

## **Estonia – National Report on Electromagnetic Fields (EMF) Submission to the 2026 IAC Meeting**

### **1. New legislation or policies**

Estonia has updated its regulatory framework governing non-ionizing radiation. 01.09.2025 regulation of the Minister of Social Affairs nr 45 “Requirements and procedures for ensuring the safety of non-ionizing radiation”.

The regulation establishes requirements for ensuring safety with regard to non-ionizing radiation in the living environment and defines procedures for exposure assessment.

Key elements include:

- specification of exposure limit values and applicable measurement methodologies;
- alignment with relevant international guidelines and current scientific evidence;
- incorporation of findings from recent national research;
- strengthening of monitoring and assessment practices related to RF-EMF exposure.

The updated framework reflects a precautionary, science-based approach to the management of potential health risks associated with non-ionizing radiation.

Reference:

<https://www.riigiteataja.ee/akt/103092025001>

### **2. Communication activities**

Public communication on EMF-related issues in Estonia is coordinated primarily by the Health Board.

**Recent and ongoing activities include:**

- development of updated frequently asked questions (FAQ) materials addressing EMF and health;
- provision of publicly accessible information on exposure levels, safety standards, and potential health effects;
- communication initiatives aimed at improving transparency in relation to the deployment of mobile communication technologies, including 5G.

These activities are intended to support public understanding and address information needs related to EMF.

### **3. Research activities related to EMF and health**

In addition, a targeted measurement study was conducted in 2023 by the Health Board, Estonia, focusing on RF-EMF exposure in educational environments. Measurements were carried out in classrooms of schools and childcare institutions located in proximity to mobile communication base stations.

The results demonstrated that RF-EMF exposure levels within indoor learning environments remained well below established international safety limits, including in locations where mobile communication antennas are situated nearby. The findings are consistent with previous national assessments indicating low exposure levels in publicly accessible environments.

The findings indicate that:

- RF-EMF exposure levels in Estonia remain below internationally recommended limits;
- the introduction of newer generation technologies, including 5G, is not associated with an increase in overall exposure levels and may contribute to a reduction compared to earlier technologies;
- no evidence was identified to suggest adverse health effects resulting from RF-EMF exposure within established limit values.

### **Conclusion**

Estonia applies a precautionary and evidence-based approach to the management of electromagnetic field exposure. Recent research and regulatory developments indicate that current exposure levels remain within established safety limits. Ongoing communication efforts aim to ensure transparency and maintain public confidence.