

# 携帯電話の比吸収率（SAR）について / Specific Absorption Rate (SAR) of Mobile Phones

## 1. SH-05F の SAR / About SAR of SH-05F

（日本語）

この機種【SH-05F】の携帯電話機は、国が定めた電波の人体吸収に関する技術基準および電波防護の国際ガイドラインに適合しています。

この携帯電話機は、国が定めた電波の人体吸収に関する技術基準(※1)ならびに、これと同等な国際ガイドラインが推奨する電波防護の許容値を遵守するよう設計されています。この国際ガイドラインは世界保健機関（WHO）と協力関係にある国際非電離放射線防護委員会（ICNIRP）が定めたものであり、その許容値は使用者の年齢や健康状況に関係なく十分な安全率を含んでいます。

国の技術基準および国際ガイドラインは電波防護の許容値を人体に吸収される電波の平均エネルギー量を表す比吸収率（SAR : Specific Absorption Rate）で定めており、携帯電話機に対する SAR の許容値は 2.0W/kg です。この携帯電話機の側頭部における SAR の最大値は **0.334W/kg**(※2)、身体に装着した場合の SAR の最大値は **0.507W/kg**(※3)です。個々の製品によって SAR に多少の差異が生じることもありますが、いずれも許容値を満足しています。

携帯電話機は、携帯電話基地局との通信に必要な最低限の送信電力になるよう設計されているため、実際に通話等を行っている状態では、通常 SAR はより小さい値となります。一般的には、基地局からの距離が近いほど、携帯電話機の出力は小さくなります。

この携帯電話機は、側頭部以外の位置でも使用可能です。キャリングケース等のアクセサリをご使用するなどして、身体から 1.5 センチ以上離し、かつその間に金属(部分)が含まれないようにしてください。このことにより、本携帯電話機が国の技術基準および電波防護の国際ガイドラインに適合していることを確認しています。

世界保健機関は、『携帯電話が潜在的な健康リスクをもたらすかどうかを評価するために、これまで 20 年以上にわたって多数の研究が行われてきました。今日まで、携帯電話使用によって生じるとされる、いかなる健康影響も確立されていません。』と表明しています。

さらに詳しい情報をお知りになりたい場合には世界保健機関のホームページをご参照ください。

[http://www.who.int/docstore/peh-emf/publications/facts\\_press/fact\\_japanese.htm](http://www.who.int/docstore/peh-emf/publications/facts_press/fact_japanese.htm)

SAR について、さらに詳しい情報をお知りになりたい方は、下記のホームページをご参照ください。

総務省のホームページ <http://www.tele.soumu.go.jp/j/sys/ele/index.htm>

一般社団法人電波産業会のホームページ <http://www.arib-emf.org/01denpa/denpa02-02.html>

シャープ株式会社のホームページ <http://k-tai.sharp.co.jp/support/sar/>

※1 技術基準については、電波法関連省令（無線設備規則第 14 条の 2）で規定されています。

※2 同時に使用可能な無線機能を持つ携帯電話機本体を側頭部でご使用になる場合の SAR 測定法については、平成 27 年 7 月に、諮問第 118 号に関して情報通信審議会情報通信技術分科会より一部答申がなされており、これに基づいて評価した場合においても SAR が許容値を満足していることを確認しています。

※3 Xi/FOMA と同時に使用可能な無線機能を含みます。

**(In English)**

**This model [SH-05F] mobile phone complies with Japanese technical regulations and international guidelines regarding exposure to radio waves.**

This mobile phone was designed in observance of Japanese technical regulations regarding exposure to radio waves (\*1) and limits to exposure to radio waves recommended by a set of equivalent international guidelines. This set of international guidelines was set out by the International Commission on Non-Ionizing Radiation Protection (ICNIRP), which is in collaboration with the World Health Organization (WHO), and the permissible limits include a substantial safety margin designed to assure the safety of all persons, regardless of age and health condition.

The technical regulations and international guidelines set out limits for radio waves as the Specific Absorption Rate, or SAR, which is the value of absorbed energy in any 10 grams of tissue over a 6-minute period. The SAR limit for mobile phones is 2.0 W/kg. The highest SAR value for this mobile phone when tested for use at the ear is **0.334 W/kg** (\*2) and when worn on the body is **0.507 W/kg** (\*3). There may be slight differences between the SAR levels for each product, but they all satisfy the limit.

The actual SAR of this mobile phone while operating can be well below that indicated above. This is due to automatic changes to the power level of the device to ensure it only uses the minimum required to reach the network. Therefore in general, the closer you are to a base station, the lower the power output of the device.

