

# Fiber Optics 1-2-3

## Foundational



This instructor-led course provides a fundamental understanding of fiber optics and the practical hands-on skills training required to install and maintain fiber optic networks. Perfect for those new to fiber or those looking to enhance their current skill set. The first two days of training are dedicated to classroom theory and lecture, which allows students to gain knowledge of fiber technology and network components. The following two days are dedicated to hands-on skills training to learn and apply proper cable preparation, termination, splicing, and testing skills.

**Audience:** Field technicians, installers, IT support staff, engineers, field supervisors, OSP staff, maintenance techs, or technical sales staff

**Prerequisite:** Fiber Foundations is recommended, but not required.

### Credentialing



#### ETA® International Fiber Optics Installer (FOI)

Valid for four years.  
Four-day attendees only.



#### Light Brigade Digital Badge

Complete this course and receive a Credly digital badge.



Click or scan for detailed course information and upcoming training locations.



#### Sumitomo Fusion Splicing Fundamentals Digital Badge

Available to four-day attendees only.



#### Continuing Education Credits (CECs)

30 BICSI CECs (four-day)  
15 BICSI CECs (two-day)

“They excelled in making fiber optics easy. You can’t improve on perfection.”

— Gabriel Hartman

# Fiber Optics 1-2-3

## Detailed Course Outline



This four-day course has been developed with two days of classroom learning and two days of hands-on skills labs, review, and certification testing. The classroom portion is available as in person training or online via our instructor-led, remote classroom option. Each content chapter ends with a review period, which makes use of Kahoot game-based interactive quizzes to help attendees recall and retain what they have learned. After the theory portion, students will take a Light Brigade knowledge exam to gauge their mastery of the topics.

The labs provide the practical understanding and skills required to properly design, install, and maintain fiber optic networks. Students will learn how to splice, connectorize, test, and troubleshoot optical fiber networks to increase efficiency, reliability, and on-the-job safety as well as reduce cost and downtime. Following the lab sessions, those who have chosen to pursue ETA certification will then complete their ETA certification testing.

**Audience:** This course is applicable to anyone who is or will work with fiber optic communications systems.

**Prerequisites:** None. Entry level. Fiber Foundations (online) is recommended but not required.

**Certifications and Credits:** ETA Fiber Optic Installer (FOI) Certification  
BICSI Continuing Education Credits  
Light Brigade Digital Credentialing

## Classroom Lecture

### Communication Basics

- Basic signal communication
- Digital communications
- The binary system
- What is an optical fiber?
- Fiber coatings and color coding
- Basic units of measure in fiber optics
- Advantages and benefits of fiber optics
- Standards and codes

### Fiber Optic Transmission Theory

- The electromagnetic spectrum
- Fiber optic transmitters and receivers
- The dBm and dB scales
- Bandwidth
- Attenuation and loss
- Refraction
- Reflection
- Dispersion
- Fiber tolerances

### Optical Fibers

- The physical plant
- Fiber comparison
- What is a mode?
- Multimode and single-mode fiber types
- Mode field diameter

### Cable

- Cable designs
- Cable materials and structure
- Indoor optical cable ratings
- Ammonium Octamolybdate
- Low smoke zero halogen
- Distribution cables
- Breakout cables
- Tight buffered cable specifications
- Interlocking armor cable
- Standard cable cordage
- Indoor/outdoor cables
- Loose tube outside plant cables

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## Cable (continued)

- Stranded cables
- Unitube/central tube cables
- Ribbon cables
- Ultra high density fiber cables
- Microduct cables
- Aerial fiber optic cables
- Drop cables
- Optical cable specifications
- Fiber coating and buffer color codes
- Composite and hybrid cables
- Cable components and elements
- Cable termination

## Fiber Optic Connectors

- FOCIS
- IEC 61754
- Main connector components
- Typical connector roles
- What to look for in a connector
- Causes of excess loss
- SC connectors
- ST connectors
- LC connectors
- MPO connectors
- Older connector styles
- Legacy connector styles
- Emerging connectors
- Hardened fiber optic connectors
- Termination techniques

## Connector Endfaces

- Endface geometry
- Fiber optic connector inspection
- Connector inspection criteria
- Fiber optic endface inspection
- Fiber optic connector polishes
- Reflection issues

## Splicing

- Connectors versus splices
- Why do we need to splice?
- Mechanical splicing
- Fusion splicing
- Pigtail splicing and splice-on connectors

- Splicing considerations
- Anatomy of a fusion splicer
- Splicer cleanliness
- Choosing the correct settings
- Perform regular arc tests
- Splice errors
- Strip tool cleanliness
- Fiber optic cleaving
- Ribbon splicing
- Splice protection
- Splice management software

