

# How to remove the outer sheath of optical cables

## Article Overview

Removing the outer sheath of optical cables requires careful scoring, flexing, and use of ripcords to expose the cable core without damaging the fibers.

## Preparation and Safety

- o Gather Tools and Materials: Use a sheath knife, needle-nose pliers, scissors, side cutters, and safety equipment such as gloves and safety glasses .
- o Inspect the Cable: Check the cable type (loose tube, armored, or ribbon) and consult the manufacturer's specifications for minimum bend radius and pulling force .
- o Mark the Strip Length: Determine the length of sheath to remove, typically 2 meters (6 feet) for end access, and mark the circumference with a permanent marker .

## Sheath Removal Procedure

- o Score the Sheath: Use a sheath knife to "ring" the outer sheath at the marked distance. Apply enough pressure to cut through the sheath but avoid cutting the fibers inside .
- o Flex the Cable: Gently bend the cable at the scored ring to separate the sheath. The sheath should crack open without damaging the core .
- o Expose the Ripcord: Remove the cut section of the sheath to reveal the ripcord(s). Wrap the ripcord around needle-nose pliers and pull it back to slit the sheath along its length .
- o Remove the Sheath: Hold the cable straight and pull the split sheath off. Discard the sheath safely .
- o Cut Outer Strength Members: If present, cut aramid yarn, flame barrier tape, or fiberglass strength members according to local practices, leaving binder strings intact initially .

## Core Exposure and Preparation

- o Separate Buffer Tubes: Once the outer sheath is removed, the cable core is exposed. Carefully unwrap color-coded buffer tubes from the central strength member .
- o Remove Water-Absorbent Materials: Cut and discard water-absorbing tapes or yarns surrounding the core .
- o Prepare for Termination: For ribbon cables, score the jacket along both flat sides, peel back the halves, and trim flush with the marks. Cut aramid yarn to length .

## Special Considerations for Armored Cables

- o Nick the Armor: Before pulling ripcords, use side cutters to nick the armor where the ripcord disappears under the sheath .
- o Pull Ripcords Carefully: Wrap the ripcord around pliers and pull about 1.5 inches into the sheath to slit the armor, then slide the separated section off .

## Safety Precautions

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- o Always wear safety glasses and gloves to protect against sharp fibers .
- o Avoid excessive bending, pulling, or crushing of the cable to prevent damage .
- o Collect and safely dispose of any cleaved or broken fiber pieces to prevent injury . Following these steps ensures the outer sheath is removed cleanly, exposing the cable core for termination or splicing while maintaining the integrity of the optical fibers.

Learn how to prepare a jacketed cable for termination by the technical experts at Fiber Optic Center. Training:  
How to

You won't believe how easy cable preparation is when a non-metallic armor is used within

Sheath Removal Note: Before proceeding with the following steps, anchor the cable securely to the work area using tape or cable

You'll strip plastic sheathed cables in two stages. First, the outer sheath requires you to slide the cable into the notch

1.1 This practice describes how to remove the sheath or "jacket" of a FREEDM Fan-Out cable and prepare the cable's optical fibers

First, strip the outer sheath of the optical fiber with optical fiber strippers; remove the stripped outer sheath of the

1.2 MIC 250 cables are versatile, high performance cables designed to facilitate specific pre-connectorized cable assembly

Outer Jacket Removal 4.1 Determine the cable strip lengths (i.e., the lengths of jacket to remove, and aramid yarn to leave) from the

Removing the outer sheath and longitudinal cut in medium-voltage (MV) single-core cable with aluminum laminate

General 1.1 This procedure describes installation and handling practices for Corning Cable Systems armored standard single tube

Removal of fiber optic outer cable is extremely important using the correct tool will make this job easier and will avoid

# How to remove the outer sheath of optical cables

Use the Wire Stripper/Splitter to strip a variety of fiber optic and coaxial cables up to 14

Good fiber optic stripping techniques in your cable assembly process are crucial. See best practices for how to strip

Easy instructions for cable preparation! Removing the outer sheath in medium-voltage

1.2 Thoroughly abrade and degrease the outer sheath for a distance of 200mm or as indicated in the relevant joint drawing. 1.3 Make

Hold the cable in one hand, and pull the slit-outer sheath and armor away from the cable with the other hand until the 25 cm (10 in.)

Web: <https://www.millstraining.co.za>

