Wireless and Electrical Exposure Checklist

- Wearables (fitness trackers, smart watches, wireless earbuds & headphones)
- Location tracker (wearable or carried unit)
- Electric blanket
- Plugged-in bed or heated water bed
- Baby monitor
- Cell phone
- Tablet (iPad)
- Digital assistant (like Alexa, Google Home)
- Cordless phone base station (main unit with answering machine)
- Wi-Fi (router, access point, range extender or cable modem with Wi-Fi)
- Plug-in LED clock or clock/radio
- Lamp or reading light (plug-in AC power)

- Power strip or extension cord
- Transformer (plug-in electronics chargers, laptop chargers)
- Television (including smart TVs and wireless streaming devices)
- Desktop or laptop computer
- Refrigerator or freezer
- Electric appliance (humidifier, air conditioner, heater, air filter, aquarium pump)
- Electric smart meter (usually with a digital display)
- Electric meter, panel or subpanel
- Electric radiant floor heating
- Wireless alarm system
- Dimmer switch
- 3-way light switch
- Fluorescent, compact fluorescent (CFL) or LED lights