This mobile phone can be used in positions other than against your ear. Please keep the mobile phone farther than 1.5 cm away from your body by using such as a carrying case or a wearable accessory without including any metals. This mobile phone satisfies the technical regulations and international guidelines.

The World Health Organization has stated that "a large number of studies have been performed over the last two decades to assess whether mobile phones pose a potential health risk. To date, no adverse health effects have been established as being caused by mobile phone use."

Please refer to the WHO website if you would like more detailed information.

[http://www.who.int/docstore/peh-emf/publications/facts\\_press/fact\\_english.htm](http://www.who.int/docstore/peh-emf/publications/facts_press/fact_english.htm)

Please refer to the websites listed below if you would like more detailed information regarding SAR.

Ministry of Internal Affairs and Communications Website: <http://www.tele.soumu.go.jp/e/sys/ele/index.htm>

Association of Radio Industries and Businesses Website: <http://www.arib-emf.org/01denpa/denpa02-02.html>

(in Japanese only)

SHARP Corporation Website: <http://k-tai.sharp.co.jp/support/sar/> (in Japanese only)

\*1 Technical regulations are defined by the Ministerial Ordinance Related to Radio Law (Article 14-2 of Radio

Equipment Regulations).

\*2 In regards to methods of measuring SAR when using mobile phones having multiple wireless devices to be able to function simultaneously at the ear, in July of 2015, a portion of advisory 118 was reported on based upon the Information and Communications Council. SAR value when evaluated based on the report is also under the SAR limit.

\*3 Including other radio systems that can be simultaneously used with Xi/FOMA.

## 2. About SAR of SH-05F for FCC RF exposure requirements

### FCC RF Exposure Information

Your handset is a radio transmitter and receiver.

It is designed and manufactured not to exceed the emission limits for exposure to radio frequency (RF) energy set by the Federal Communications Commission of the U.S. Government.

The guidelines are based on standards that were developed by independent scientific organizations through periodic and thorough evaluation of scientific studies. The standards include a substantial safety margin designed to assure the safety of all persons, regardless of age and health.

The exposure standard for wireless handsets employs a unit of measurement known as the Specific Absorption Rate, or SAR. The SAR limit set by the FCC is 1.6 W/kg.

The tests are performed in positions and locations (e.g., at the ear and worn on the body) as required by the FCC for each model. The highest SAR values for this model handset when tested for use at the ear is **0.40 W/kg** and when worn on the body, as described in this user guide, is **0.68 W/kg**.

For body worn operation, this phone has been tested and meets the FCC RF exposure guidelines. Please use an accessory designated for this product or an accessory which contains no metal and which positions the handset a minimum of 1.5 cm from the body.

The use of accessories that do not satisfy these requirements may not comply with FCC RF exposure requirements, and should be avoided.

The FCC has granted an Equipment Authorization for this model handset with all reported SAR levels evaluated as in compliance with the FCC RF emission guidelines. SAR information on this model handset is on file with the FCC and can be found under the Display Grant section of <http://transition.fcc.gov/oet/ea/fccid/> after searching on FCC ID **APYHRO00197**.

Additional information on Specific Absorption Rates (SAR) can be found on the FCC website at <http://www.fcc.gov/encyclopedia/radio-frequency-safety>.

### 3. About SAR of SH-05F for EU RF exposure requirements

#### European RF Exposure Information

Your mobile device is a radio transmitter and receiver. It is designed not to exceed the limits for exposure to radio waves recommended by international guidelines. These guidelines were developed by the independent scientific organization ICNIRP and include safety margins designed to assure the protection of all persons, regardless of age and health.

The guidelines use a unit of measurement known as the Specific Absorption Rate, or SAR. The SAR limit for mobile devices is 2 W/kg and the highest SAR value for this device when tested at the ear is **0.429 W/kg\*** and when worn on the body is **0.542 W/kg\***.

For body-worn operation, this mobile device has been tested and meets the RF exposure guidelines when used with an accessory containing no metal and positioning the handset a minimum of 1.5 cm from the body. Use of other accessories may not ensure compliance with RF exposure guidelines.

As SAR is measured utilizing the devices highest transmitting power the actual SAR of this device while operating is typically below that indicated above. This is due to automatic changes to the power level of the device to ensure it only uses the minimum level required to reach the network.

\* The tests are carried out in accordance with international guidelines for testing.

#### Declaration of Conformity

Hereby, Sharp Telecommunications of Europe Ltd, declares that this SH-05F is in compliance with the essential requirements and other relevant provisions of Directive 1999/5/EC.

A copy of the original declaration of conformity can be found at the following Internet address:  
<http://www.sharp.co.jp/k-tai/> (in Japanese only).