

MPE Calculation Method

$$E \text{ (V/m)} = (30 \cdot P \cdot G)^{0.5} / d$$

$$\text{Power Density: } Pd \text{ (W/m}^2\text{)} = E^2 / 377$$

E = Electric Field (V/m)

P = Peak RF output Power (W)

G = EUT Antenna numeric gain (numeric)

d = Separation distance between radiator and human body (m)

The formula can be changed to

$$Pd = (30 \cdot P \cdot G) / (377 \cdot d^2)$$

From the peak EUT RF output power, the minimum mobile separation distance, d=0.2m, as well as the gain of the used antenna, the RF power density can be obtained.

Calculated Result and Limit (WORSE CASE IS AS BELOW)

WiFi:

Antenna Gain (Numeric)	Peak Output Power (mW)	Power Density (S) (mW/cm ²)	Limit of Power Density (S) (mW/cm ²)	Test Result
1.97 (2.95dBi)	41.78 (16.21dBm)	0.0164	1	Compiles

BLE:

Antenna Gain (Numeric)	Peak Output Power (mW)	Power Density (S) (mW/cm ²)	Limit of Power Density (S) (mW/cm ²)	Test Result
1.29 (1.11dBi)	0.183 (-7.38dBm)	0.000047	1	Compiles

$$0.0164 + 0.000047 = 0.016447 < 1$$