How to pull out outdoor fiber optic cables

Overview

Outdoor Fiber Installation Practices Explained for 2025Plan your outdoor fiber installation carefully by surveying the site, choosing the right cable type.

Key Takeaways

Removing outdoor fiber optic cable requires careful stripping of the outer jacket and armor using ripcords and proper tools to avoid damaging the delicate fibers inside.

Preparation and Safety

Before starting, gather the necessary tools: a sheath knife, needle-nose pliers, outer jacket cutters, and cleaning supplies for any gel or adhesive under the armor. Always wear safety glasses and gloves to protect against sharp edges and fiber shards. Identify the cable type (armored or non-metallic) and mark the length of cable to be removed, typically 6 feet (2 meters) from the end for standard termination or midspan access.

Stripping Armored Outdoor Cable

Mark the armor at the desired length without cutting through it or the ripcords. Cut and remove the armor at the mark to expose the ripcords, usually one on each side of the cable. Nick the armor lightly on each side to create a starting point for the ripcords.

Pull the ripcords at a 90-degree angle to slice through the armor and outer jacket cleanly. This removes the outer layer in two pieces without stressing the fibers. Clean any gel or adhesive under the armor using an environmentally safe product.

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Stripping Non-

Metallic Outdoor Cable

Cut a few inches of the outer jacket at the cable end to expose the ripcords. Nick the jacket lightly and mark the length to be removed. Pull the ripcords to remove the outer jacket, exposing the inner jacket and buffer tubes.

Inner Jacket and Fiber Preparation

Once the outer jacket is removed, carefully strip the inner jacket using the ripcords, exposing the color-coded buffer tubes and central strength member. Avoid excessive bending or nicking of the fibers. Loose tube fibers should be handled gently, and binder strings securing the tubes can be removed to access individual fibers.

Cleaning and Handling

After stripping, clean any residual gel or debris from the fibers. Use lint-free wipes and approved cleaning solutions to ensure the fibers are ready for termination or splicing. Proper handling prevents signal loss and maintains fiber performance.

Disposal and Environmental Considerations

Discard the removed jacket and armor safely, following local regulations for plastic and metal waste. Avoid leaving fiber shards in the work area, as they can be hazardous. By following these steps, outdoor fiber optic cables can be removed safely and efficiently, preserving the integrity of the fibers for reuse, termination, or splicing.

Article Content

Outdoor Fiber Installation Practices Explained for 2025

Plan your outdoor fiber installation carefully by surveying the site, choosing the right cable type, and following FOA and OSP standards to ensure

The FOA Reference For Fiber Optics-Installing Fiber Optic Cable

All fiber optic cables have specifications that must not be exceeded during installation to prevent irreparable damage to the cable. This includes pulling tension, minimum bend radius and crush loads.

Pulling Fiber Optic Cable

Fiber optic cable is surprisingly strong, durable and pliable; however, several best practices should be followed to ensure a successful cable

Best Practices for Pulling Fiber Optic Cable

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Fiber optic cable is surprisingly strong, durable and pliable; however, several best practices should be followed to ensure a successful cable installation. This article

The FOA Reference For Fiber Optics

The proper method of pulling fiber optic cables is always to attach the pull rope, wire or tape to the strength members. Some cables also include a central fiberglass

Fiber Optic Cable Duct Pulling Techniques 2025

Cable duct pulling techniques for 2025: Improve fiber optic installation safety, reduce friction, and lower costs with advanced tools and best

Duct Installation of Fiber Optic Cable

When the cable end reaches a backfeed point or splice point manhole, pull the cable out of the hole using a setup similar to that at the feed hole to maintain bend radius.

Pulling Fiber Optic Cable in Conduit

Sidewall Pressure bend generates sidewall pressure (a crushing force) between the cable and the inside of the conduit bend. Pulling tension, the conduit radius and fill ratio all affect this

How Far Can You Pull Fiber Optic Cable?

This article explores the factors that influence the pulling distance of fiber optic cables, guidelines for safe installation, and best practices to ensure optimal cable performance.

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5 Best Fiber Optic Cable For Internet | 30M Armored Fiber: Speed

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In this guide, I break down the most reliable fiber optic cable for internet installations, covering armored outdoor runs, flexible indoor patch cables, and the exact connector types your ISP''s ONT expects to

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