The Healthy Home
COACH

QUICK START CARD

TriField EM100

A plug-in meter that measures dirty electricity (high-frequency noise on your wiring), in millivolts (mV).

Getting started

1. **Plug it straight into the wall**
   Connect the power cord to the meter, then plug it into a wall power point that's switched on. Not into a power board or double adaptor.
2. **Let it settle**
   The number moves around at first. Wait a few seconds, then write down the number it settles around. The yellow bar and tone are a quick guide only.
3. **One reading per room**
   Start with the power point nearest each bed, then the lounge, desks and children's play areas. A printed floor plan makes it quick.
4. **Write down the time and the solar**
   Note the time, and whether your solar panels are producing. Leave your solar and home battery on as normal, and compare a sunny day with after dark.
5. **Compare rooms**
   Most homes have dirty electricity, so high readings are common. This test is about where it's present and how rooms compare. Filters are usually the solution, and we can talk them through at a consultation.

Stay safe

Only plug the meter into power points. Never remove covers or touch wiring. There's no need to switch anything off at the meter box.

Bought your EM100?

It comes with a US power cord. You'll need an Australian power cord to suit the meter, or a US-to-Australia travel adaptor. Hired meters come with an Australian cord.

Room and power point	Time	Solar producing?	Reading mV

Watch the video guide: TriField EM100 guide
Questions? Email hello@thehealthyhomecoach.com.au