

## Apple AirPods



“This equipment generates, uses and can radiate radio frequency energy...”

-Apple Airpod User Manual



CLASS 1 BLUETOOTH EMITS THE HIGHEST RFR RADIATION

“Technology affords us many benefits, but the adverse impacts of tech on war, kids, wildlife & on us all need to be acknowledged & dealt with honestly.”

– Safe Tech International

# DON'T GIVE AIRPODS TO YOUR KIDS—HERE'S WHY

They're more hazardous than you might think.



Image courtesy of <https://reviewed.usatoday.com/headphones/features/are-apple-airpods-safe-for-kids>

# USA Today

- AirPods—or any small wireless earbuds—are a serious choking hazard for young kids. "Even with older kids, we don't recommend using standard earbuds with kids, "They're just way too loud, often hitting well over 100dB(a)—far above 85dB(a), the maximum level that experts recommend for kids and young adults."
- In fact, they could actually be dangerous when placed in the wrong hands. A.k.a. little hands. Just take it from the parents of the 7-year-old boy who was recently rushed to the emergency room because he swallowed a rogue AirPod. Yikes. Below, we dive into all the reasons (and there are plenty!) why you shouldn't give those fancy Apple earbuds to your kids and what you can buy for them instead.

<https://reviewed.usatoday.com/headphones/features/are-apple-airpods-safe-for-kids>

# AirPods & Microwave Radiation



Image courtesy of <https://alumni.berkeley.edu/california-magazine/online/clear-sound-sleek-styling-and-microwave-radiation>



# Cal Alumni -AirPods & Microwave Radiation

According to Cal Alumni, “There are experts, including a UC Berkeley public health researcher, concerned about (AirPod) safety.

Joel Moskowitz, who directs the Center for Family and Community Health at the School of Public Health, warns that radiation from the Bluetooth technology in the AirPods (and other headsets) poses health risks.

<https://alumni.berkeley.edu/california-magazine/online/clear-sound-sleek-styling-and-microwave-radiation>



# Cal Alumni - AirPods & Microwave Radiation

- “More than a dozen studies have shown that low-intensity microwave radiation similar to that emitted by Bluetooth can open up the blood-brain barrier, a layer of cells that block pathogens and toxins in the body from reaching the brain. That could lead to conditions such as autism, dementia, and brain cancer, Moskowitz says.

# Cal Alumni - AirPods & Microwave Radiation

- Jerry Phillips, a biochemistry professor at the University of Colorado who has studied health effects of radiation frequencies similar to Bluetooth, says:
- “The SAR safety levels were based on the assumption that radiation from sources like Bluetooth, WiFi, and cell phones was safe unless it heated tissue. **“That’s been shown to be absolute nonsense. Biological effects have been shown at very low SARs** to the point where there is no measurable increase in heat,” Phillips says. He adds that we don’t know whether effects of exposure could add up over time.”



# Cal Alumni - Jerry Phillip

“What bothers me the most about AirPods is it’s taking cell phones one step deeper into the head. It’s a significant amount of power being delivered even closer to the brain.

It just doesn’t make sense,” he says.

## Airpods and Bluetooth Earbuds Emit Wireless Non-ionizing Radiation

“Airpods and wireless earbuds all emit wireless radiofrequency (RFR) radiation, the same of wireless radiation that your cell phone emits – and the same type of radiation that the World Health Organization listed as a Class 2B carcinogen in 2011. Now, over a decade later, many scientists have published research stating this radiation is a proven human carcinogen.”

[Air Pod Radiation video](#)

# AirPods always use Bluetooth

- AirPods always and only use Bluetooth . Bluetooth emits Electromagnetic Radiation at lower power levels or a lower power density than WiFi or Cellphones. BlueTooth uses lower power because it doesn't have to send signal as far.
- **Many Research Studies Link Low Field Intensity Radiation To A Weakened or Leaky Blood Brain Barrier** The science is solid.

<https://techwellness.com/blogs/expertise/airpod-radiation-guide-wave-block-protection>

# AirPods facts kids need to know

- **AirPods Bluetooth Class 1 can travel 300 feet**
- **Bluetooth Low Intensity EMF radiation can open up the Blood Brain Barrier to let in toxins. What are the impacts in a classroom where many students have Air Pods?**
- **Dr Joel Moskowitz shares how Air Pods communicate with each other with the left and the right AirPods, sending a signal through magnetic induction fields that go through your head.**



# Why kids should not put AirPods + Phone in pockets

- The Chicago Tribune **tested cellphones in the US and revealed that most cellphones were in fact "leaking more radiation than anyone thought"** and far exceeded the FCC's standards.
- Dr. Carlo explains, "Some people are being adversely effected but don't know it because they confuse common symptoms like headaches, anxiety, being short-tempered, dizziness, sleep problems, weight-gain, and low energy with other things in life and don't connect it to wireless devices and the infrastructure.



