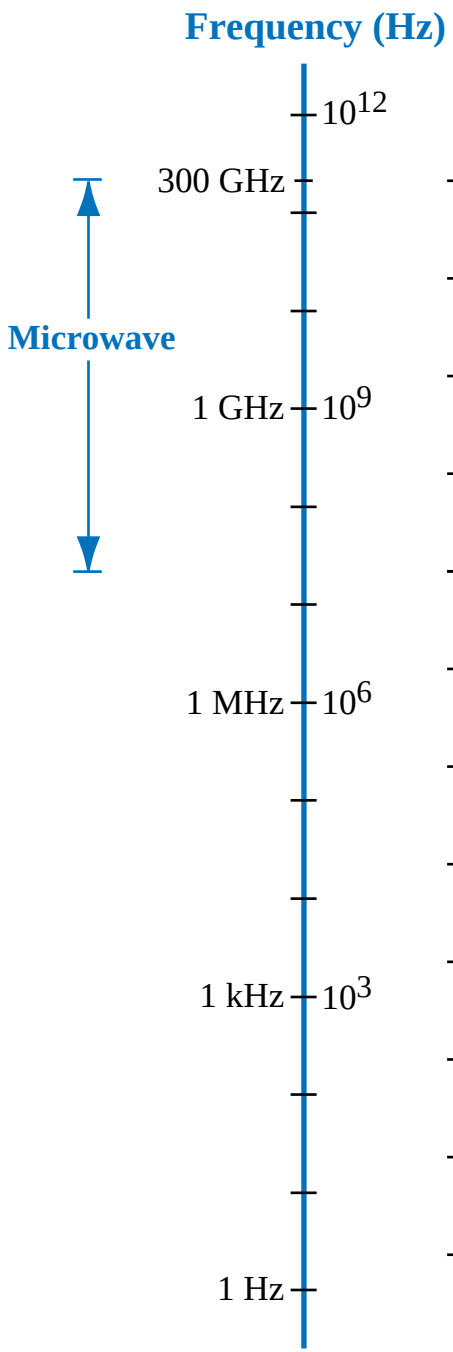

Band	Applications
Extremely High Frequency EHF (30 - 300 GHz)	Radar, advanced communication systems, remote sensing, radio astronomy
Super High Frequency SHF (3 - 30 GHz)	Radar, satellite communication systems, aircraft navigation, radio astronomy, remote sensing
Ultra High Frequency UHF (300 MHz - 3 GHz)	TV broadcasting, radar, radio astronomy, microwave ovens, cellular telephone
Very High Frequency VHF (30 - 300 MHz)	TV and FM broadcasting, mobile radio communication, air traffic control
High Frequency HF (3 - 30 MHz)	Short wave broadcasting
Medium Frequency MF (300 kHz - 3 MHz)	AM broadcasting
Low Frequency LF (30 - 300 kHz)	Radio beacons, weather broadcast stations for air navigation
Very Low Frequency VLF (3 - 30 kHz)	Navigation and position location
Ultra Low Frequency ULF (300 Hz - 3 kHz)	Audio signals on telephone
Super Low Frequency SLF (30 - 300 Hz)	Ionospheric sensing, electric power distribution, submarine communication
Extremely Low Frequency ELF (3 - 30 Hz)	Detection of buried metal objects
$f < 3$ Hz	Magnetotelluric sensing of the earth's structure

Figure 1-16