

ABSTRACT

A wireless communication method and a terminal device, being capable of preventing a specific absorption rate (SAR) of the terminal device from exceeding a standard value. The method comprises: if the uplink duty ratio of a second network is greater than the maximum uplink duty ratio of the second network, the terminal device reduces the total transmit power of a first network and the second network, and/or the uplink duty ratio of the second network, so that the electromagnetic wave SAR of the terminal device is less than or equal to a preset value.

(FIG. 2)