# Are students getting headaches at school?

Symptoms of exposure to wireless energy, provided by US Career Scientist Dr. Ronald Powell

Studies link Low Intensity EMF radiation (Bluetooth) to:

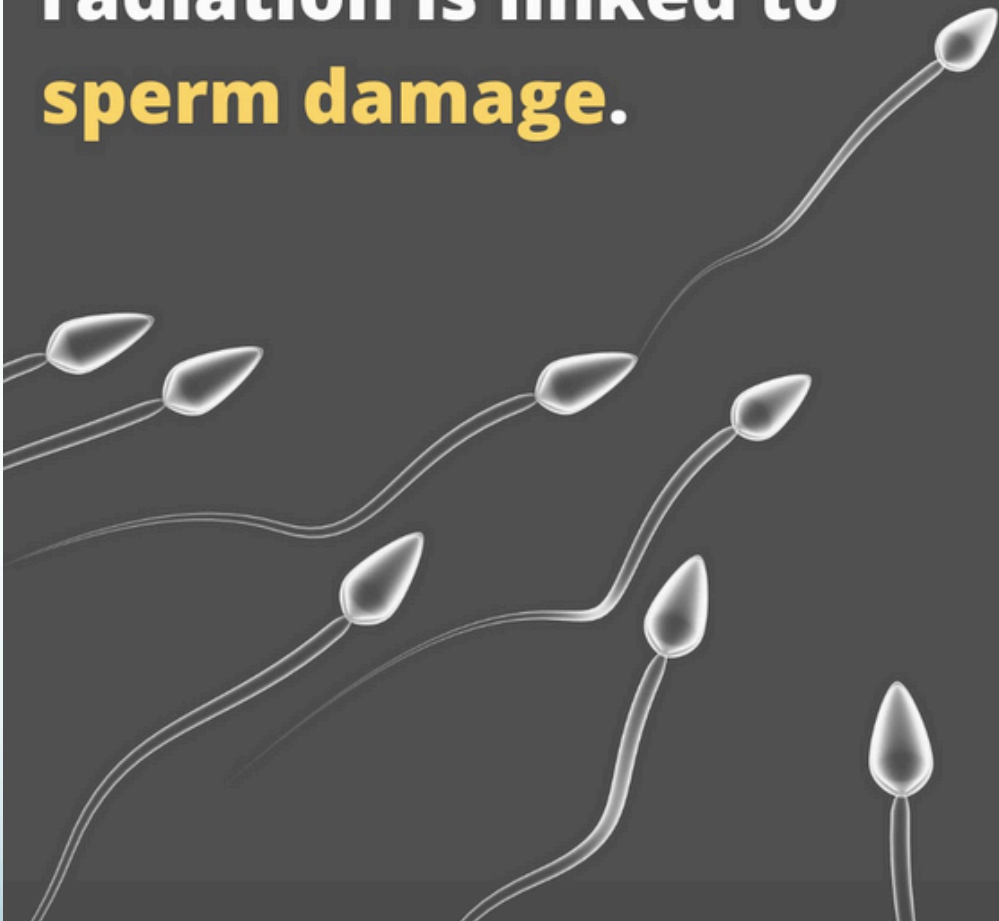
- Impacts to the Blood Brain Barrier, Headaches, Ringing or buzzing in the ears, Fatigue, Loss of concentration, memory and learning ability and dizziness and disorientation

# Air Pods in pockets a “no go phone zone”

- Kids are always also putting their phones in their pockets, and studies show this can impact their fertility! One article said, (in 2016!) boys, its time to get your man purse out and to not charge your phone when in use or be near your groin. See Science Direct article:

<https://www.sciencedirect.com/science/article/abs/pii/S1472648315003004>

**Exposure to cell phone radiation is linked to sperm damage.**



In the Guardian, of February 26, 2021, it is reported that falling sperm counts and changes to sexual development are “threatening human survival” and leading to a fertility crisis, according to Shanna Swan, an environmental and reproductive epidemiologist at Icahn School of Medicine at Mount Sinai in New York,

# What Apple has to Say about Air Pods

- **Surroundings.** Using AirPods in some circumstances may distract you or impact your awareness of your surroundings....block out external sounds or reduce background noise. Always remain aware of your environment during use.
- **Prolonged heat exposure.** Avoid prolonged skin contact with a device, its power adapter, the charging cable and connector, or a wireless charger when plugged into a power source, because it may cause discomfort or injury.
- <https://support.apple.com/guide/airpods/important-safety-and-handling-information-dev4744b22af/web>

# What Apple has to say about AirPods

- **Hearing loss.** Listening to sound at high volumes may permanently damage your hearing.
- **Medical device interference.** AirPods, charging case, and AirPods Max Smart Case, contain magnets as well as components and radios that emit electromagnetic fields. ....might interfere with medical devices..
- <https://support.apple.com/guide/airpods/important-safety-and-handling-information-dev4744b22af/web>



# What Apple has to say about AirPods

- **Skin Irritation. AirPods can lead to skin irritation if not properly cleaned.** Clean AirPods regularly with a soft lint-free cloth.
- **Electrostatic Shock.** When using AirPods in areas where the air is very dry, it is easy to build up static electricity and possible for your ears to receive a small electrostatic discharge from AirPods. To minimize the risk of electrostatic discharge, avoid using AirPods in extremely dry environments, or touch a grounded unpainted metal object before inserting AirPods on your head.
- **Choking hazard.** AirPods, the charging case, and small parts included with AirPods Pro may present a choking hazard or cause other injury to small children. Keep them away from small children.

