Prediction of MPE at a given distance

1. Limits

The criteria listed in the following table shall be used to evaluate the environment impact of human exposure to radio frequency (RF) radiation as specified in 1.1307(b)

Frequency range (MHz)	Electric field strength (V/m)	Magnetic field strength (A/m)	Power density (mW/cm ²)	Averaging time (minutes)						
(A) Limits for Occupational/Controlled Exposure										
0.3-3.0	614	1.63	*100	6						
3.0-30	1842/f	4.89/f	*900/f ²	6						
30-300	61.4	0.163	1.0	6						
300-1,500			f/300	6						
1,500-100,000			5	6						
(B) Limits for General Population/Uncontrolled Exposure										
0.3-1.34	614	1.63	*100	30						
1.34-30	824/f	2.19/f	*180/f ²	30						
30-300	27.5	0.073	0.2	30						
300-1,500			f/1500	30						
1,500-100,000			1.0	30						

2. Test Procedure

Equation from page 18 of OET Bulletin 65, Edition 97-01

$$S = \frac{P \times G}{4 \times \pi \times R^2}$$

Where:

S = power density

P = power input to the antenna

G = numeric gain of the antenna in the direction of interest relative to an isotropic radiator

R = distance to the centre of radiation of the antenna

3. Result

FCC ID: 2ADMF-ESP32PLUS

Mode	Frequency (MHz)	Prediction distance (cm)	RF output power dBm	MAX tune-uppower mW	MPE (mW/cm²)	Limit (mW/cm²)	SAR Test Exclusion
2.4G WiFi	2437	20	15.317	34.017	0.0149	1	Yes
BLE 1M	2440	20	5.165	3.285	0.0014	1	Yes

2.4G WIFI+BLE= 0.0149+0.0014<1

2.4G WIFI Antenna Gain: 3.42dBi

In summary, SAR evaluation is not required.