Checklist for Low-EMF Computer

Set-up For Any Computer

- Device always on a table. User’s feet flat on floor. Screen is at — or slightly below — eye level.
- The "high-five test": If you can’t properly high-five your computer screen, you’re sitting too close. Position screen/monitor at least 24 inches (61 cm) away from users.
- Reduce glare by adjusting screen tilt/position.
- Light your area with soft light beside (not directly behind) the screen. [Soft light means not fluorescent and not strong LED.]
- Prefer to use laptops and tablets powered only by battery. Avoid or minimize use during charging. Unplug after charged.
- Use a three-prong grounded power cable for laptops, tablets, and desktop computers.
- Distance electrical wires, chargers, and electrical equipment away from your body.
- Connect to internet with ethernet, not Wi-Fi.

Replace Wi-Fi with Ethernet

- First, check if your device has an ethernet port. If not, get the correct ethernet adapter for the ports on your device. Two examples of adapters are: USB-to-ethernet or USB-3-to-ethernet. There are other adapters; you may want to ask the manufacturer of your device.
- Connect an ethernet cord from your modem to the adapter that plugs into your device.
- Disable Wi-Fi and Bluetooth on your device.
- Confirm the device is connected to the internet via wired ethernet connection when the “Ethernet” tab appears in the settings.
- Turn OFF/disable wireless antennas in your Wi-Fi router/modem. [Best is to replace with a modem that has no Wi-Fi capability.]

Multiple users? Your modem may have more than one available ethernet port. Or you can connect a corded ethernet switch to the modem or to the ethernet cable, and then you can add more ethernet cords to connect numerous devices.

Reduce Blue Light on ALL Screens

We highly recommend a covering that is applied to the entire screen & more.
- Thin blue light blocker covers are available for all screen sizes and are nearly invisible after attached.
- Wear blue-blocker eyeglasses.
- Download software that reduces blue light and flicker.

Use Corded Accessories

Prefer wires, cords, and adapters — not Wi-Fi, not Bluetooth — for mouse, keyboard, printer, speakers, microphone, and other electronic tech that connects to the computer.

More expert information at healthytechhome.org