# AirPods go everywhere & pick up a lot of germs

- Individuals pop out their ear buds and place them on an airport restaurant table, or touch the bars on the subway and then touch their AirPods.  
[At the gym?](#) We shudder. There's no denying that ear buds pick up a lot of germs.
- This bacteria can lead to infections,” Dr. Castilla says. “Usually in the area on the outside of the ear where the AirPods rests—I've had patients with infections caused by dirty AirPods that need to be drained in the office.”

## Airpods increase risk of ear infection, mold, fungus, hearing loss + emit more radiation

- The American Osteopathic Association estimates 20% of today's teens will face hearing loss attributable to AirPods
- AirPods in ear canal ↑ increases the relative decibel level
- Risk of fungus infection - *otomycosis* fungus/earwax mix

**Radiation Risks Bluetooth Class 1** – can reach 300 feet  
The left AirPods communicates with the right AirPods using technology called “near field magnetic induction” (NFMI).  
**The fields go right through your brain. Magnetic fields are linked to cancer and oxidative stress.**

# Kids share AirPods with friends

- Kids shared with me during school lunch, the purpose is to listen to music with friends so wear one AirPods and another friend wears another. They admitted to only cleaning AirPods after a friend uses. In an informal survey at a San Francisco Middle School a student shared they have friend who had AirPods fungus.
- Dr. Sina Tik Tok video on fungus ball in Air Pod
- <https://www.tiktok.com/@doctor.sina/video/6931889620636454149?lang=en>

# TikTok video on AirPods Overuse about Ear Fungus

- [This TikTok About Ear Fungus Caused By AirPods Overuse Is Going Viral, So We Spoke To The Doctor Who Posted It](#)



**This TikTok About Ear Fungus Caused By AirPods Overuse Is Going Viral, So...**

Daniella Emanuel, Krista Torres

"In order to treat it, you must first pluck the mushrooms!"



# Parents sue Apple, alleging Amber Alert on AirPods caused son's permanent hearing loss

Instagram

Global  
NEWS

Texas family sues Apple, claiming loud Amber Alert damaged son's hearing



<https://www.instagram.com/p/Cdywp6y0Zn3/>

# Texas family sues Apple for hearing loss

- **The suit says the couple's son, identified as B.G. and who is now 14, was watching Netflix on his phone with his AirPods on at a "low volume" when a Amber Alert went off.**
- The sound of the alert, sent without warning, tore the boy's ear drum, damaged his cochlea, located in the inner ear, and caused "significant injuries" to his hearing, the suit says.
- The suit,, says the AirPods were defective in their design and manufacturing, and there are no warnings or instructions on how to change the volume of certain sounds. Included in the lawsuit are [online complaints](#) regarding the volume on AirPods, alleging Apple knew about them.
- <https://www.usatoday.com/story/news/nation/2022/05/22/lawsuit-apple-amber-alert-airpods-hearing-loss/9885430002/>

# Kids may not know that Air Pods can spy on people?

- There's a video on how to "spy on people using AirPods," there is a live listen feature where you can leave the AirPods and go to the bathroom in the school and then can listen to what people say.  
[How to SPY on people using your AirPods \(\\*\\*New Feature\\*\\*\)](#)

# Solutions

- Do not *hold* your cellphone and it's wireless energy when the phone is on. Carry your phone as far away from you as possible.
- Distance Is your Friend
- **Pockets are a No Go Phone**
- Turn off Blue tooth and WiFi functionality on your phone when not using them
- Buy hardwired headsets + phone splitter so you can listen with friends, and adaptor for wired headsets
- Techwellness Hardwire Kit
- <https://techwellness.com/products/hardwire-kit-cellphone-tablet-ethernet-without-wifi>

# AirPod message from Safe Tech Hawaii

- "Hearing loss. Fungus infection. Radiation into the brain. Those are the risks associated with AirPods.
- AirPods are a known health hazard. We suggest to avoid using or gifting them. Wired headsets are safer. Help spread the love to those you care about.
- Please avoid anything BlueTooth, as Class 1 BlueTooth emits the highest radiation.
- Best to also avoid anything "smart" as "smart" is not wise!



# More References

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# Thank you for being a Safe Tech Super Hero!

**Sarah Aminoff, Safe Tech International**

[www.safetechinternational.org](http://www.safetechinternational.org)

<https://www.facebook.com/whatis5g/>

[https://www.youtube.com/channel/  
UCChLoeMwo8dxrzxKvXWx2TVQ](https://www.youtube.com/channel/UCChLoeMwo8dxrzxKvXWx2TVQ)

<https://www.instagram.com/safetechinternational/>

