How to pull an optical cable



Overview

How to Remove Optical Cable | 10 Easy Methods (2026) Fiber optic cable is surprisingly strong, durable and pliable; however, several best practices should.

Key Takeaways

Fiber optic cables must be pulled using the strength members, observing bend radius and tensile limits, to prevent damage and ensure signal integrity.

Preparation

Inspect the pathway: Ensure ducts, trays, or conduits are clear of obstructions and sharp edges that could exceed the cable's minimum bend radius. Gather tools and materials: Approved tools include cable pullers, pulling grips, lubricant (if required), friction tape, and cable jacket strippers. Record cable information: Note sheath number, footage, and cable description codes for future reference.

Check cable specifications: Verify the maximum tensile load and minimum bend radius from the manufacturer's datasheet.

Pulling Procedure

Expose the strength member: Remove a small portion of the outer jacket using a fiber jacket stripper to access the internal Kevlar or aramid yarn. Attach pulling grip: Loop the strength member inside a cable pull-eye, double-back, and secure with tape or knots to ensure the tensile load is applied to the strength member, not the optical fibers. Apply lubricant if needed: For long or complex pulls, use a manufacturer-approved lubricant to reduce friction.

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Pull the cable: Pull steadily, avoiding sudden jerks. For short, straight runs, hand pulling may suffice; for longer or more complex runs, use a mechanical puller. Monitor tension: Ensure the applied load does not exceed the cable's maximum tensile rating.

Maintain bend radius: Avoid sharp bends; adhere to the minimum bend radius for installation and long-term operation.

Termination and Handling

Prepare the cable core: Remove the jacket and buffer carefully to expose fibers for termination. Clean connectors and fibers: Keep dust caps in place until final connection; clean optical lenses with fiber alcohol wipes or pen-style cleaners if contaminated. Secure the cable: Use cable ties or clamps to prevent movement and strain on the fibers.

Safety Considerations

Wear appropriate PPE and follow site-specific safety protocols. Avoid overexertion and maintain awareness of surroundings during underground or elevated pulls. Ensure proper training for handling fiber optic cables to prevent musculoskeletal injuries and fiber breakage.

Following these procedures ensures safe, efficient, and damage-free installation of optical fiber cables, maintaining optimal performance and longevity of the network.

Article Content

How to Remove Optical Cable | 10 Easy Methods (2026)

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

The following article explores best practices when pulling fiber optic cables and cable assemblies. Following these guidelines will help protect your

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In this article, we have provided a step-by-step guide on how to remove a digital optical cable from a TV and also have included some additional tips that you must follow while removing the

5 Mistakes to Avoid When Pulling Fiber Optic Cables Through Conduit

Planning a network deployment? Discover the 5 most common mistakes when pulling fiber optic cables through conduit and learn how to prevent costly damage.

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Best Practices for 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 installation. This article

Pulling Installation of Fiber Optic Cable

Route plan to ensure the duct run maintains the minimum bend diameter of the cable. For more information and all recommendations for installation, refer to C...

How to pull fiber optic cable

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101 Guidelines for Fiber Optic Cable Installation

Never directly pull on the fiber itself. Fiber optic cables have Kevlar aramid yarn or a fiberglass rod as their strength member. You should pull on the fiber cable strength members only! Never exceed the

The FOA Reference For Fiber Optics-Installing Fiber Optic Cable

The normal recommendation for fiber optic cable bend radius is the minimum bend radius under tension during pulling is 20 times the diameter of the cable. When not under tension (after installation), the

How to Terminate Fiber Optic Cable Fast and Easily

Fiber optic termination is a necessary step for installing a fiber optic network. It is a physical connection of a fiber optic cable to create a seamless connection between similar or

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Duct Fiber Optic Cables: What They Are, Applications,

Learn about duct fiber optic cables—their design, key applications (FTTx, urban networks, DCI), installation methods (pulling vs. air blowing), and

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