keep Your Energy Costs Low This Summer!

As a business owner or manager you have the opportunity to keep your operating costs low this summer by managing your energy costs. Here are some easy to implement tips to save on energy:

No-cost

- ◆ Shift use of non-essential electrical equipment to before or after peak hours
- ◆ Turn off unneeded lighting, ornamental or display lighting
- ◆ Adjust variable speed drive controls for fans, pumps, and chillers
- ◆ Charge batteries and battery-operated equipment before or after peak hours
- ◆ Set and lock your thermostats to the highest acceptable set point
- ◆ Calibrate, check, and adjust thermostats to accurately heat and cool different building zones

Low-cost

- ◆ Inspect weather stripping around windows and doors to make sure there is no deterioration or gaps which allow air movement
- ◆ Install window film or new energy efficient windows to reduce the solar heat gain in the summer
- ◆ Add interior or exterior window blinds or shades to block direct sun during the summer but allow daylight to enter during the winter
- ◆ Perform regular maintenance on filters, belts, coils, and bearings
- ◆ Install programmable or occupancy sensor thermostats to shut down during non-business hours
- ◆ Replace incandescent lights with Compact Fluorescent Lamps (CFLs)

Learn More!

Enjoy summer savings today with SCE's energy management solutions to help improve your bottom line. To learn more, visit www.sce.com/EnergyTips or contact your SCE Account Representative.



SCE's New Mobile Website: Report Power Outages, View Outage Maps

For safety's sake, it's helpful to have an alternate communication option for urgent use. We have new options available for you to easily report and check on the status of power outages from your fully-charged, web-enabled mobile phone.

We have a new power outage app you can download and install for your Android phone or iPhone. If you experience a power outage or see a downed power line, use the app via your phone's web connection to contact SCE and report the issue. You can also use the app to view a map of outage locations, and find out when your service may be restored.

To get more information visit www.sce.com/mobileapp or use a smartphone to scan this code:



The fastest and easiest way to let us know about a power outage is to report it online. If your power has been out for more than a few minutes, use your mobile phone and visit www.sce.com/outage or use our new power outage app.

POWER CONTENT LABEL

ENERGY RESOURCES	2011 SCE POWER MIX (Actual)	2011 CA POWER MIX**
Eligible Renewable	19%	14%
–Biomass & waste	1%	2%
–Geothermal	9%	5%
–Small hydroelectric	1%	2%
–Solar	1%	0%
–Wind	7%	5%
Coal	8%	8%
Large Hydroelectric	7%	13%
Natural Gas	27%	37%
Nuclear	24%	16%
Other	0%	0%
Unspecified sources of power*	15%	12%
TOTAL	100%	100%

* "Unspecified sources of power" means electricity from transactions that are not traceable to specific generation sources.

** Percentages are estimated annually by the California Energy Commission based on the electricity sold to California consumers during the previous year.

For specific information about this electricity product, contact Southern California Edison. For general information about the Power Content Label, contact the California Energy Commission at 1-800-555-7794 or www.energy.ca.gov/consumer.