Prediction of MPE limit at a given distance

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

$$S = \frac{PG}{4\pi R^2}$$

where: S = power density

P = power input to the antenna

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

R = distance to the center of radiation of the antenna

Maximum peak output power at the antenna terminal: 20.00 (dBm)

Maximum peak output power at the antenna terminal: 100 (mW)

Antenna gain(typical): 10.5 (dBi)

Maximum antenna gain: 11.22018454 (numeric)

Prediction distance: 20 (cm)
Prediction frequency: 450 (MHz)

MPE limit for uncontrolled exposure at prediction frequency: 0.3 (mW/cm^2)

Power density at prediction frequency: 0.223218 (mW/cm^2)

Maximum allowable antenna gain: 11.7839111 (dBi)