



ATLAS
TOWER GROUP

June 2026

Health and Safety Slides

Atlas Tower Group Limited

Document Classification: Public



So what is the best advice when using a mobile phone?

There is no immediate need for concern when using mobile phones or having a base station in your area. This is because, despite much research, there is no convincing evidence that either will cause harm. However, we have only been using mobile phones widely for the last decade or so and we need more research to look at the situation, particularly in the long term.



The body and nervous system are still developing into the teenage years. Therefore, as a precaution, the UK Chief Medical Officers advise that children and young people under 16 should be encouraged to use mobile phones for essential purposes only, and to keep calls short. If you are concerned, you can take steps to reduce your exposure such as using hands free kits or texting.

To see the evidence available so far, visit the websites given at the back of this leaflet.

Where can I find more information?

The Department of Health website www.dh.gov.uk/en/PublicHealth/Radiation has a list of places to find a whole range of information about:

- scientific research
- international guidelines
- radio wave measurement standards
- European regulations
- planning for base stations
- exposures from base stations
- the law on mobile phones and driving
- many other issues associated with mobile phone use.

Further information

World Health Organization – www.who.int/mediacentre/factsheets/fs193/en/index.html

Health Protection Agency – www.hpa.org.uk
Type 'mobile telephony and health' into the search bar

NHS Choices – www.nhs.uk/conditions/mobile-phone-safety/pages/introduction.aspx

Directgov – www.direct.gov.uk
Type 'mobile phones' into the search bar

Ofcom Sitefinder website about base station emissions – www.sitefinder.ofcom.org.uk

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405348 1p Feb 11

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This leaflet is available to download from www.dh.gov.uk (enter 'mobile phones' in search box).



Mobile phones and base stations



Health advice on using mobile phones

Click image to visit webpage link.



Do mobile phones or Wi-Fi cause cancer?

- Mobile phones and networks (4G and 5G) do not cause cancer. Wi-Fi does not cause cancer.
- Radiofrequency radiation is too weak to be able to cause cancer by damaging DNA
- Research continues to monitor the safety of mobile phones and signals, in case of any long-term health effects

[▶ Read about the proven causes of cancer](#)

[▶ More cancer myths and common questions](#)

[▶ How does Cancer Research UK evaluate research?](#)

Why are some people worried about mobile phones and cancer?

We often hold our phones to our heads, or keep them close by in pockets or bags. Some people are worried that the radiation from mobile phones can cause cancer, especially brain cancer. Or that keeping phones in a bra will lead to breast cancer.

But the type of radiation that mobile phones and phone masts use doesn't have enough energy to cause cancer by damaging DNA.

What does the research say about mobile phones and cancer?

Using mobile phones does not increase your risk of cancer.

Mobiles use a type of electromagnetic radiation called radiofrequency radiation (radio waves). It's a weak form of radiation, the same type that radios, televisions and microwave ovens produce. Radio waves do not have enough energy to damage DNA. So there's no good explanation for how radio waves could cause cancer.

Some studies claim that mobile phones could increase cancer risk. But a lot of these studies are in animals, and some use unrealistically high levels of radiation. So they cannot reliably tell us about cancer risk from mobile phones in the real world.

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UK Health
Security
Agency

Guidance

Mobile phone base stations: radio waves and health

Updated 30 July 2024

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Summary

Base stations transmit and receive radio waves to connect the users of mobile phones and other devices to mobile communications networks. The strength of the radio waves from base station antennas reduces rapidly with increasing distance and the levels at locations where the public can be exposed tend to be small.

The health effects of exposure to radio waves have been researched extensively over several decades, and very many publications can be found in scientific journals and elsewhere. Coordinated research around the world has addressed concerns about rapidly proliferating mobile communications technologies from around the year 2000.

Independent expert groups in the UK and at international level have examined the accumulated body of research evidence. Their conclusions support the view that health effects are unlikely to occur if exposures are below international guideline levels.

Click image to visit webpage link.



Introduction

What is 5G?

5G radio waves

5G masts and base stations

Macro and Small Cells

5G and health concerns

5G benefits

#Talking5G Series

5G Case Studies

#5GCheckTheFacts > 5G and health concerns

Mobile phones and mobile masts transmit and receive radio waves, which are a type of electromagnetic radiation. Importantly, this type of radiation is classed as mainly harmless, or in scientific terms, non-ionising when used within guidelines, just like our TVs, remote controls, home WiFi and so on. It is widely recognised that the strength of the signals is extremely weak and therefore does not have enough energy to cause adverse health effects.

As you can see from the graph below, 5G falls way short of the ionising (harmful) part of the electromagnetic spectrum.

For further information on the current evidence base please click [here](#) to read a report on Radiofrequency and Human Health: An overview of the current evidence base.



Click image to visit webpage link.