

<u>Frequency range</u>	<u>Wavelength range</u>	<u>ITU designation</u>		<u>IEEE bands</u> ^[5]
		<u>Full name</u>	<u>Abbreviation</u> ^[6]	
3–30 Hz	10 ⁵ –10 ⁴ km	<u>Extremely low frequency</u>	<u>ELF</u>	N/A
30–300 Hz	10 ⁴ –10 ³ km	<u>Super low frequency</u>	<u>SLF</u>	N/A
300–3000 Hz	10 ³ –100 km	<u>Ultra low frequency</u>	<u>ULF</u>	N/A
3–30 kHz	100–10 km	<u>Very low frequency</u>	<u>VLF</u>	N/A
30–300 kHz	10–1 km	<u>Low frequency</u>	<u>LF</u>	N/A
300 kHz – 3 MHz	1 km – 100 m	<u>Medium frequency</u>	<u>MF</u>	N/A
3–30 MHz	100–10 m	<u>High frequency</u>	<u>HF</u>	<u>HF</u>
30–300 MHz	10–1 m	<u>Very high frequency</u>	<u>VHF</u>	<u>VHF</u>
300 MHz – 3 GHz	1 m – 10 cm	<u>Ultra high frequency</u>	<u>UHF</u>	<u>UHF</u> , <u>L</u> , <u>S</u>
3–30 GHz	10–1 cm	<u>Super high frequency</u>	<u>SHF</u>	<u>S</u> , <u>C</u> , <u>X</u> , <u>Ku</u> , <u>K</u> , <u>Ka</u>
30–300 GHz	1 cm – 1 mm	<u>Extremely high frequency</u>	<u>EHF</u>	<u>Ka</u> , <u>V</u> , <u>W</u> , <u>mm</u>
300 GHz – 3 THz	1 mm – 0.1 mm	<u>Tremendously high frequency</u>	<u>THF</u>	N/A

- RF currents applied to the body often do not cause the painful sensation and muscular contraction of electric shock that lower frequency currents produce.^{[3][4]} This is because the current changes direction too quickly to trigger depolarization of nerve membranes. However this does not mean RF currents are harmless; they can cause internal injury as well as serious superficial burns called RF burns.
- RF current can easily ionize air, creating a conductive path through it. This property is exploited by "high frequency" units used in electric arc welding, which use currents at higher frequencies than power distribution uses.
- Another property is the ability to appear to flow through paths that contain insulating material, like the dielectric insulator of a capacitor. This is because capacitive reactance in a circuit decreases with frequency.

Frequencies of 1 GHz and above are conventionally called microwave,^[7] while frequencies of 30 GHz and above are designated millimeter wave. More detailed band designations are given by the standard IEEE letter- band frequency designations^[5] and the EU/NATO frequency designations.^[8]

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