

Fibre Optic Essentials for Electricians

COURSE DESCRIPTION

The Fibre Optic Essentials for Electricians course provides the practical knowledge and skills required to install fibre optic cabling in modern LAN and WAN environments. Through a combination of lectures and hands-on practical exercises, participants learn the correct methods for handling, installing, splicing, terminating and testing fibre optic cables.


The course also covers fibre safety, connector care and common installation mistakes that can lead to costly faults and maintenance issues. Participants will gain a clear understanding of fibre optic technologies used in structured cabling systems and how to apply them in real-world installations.

WHO SHOULD ATTEND

Electricians, cabling installers and technicians who want to expand their capabilities to include the installation, commissioning and maintenance of fibre optic networks and associated equipment.

SOME COURSE BENEFITS

- Ability to correctly install, terminate and test fibre optic cabling
- Practical experience working with singlemode and multimode fibres
- Understanding of fibre optic safety standards and best practices
- Reduced maintenance issues caused by incorrect installation
- Increased capability to support fibre optic network infrastructure

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COURSE OBJECTIVES

- Participants will gain the knowledge and skills required to:
- Understand fibre optic technology, terminology and components
- Identify fibre optic cables, connectors and system components
- Safely handle and install fibre optic cabling systems
- Perform fibre optic splicing and termination
- Understand different fibre link types and their applications
- Perform basic fibre testing and fault identification

FORMAT

1-day interactive classroom training including theory sessions, written assessment and hands-on practical exercises.

Maximum attendees: 12 per course.

CONTENT

Fibre Optic Fundamentals

- Principles of light and fibre optic transmission
- Fibre optic system fundamentals
- Fibre safety considerations
- Singlemode and multimode fibres
- Dispersion and optical loss
- Fibre construction and cable types

Fibre Connectors & Components

- Fibre optic connectors
- Connector colour codes
- Fibre optic cables
- Light sources – LEDs and lasers

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Fibre Installation

- Fibre optic installation techniques
- Cable handling and installation practices
- Fibre termination and splicing
- Hands-on practical: fibre splicing exercise.

Connector Care & Maintenance

- Connector inspection and cleaning procedures

Fibre Testing Fundamentals

- Fibre testing theory
- Continuity testing
- Live fibre identification
- Visible fault locator (VFL) testing

Insertion Loss Testing

- Light source and power meter testing
- Interpreting insertion loss results

OTDR Overview

- Introduction to OTDR testing
- Understanding OTDR results and trace interpretation

Assessment

- Instructor-led interactive quizzes
- Multiple-choice written test
- Practical assessment exercises