



FIBER OPTIC TECHNICIAN – OUTSIDE PLANT (FOT-OSP)

Instructor: Buck Spears, President

Buck began working in OSP construction in 1979 with CATV projects, then worked as a high voltage journeyman lineman throughout the United States. In 1994, after building power systems in Alaskan villages for nearly 10 years, he transitioned into the communications industry working fiber optic projects in AK, CO, KS and UT. Since 2000, he has worked as a Factory Rep and trainer, helping customers across the US with their fiber optic projects. Buck is a renowned “OSP & Fiber Optic Authority” and is a **highly sought after resource**. His interactive, high-energy teaching style makes the classes both interesting and enjoyable. Technicians leave his classes with real world skills and improved troubleshooting capabilities.

Course Description:

This certification is designed for technicians working in the Outside Plant field studying the “physical layer” of the OSI model. This is a Certification course, it is designed to “confirm” the technician’s fiber optic knowledge.

A Fiber Optics Technician-Outside Plant must be able to properly terminate, test and troubleshoot single-mode fiber optic communication systems. This includes various types of termination techniques applicable to high speed laser based systems including SONET, DWDM, FTTx, CATV networks using ITU-T G.652 and G.655 single-mode fibers. Disciplines include mechanical and fusion splicing per the TIA-758, GR-765 and GR-20 standards, and the preparation of fiber optical cables and cable management products. Testing and troubleshooting roles of each element and span of the fiber optic communication system(s) include optical loss testing of transmission equipment per the TIA-526-7 standard along with an understanding of OTDR theory and skills required including acceptance testing.

The FOT-OSP understands optical loss budgets, not to exceed loss budgets and has the knowledge and skills required for troubleshooting single-mode OSP fiber optic communications systems addressing the roles of attenuation, dispersion and reflection and how to identify and troubleshoot each. The FOT-OSP should have a basic understanding of the National Electrical Safety Code (NESC®), National Electrical Code (NEC®), and all safety conditions specific to the outside plant environment and the applicable transmission equipment.

Course Duration: 4 days

The course is comprised of 2.5 days of review on Outside Plant Fiber (OSP), Connector installation methods, testing standards and methodologies. Testing is 1.5 days and comprised of a written and a hands-on skills test including cable and splice case prep.

Successful participants will receive ETA Certification that is valid for 4 years.

Target Audience:

Anyone involved in the installation, repair, and maintenance of fiber optic systems.

Prerequisites:

A basic understanding of telecommunications and basic fiber optic splicing, termination and testing are required prior to taking this course. These basic trainings are available through other S&S Solutions courses.

Hands-on Labs – Practical Performance Requirements

Our facility has a 60 mile fiber run. Students will be taught best practices as they break out the cable, splice the fiber, place the splices in a closure and test the fiber. Students will identify and resolve issues in the network. Students will be tested on their ability to properly and safely perform the above performance requirements.

Competency Requirements & Course Curriculum

This competency listing is an identification of subject topics in which Fiber Optics Technician – Outside Plant (FOT-OSP) individuals are expected to obtain knowledge in order to prepare for the ETA® International FOT-OSP certification examination. This includes a full understanding of Passive Optical Networks (PON), of skillfully performing splices and closures, and of Optical Time Domain Reflectometer (OTDR) use. A knowledge of the concepts of fiber optics troubleshooting and service applicable to all of the functions is required to safely and completely analyze FTTx signatures, measure reflectance, test splitters, and identify faults in fiber optics communications and transmission cabling.

COURSE CURRICULUM

1.0 PRINCIPLES OF LIGHT AND FIBER OPTIC TRANSMISSION THEORY

- 1.1 List the types of light sources used in single-mode fiber systems
- 1.2 Describe common transmission wavelengths used in single-mode fiber systems
- 1.3 List the wavelengths used in these fiber systems:
 - 1.3.1 Fiber to the Home (FTTH)
 - 1.3.2 Passive optical networking (PON)
 - 1.3.3 Active Ethernet
- 1.4 Explain how optical power levels are measured (dBm)
- 1.5 List types of optical reflections
- 1.6 Explain Index of Refraction
- 1.7 Describe causes of Fresnel reflections
- 1.8 Describe the wavelength (or frequency) bands used in Coarse and Dense Wavelength Division Multiplexing (CWDM/DWDM) systems

2.0 SINGLE-MODE FIBER, CHARACTERISTICS, CONSTRUCTION AND THEORY

- 2.1 Describe an ITU-T G.652 / G.652.D single-mode fiber
- 2.2 Describe an ITU-T G.655 single-mode fiber
- 2.3 Describe an ITU-T G.657 single-mode fiber
- 2.4 Describe the light transmission area for single-mode fiber operation
- 2.5 Explain the purpose of a fiber's cladding
- 2.6 Describe the two common coating diameters used in single-mode fibers
- 2.7 Describe how different manufacturing techniques can affect system performance
- 2.8 Describe 'chromatic dispersion'
- 2.9 Describe 'material dispersion'
- 2.10 Describe 'waveguide dispersion'
- 2.11 Describe the term 'optical windows'
- 2.12 Describe 'optical bands'
- 2.13 Describe the term 'microbending'
- 2.14 Describe the term 'macro-bending' and compare it with microbending
- 2.15 Identify the standard tensile strength load value for single-mode fiber optic cable

