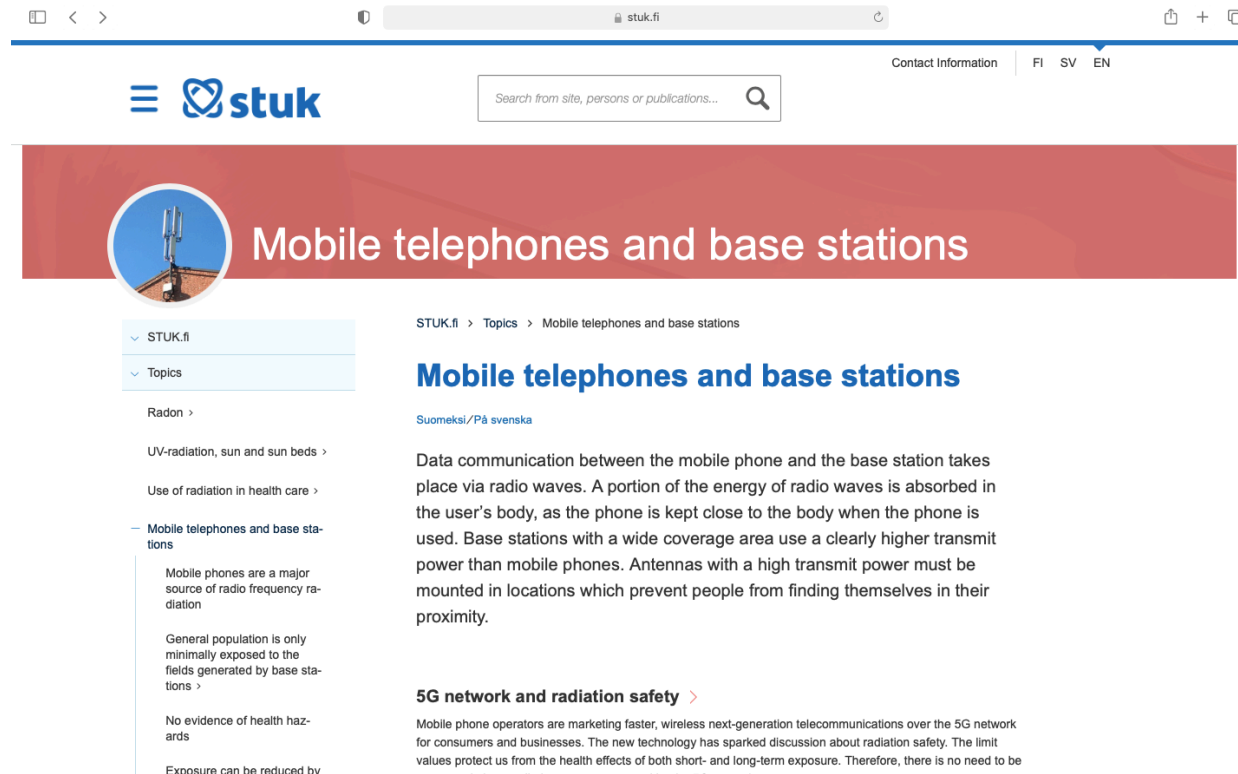


# In-class exercise of Topic 5

- Glance through the following page. Make a short report as to measures to protect us from excessive exposure to radio waves when using cellular radios.

<https://www.stuk.fi/web/en/topics/mobile-telephones-and-base-stations>



The screenshot shows the STUK website page for 'Mobile telephones and base stations'. The page features a red header with the STUK logo and a search bar. Below the header, there is a circular image of a mobile phone antenna. The main content area is divided into a left sidebar and a main text area. The sidebar contains a navigation menu with 'STUK.fi' and 'Topics' expanded, showing 'Radon', 'UV-radiation, sun and sun beds', 'Use of radiation in health care', and 'Mobile telephones and base stations'. The main text area has a breadcrumb trail 'STUK.fi > Topics > Mobile telephones and base stations', a title 'Mobile telephones and base stations', and a sub-header 'Suomeksi/På svenska'. The main text discusses data communication between mobile phones and base stations, mentioning that a portion of radio wave energy is absorbed in the user's body and that base stations with wide coverage use higher transmit power. A section titled '5G network and radiation safety' is also visible, discussing the marketing of 5G networks and the need for radiation safety measures.