## Fiber and Cable Management

- Rack space
- Patch panels
- Splice panels
- Building entrance terminals
- Fiber distribution units
- Splice closures
- Splice trays
- Fanout and breakout kits
- Building and campus topologies
- Wall-mounted premises panels
- Fiber raceway systems
- Work area outlets
- Fiber to the building installations
- OSP fiber and cable management
- FTTx cable management products
- Fiber distribution hubs
- Fiber access terminals
- Multiport service terminals
- Fiber transition terminals
- Cabling scenarios
- Vaults and handholes
- Panel and closure considerations

## Installation

- Cable handling
- General installation guidelines
- Standards, regulations, and codes
- Air blown fiber networks
- Network topologies
- Cable trays and ducts
- Cable installation products

## OSP Installation

- Underground installation methods
- Proper route planning and engineering
- Conduit and duct installation
- Microducts and multiducts
- Cable pulling
- Air blown fiber
- Aerial installations
- Utility applications
- Mid-span (express) entries
- Slack storage methods
- Cable storage
- Sequential markings
- Fiber installation inspection reports

## Test Equipment

- Optical loss testing
- Optical time-domain reflectometers
- Fiber identifiers
- Visual tracers
- Visual inspection
- Optical talk sets
- Optical dispersion testers
- Testing documentation

## Optical Testing

- ANSI/TIA-568 testing terminology
- ANSI/TIA-526 test methods
- Multimode launch conditions
- Optical loss testing with a mandrel
- Mode suppressor loops
- Measurement-quality jumpers
- Reference testing methods
- Insertion loss methods
- “Not to exceed” attenuation reports
- Testing transmitter and receiver power
- OTDR deadzones
- Launch boxes and optical terminators
- OTDR event signatures
- Fiber mismatches and gainers
- Resolving gain splices
- Testing fiber optic splitters
- Index of refraction accuracy settings
- Testing documentation

## Emergency Restoration

- Identify, locate, and resolve
- Effective maintenance planning
- Typical causes of failure
- Typical types of damage
- Frequently encountered problems
- Restoration planning
- Troubleshooting and restoration equipment
- Aerial restorations
- OSP restoration of ducted cable
- OSP restoration of direct buried cable
- Premises restorations
- Proactive versus reactive restorations
- LAN restorations
- The need for slack cable
- Post-restoration recommendations

## Actives, Passives, and Loss Budgets

- Laser light sources
- Wavelength optimization
- Receivers – photo diodes
- Typical optical detector specifications
- Passive devices
- Attenuators
- Optical splitters
- FTTH architectures
- Multiplexers and multiplexing
- System budgets

## Safety Best Practices

- Visual safety using fiber optic sources
- Wavelength and the eye
- Laser classifications
- Safety eyewear
- Working with optical fibers
- Personal protective equipment
- Chemical safety
- The work area
- Installation safety practices
- Cable installation safety
- Aerial safety

## Wrap-up and Review

## Hands-on Skills Learning

### Lab Safety

- Practice safety during the labs for yourself and your fellow participants.

### Review of Safety Practices

#### Cable Preparation for Termination

- Practice proper tool usage for cable and buffer tube preparation.
- Identify fiber optic cable and jacket types.
- Prepare a stranded cable for installation into a fiber closure/panel.
- Prepare buffer tube for a splice tray.
- Prepare a fanout kit.

#### Splicing and OTDRs

- Clean the test port and all connectors of an OTDR.
- Modify typical OTDR settings to obtain a clear interpretable trace.
- Recognize and interpret events depicted by an OTDR.
- Use an OTDR to test and identify events in a span.
- Use a launch box to enable identification of events close to the OTDR.
- Strip and cleave an optical fiber.
- Modify typical splicer settings to obtain a high-quality splice.
- Perform arc calibration on a fusion splicer.
- Create fusion splices on various fiber construction types.

### Connectors

- Prepare and install a mechanical splice-on connector.
- Prepare and install a fuse-on connector.
- Clean a fiber connector endface.
- Use inspection scopes to view a connector endface.
- Use a light source and power meter to measure loss on a mated connector pair.
- Use a visual fault locator to identify nearby bends and breaks.
- Practice proper tool usage for connector preparation.

### Optical Loss Testing

- Inspect and identify connector contamination.
- Clean connector endfaces using wet and dry cleaning methods.
- Clean connectors using commercially available fiber optic cleaning products.
- Identify damaged connectors.
- Use a light source and power meter to observe the effects of a macrobend and microbend on a fiber.
- Learn proper test reference methods.
- Create a loss budget for sample span of fiber.
- Measure optical loss for a span of fiber and compare to the calculated loss budget.
- Use a fiber identifier to detect active fibers.