



Fiber Optic Cables Worksheet

Name: _____

1. Zipcord & Pulling

1. All cables should be pulled ONLY by the _____.
2. What is the most obvious sign of cable damage due to incorrect pulling?

3. Can you just cut the cable, make a loop on the end and pull by that loop? Explain.

4. What can you check to make sure the installer pulled the cable correctly?

1a. Cable Marking

1. What does the marking OFNR mean? Where can it be installed?

2. What defines the requirements for fire retardancy of cables?

2 & 6. Fiber Handling and Stripping

1. What should you do to handle fiber safely?

2. What causes fibers to break?

3. Breakout and Distribution Cable

1. What is the biggest advantage of breakout cable?

2. On a breakout cable, where does the NEC or UL marking appear?



3. If space is limited, would breakout or distribution cable be preferred?

3a. Distribution Cable

1. What do you want to pull on when pulling distribution cable?

2. Where can you get swivel eyes?

3. How close should the swivel be to the end of the cable?

3b. Breakout Cable

1. How deep should the jacket splitter blade cut into the jacket?

2. Why do you make a “trial cut” of the jacket near the end of the cable?

3. What tool do you use to pull the ripcord?

4. Once the sub-cables are exposed, what else must be done to them to install connectors?

4. Loose Tube Cable

1. Why do loose tube cables have gel filling?

2. How do you cut the tubes without breaking the fibers?

3. How long should the buffer tubes be after cutting?

4a. Dual Jacket Loose Tube Outside Plant Cable



1. What can you do with dual jacket outside plant cable that you should not do with most cables?

2. Why can't you use a ripcord with dual jacket outside plant cable?

4b. Cable Pulling

1. Why do you "figure 8" cable?

2. How much pulling strength does the cable have?

3. What is the cable reel pulling on?

5. Armored Cable

1. Where is armored cable usually placed?

2. Why does the cable have armor?

3. Why do you need zipcords with armored cable?
