According to 447498 D04 Interim General RF Exposure Guidance v01

 $P_{\rm th} \ ({\rm mW}) = \begin{cases} ERP_{20 \ {\rm cm}} (d/20 \ {\rm cm})^x & d \le 20 \ {\rm cm} \\ \\ ERP_{20 \ {\rm cm}} & 20 \ {\rm cm} < d \le 40 \ {\rm cm} \end{cases}$

(B.2)

where

 $\chi = -\log_{10}\left(\frac{60}{ERP_{20}\,\mathrm{cm}\sqrt{f}}\right)$

 $P_{\rm th} \ ({\rm mW}) = ERP_{\rm 20 \ cm} \ ({\rm mW}) = \begin{cases} 2040f & 0.3 \ {\rm GHz} \le f < 1.5 \ {\rm GHz} \\ \\ 3060 & 1.5 \ {\rm GHz} \le f \le 6 \ {\rm GHz} \end{cases} \tag{B.1}$

Table B.2-Example Power Thresholds (mW)

	Distance (mm)										
		5	10	15	20	25	30	35	40	45	50
Frequency (MHz)	300	39	65	88	110	129	148	166	184	201	217
	450	22	44	67	89	112	135	158	180	203	226
	835	9	25	44	66	90	116	145	175	207	240
	1900	3	12	26	44	66	92	122	157	195	236
	2450	3	10	22	38	59	83	111	143	179	219
	3600	2	8	18	32	49	71	96	125	158	195
	5800	1	6	14	25	40	58	80	106	136	169

```
eirp = pt x gt = (EXd)<sup>2</sup>/30
where:
pt = transmitter output power in watts,
gt = numeric gain of the transmitting antenna (unitless),
E = electric field strength in V/m, --- 10<sup>((dBuV/m)/20)</sup>/10<sup>6</sup>
d = measurement distance in meters (m)---3m
Sopt = (EXd)<sup>2</sup>/(30 x gt)
```

Ant gain =0dBi so Ant numeric gain= 1

Field strength =69.22dBµV/m @3m@315MHz

So Pt={ [10^(69.22/20)/10⁶ x3]²/(30x1)}x1000 mW = 0.0025mW <36.3185mW

Then SAR evaluation is not required