

Smart Meters: Legality and Health Dangers

1. Smart Meters are voluntary and not legally required

- (a) Refuse a smart meter. Everyone in the UK has the legal right to refuse smart meters: “it will not be an offence for householders to refuse to accept a smart meter” (Hansard, 29 November 2011, Column 903W [82920] [Link](#)).
- (b) Under the Equality Act 2010, you do not need a doctor’s or solicitor’s letter for reasonable accommodation. This applies to physical agents causing ill health, such as Radio Frequency (RF) Electromagnetic Fields (EMFs) or foodstuffs and nuts, and to limitations due to building design or communications, such as for users of wheelchairs and the blind, visually impaired, deaf or partially hearing.
- (c) A utility company should not bully or harass people who suffer Electromagnetic Hypersensitivity (EHS). People with EHS are often registered as vulnerable.

2. Smart meters should be safe and comply with international long-term non-thermal guidelines

- (a) Smart meters emit non-thermal RF causing EHS symptoms ([Lamech](#), 2014; Sci. Consensus Internat. Rep., [32 experts](#), 2021; [5G Effects](#); [Current Knowl.](#), 2026).
- (b) EHS is “a Humanitarian Crisis” (International Commission on the Biological Effects of EMFs (ICBE-EMF) (2024). Many insurers do not cover RF except as high-risk.
- (c) Paradigm shift to studies on non-thermal EHS symptoms, eg in pilots ([Lin](#), 2025).
- (d) Non-thermal RF can cause cancer ([IARC,2B](#), 2011; [Ramazzini](#), 2018; [NTP](#), 2019; [WHO](#), 2025), and irreparable chromosomal damage ([Gulati](#), 2024; [Chokeli](#) 2026).
- (e) Under the Health & Safety at Work Act 1974 companies should use and fit devices which are safe for their employees, visitors and all people near their equipment.
- (f) The No Observable Adverse Effect Level (NOAEL) of 0.05 V/m, with a 10x safety factor, gives a safety level of 0.005 V/m ([Setting Suitable Restrictions](#), 2024).
- (g) Some international long-term non-thermal guidelines for RF-EMFs are as follows.

Bioinitiative , 2012	EUROPAEM , 2016, IGNIR , 2018			
0.03 to 0.05	≤ 0.002 to 0.2		Electric Field	V/m (Volts per metre)
3 to 6	0.1 to 100	Power density	μW/m ² (microWatt per square metre)	
-26 to -23	≤ -40 to -10	Signal strength	dbm (Decibel milliWatts)	
Seletun , 2010: 0.0003		Specific Absorption Rate (SAR)	W/kg (Watts per kilogram)	

3. ‘Captured’ groups and misinformation. The ICNIRP and UKHSA

- (a) Captured regulatory groups still set limits based on the invalidated 1953 military-industrial myth that the only adverse effect of RF-EMF is short-term heating, against mainstream long-term non-thermal evidence ([ICBE-EMF](#), 2022).
- (b) Captured groups still deny physiological EHS, although it was [discovered by 1750](#).
- (c) The ICNIRP sets only short-term heating limits (123 V/m, 10-40 million μW/m², +46 dbm, 0.8-4 W/kg, [2020](#)). It requires individual governments to set their own long-term non-thermal limits for EHS people ([ICNIRP General Approach](#), 2002).
- (d) The UKHSA follows ICNIRP’s short-term thermal limits, not [protective limits](#).
- (e) The UKHSA cannot claim safety for ICNIRP’s limits since these exclude people with EHS or implants. The UKHSA does not assess an individual’s EMF sensitivity.
- (f) The “UKHSA acknowledges the difficulty in development of exposure protection guidance – the interpretation of studies of potential health effects is a matter of judgement” (Minister, Dept. of Health and Social Care, 2026; [Jamieson](#), 2026).