iPhone has been tested and meets applicable limits for radio frequency (RF) exposure.

Specific Absorption Rate (SAR) refers to the rate at which the body absorbs RF energy. The SAR limit is 1.6 watts per kilogram in countries that set the limit averaged over 1 gram of tissue, and 2.0 watts per kilogram in countries that set the limit averaged over 10 grams of tissue. During testing, iPhone radios are set to their highest transmission levels and SAR is evaluated in real time, over time intervals as specified by applicable regulations. iPhone is evaluated in positions that simulate uses against the head, with no separation, and when worn or carried against the torso of the body, with 5mm separation.

Apple uses the latest approved regulatory methods adopted in the industry for testing and managing device radios to meet RF exposure limits. These methods track radio usage and RF exposure in real time and manage power to ensure that the iPhone complies with applicable RF exposure limits.

To reduce exposure to RF energy, use a hands-free option, such as the built-in speakerphone, headphones or other similar accessories. Cases with metal parts may change the RF performance of the device, including its compliance with RF exposure guidelines, in a manner that has not been tested or certified.

Although this device has been tested to determine RF exposure compliance in each band of operation, not all bands are available in all areas. Bands are dependent on your service provider's wireless and roaming networks.