



More Than Just Lasers

Detailed Course Outline

When strong health and safety practices become part of the operational fabric of your organization, everyone wins. Help create a positive safety culture by ensuring your employees are trained to follow safety procedures and can identify safety concerns unique to fiber optics.

Fiber optic professionals can be exposed to a wide variety of hazards — from the glass fibers themselves to chemicals used in cleaners and adhesives, to the sharp tools used to prepare cables for termination. They often encounter heavy equipment and power tools and may be in proximity to high voltage and traffic hazards during cable placement and system restoration.

This course examines these concerns and provides recommendations for safe practices when working with optical fibers and cables. It's a solid foundation for ensuring your workforce remains healthy and productive and a great addition to your current safety program. Creating a safety-first culture helps to ensure your workforce is not part of painful statistics involving injuries and costly litigation.

Prerequisites: Previous experience with fiber optics helpful, but not required.

Certifications and Credits: Light Brigade Certificate of Completion

Caution: Optical Fiber

- Uncoated fibers
- Food and drink
- Working with fiber
- PPE usage
- Dark work surfaces
- Cleaning up
- Proper disposal

Danger: Lasers in Use

- Visible vs infrared light ranges
- Classes of lasers
- General laser safety
- Laser-specific personal protective equipment
- Injury prevention

Notice: Optical Cable

- Cable preparation
- Sharp tools
- Pulling ripcords
- Cable ends
- Strength members
- Armored cable
- Cable handling
- Heavy cable reels
- Bonding and grounding
- Safe disposal

Warning: Protect Yourself

- Your personal safety
- Other people's safety
- Employer rules
- Building codes
- Safety organizations
- Situational awareness
- Electrocution
- Heights
- Vehicles and traffic
- Personal protective equipment

Alert: Jobsite Hazards

- Falling debris
- Bucket trucks
- Ladders
- Manholes and hatches
- Noise
- Environmental hazards
- Traffic
- Electrical hazards
- Slips, trips, and falls
- Trenching
- Confined spaces
- Safety data sheets
- Ceilings
- Lighting
- Lead and asbestos
- Lifting