

Human Exposure to RF Fields in 5G Downlink

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Abstract—While cellular communications in millimeter wave (mmW) bands have been attracting significant research interest, their potential harmful impacts on human health are not as significantly studied. Prior research on human exposure to radio frequency (RF) fields in a cellular communications system has been focused on uplink only due to the closer physical contact of a transmitter to a human body. However, this paper claims the necessity of thorough investigation on human exposure to downlink RF fields, as cellular systems deployed in mmW bands will entail (i) deployment of more transmitters due to smaller cell size and (ii) higher concentration of RF energy using a highly directional antenna. In this paper, we present human RF exposure levels in downlink of a Fifth Generation Wireless Systems (5G). Our results show that 5G downlink RF fields generate significantly higher power density (PD) and specific absorption rate (SAR) than a current cellular system. This paper also shows that SAR should also be taken into account for determining human RF exposure in the mmW downlink.

Index Terms—5G; mmW; Downlink; Human RF exposure; PD; SAR.

I. INTRODUCTION

It is acknowledged that exposure to RF has negative impacts on human body. The rapid proliferation of mobile telecommunications has occurred amidst controversy over whether the technology poses a risk to human health [1]. At mmW frequencies where future mobile telecommunications systems will likely operate, two changes that will likely occur have the potential to increase the concern on exposure of human users to RF fields. First, *larger numbers of transmitters* will operate. More base stations (BSs) will be deployed due to proliferation of small cells [2]-[4] and mobile devices accordingly. This will increase chance of human exposure to RF fields. Second, *narrower beams* will be used as a solution for the higher attenuation in higher frequency bands [3]-[7]. Very small wavelengths of mmW signals combined with advances in RF circuits enable very large numbers of miniaturized antennas. These multiple antenna systems can be used to form very high gains. Such higher concentration of RF energy will increase the potential to more deeply penetrate into a human body.

A. Related Work

This paper is motivated from the fact that prior work is not enough to address such potential increase in threats.

1) *Measurement of Human RF Exposure*: Being aware of the health hazards due to electromagnetic (EM) emissions in mmW spectrum, international agencies such as the Federal Communications Commission (FCC) [8] or the International

Commission on Non-Ionizing Radiation Protection (ICNIRP) [9] set the maximum radiation allowed to be introduced in the human body without causing any health concern. Possibilities of skin cancer due to RF emissions at higher frequency spectrum are reported [10]. Heating due to EM exposure in mmW is absorbed within the first few millimeters (mm) within the human skin; for instance, the heat is absorbed within 0.41 mm for 42.5 GHz [11]. The mmW induced burns are more likely to be conventional burns as like as a person touching a hot object as reported in [1]. The normal temperature for the skin outer surface is typically around 30 to 35°C. The pain detection threshold temperature for human skin is approximately 43°C as reported and any temperature over that limit can produce long-term injuries.

One problem is that the literature on the impact of cellular communications on human health is not mature enough. The three major quantities used to measure the intensity and effects of RF exposure are SAR, PD, and the steady state or transient temperature [12][13]. However, selection of an appropriate metric evaluating the human RF exposure still remains controversial. The FCC suggests PD as a metric measuring the human exposure to RF fields generated by devices operating at frequencies higher than 6 GHz [8], whereas a recent study suggested that the PD standard is not efficient to determine the health issues especially when devices are operating very close to human body in mmW [14]. Therefore, this paper examines the human RF exposure by using both PD and SAR.

2) *Reduction of Human RF Exposure*: Very few prior studies in the literature paid attention to human RF exposure in communications systems [1][14]-[17]. Propagation characteristics at different mmW bands and their thermal effects were investigated for discussion on health effects of RF exposure in mmW radiation [14]. Emission reduction scheme and models for SAR exposure constraints are studied in recent work [15][16].

However, health impacts of mmW RF emissions in *downlink* of a cellular communications system have not been studied so far, which this paper targets to discuss.

B. Contributions

Three contributions of this paper can be highlighted and distinguished from the prior art.

Firstly, this paper analyzes the human RF exposure in the *downlink*. All the prior work studied an uplink only, while paid almost no attention to suppression of RF fields generated by access points (APs) and BSs in a 5G nor Release 9 network,