3.0 TERMINOLOGY, DEFINITIONS AND ABBREVIATIONS USED IN OSP FIBER OPTICS

- 3.1 Define the following acronyms and terms:
 - 3.1.1 ITU
 - 3.1.2 FTTH/PON
 - 3.1.3 LAN, WAN and MAN
 - 3.1.4 WIC coupler
 - 3.1.5 FOTP (Fiber Optic Test Procedure)
 - 3.1.6 ODN and OSP
 - 3.1.7 MSDS
 - 3.1.8 FDU
 - 3.1.9 FDH
 - 3.1.10 FAT
 - 3.1.11 MST
 - 3.1.12 Hardened
 - 3.1.13 OLT and ONT/ONU

4.0 SINGLE-MODE FIBERS IN WAN, MAN, FTTx AND PREMISES NETWORKS

- 4.1 List the types of single-mode fiber used in premises applications
- 4.2 Describe acceptable methods of terminating single-mode fiber
- 4.3 List the types of fiber used in metropolitan area networks (MANs)
- 4.4 Describe the type of fiber used for Wavelength Division Multiplexing:
 - 4.4.1 Dense WDM (DWDM)
 - 4.4.2 Coarse WDM (CWDM)
 - 4.4.3 Shortwave WDM (SWDM)
- 4.5 List the International Telecommunication Union (ITU) specification for the two common single-mode fiber types
- 4.6 Compare different techniques used in fiber manufacturing
- 4.7 List different types of fiber optic cable tolerances
- 4.8 List the fiber types specified in the ITU FTTH standards
- 4.9 Describe the different types of dispersion in single-mode applications

5.0 FIBER OPTIC CABLES

- 5.1 In a cross-section drawing of a stranded fiber optic cable, explain the purposes of each segment
- 5.2 Identify the segments in the drawing of a cross section of a central tube fiber optic cable
- 5.3 Explain why and where loose tube cable is used
- 5.4 Compare tight-buffered cable with other types of fiber cable
- 5.5 Explain the differences between the strength member in both stranded and central tube fiber optic cables
- 5.6 Name the cable jacket material used in common types of outside plant cables
- 5.7 Explain the purpose of installation specifications
- 5.8 Define an indoor distribution cable structure and compare it with loose tube and central tube fiber optic cables
- 5.9 List reasons for utilizing armored fiber cables
- 5.10 Describe the purpose of cable ribbons and how they are used in fiber optic cables
- 5.11 Explain the purpose and indicate where the TIA-598 color code is used
- 5.12 Describe manufacturer markings on cable jackets and how they are used
- 5.13 Explain the use of sequential cable markings
- 5.14 Describe the two types of outdoor style cable structures
- 5.15 Compare indoor and outdoor cables, their applications and benefits
- 5.16 Describe the use of cable gels, powders and tapes
- 5.17 Define tensile strength of a fiber cable
- 5.18 Describe the dynamic load of a fiber cable
- 5.19 Define 'static load' as it refers to fiber cabling
- 5.20 Describe the detrimental effects of exceeding the minimum dynamic bend radius of a fiber cable
- 5.21 Compare static versus dynamic bend radius in fiber optic cabling
- 5.22 Describe the differences between fiber optic trunk, distribution and drop cables used in FTTx installations
- 5.23 Explain the importance of the attenuation specification in fiber optic cables and how it is used
- 5.24 Define microducts and microduct cables
- 5.25 Explain the role(s) of feeder cables
- 5.26 Explain the role(s) of distribution cables
- 5.27 Explain the role(s) of drop cables

6.0 ACTIVE DEVICES

- 6.1 Name the types of active optical devices used in fiber optic-communication systems
- 6.2 Explain the purposes and differences in the safety classifications for light sources used in fiber communications
- 6.3 Name the types of light sources used in OSP applications
- 6.4 List the common wavelengths used in single-mode fiber communications systems and the advantages and disadvantages of each
- 6.5 Explain how to measure the output power of a light source
- 6.6 Explain dBm and its role in testing transmit and receive optical power levels

- 6.7 Explain the impact of Fresnel reflections on laser transmission
- 6.8 Explain the impact of proper optical fiber cleaning materials and their effect on transmission quality
- 6.9 Describe the basic role of the photodiode in fiber optic communications
- 6.10 Describe the function and relationship of optical attenuators to detectors

7.0 CONNECTORS

- 7.1 Identify standard fiber optic cable connector types
- 7.2 Explain intrinsic factors applicable to losses in fiber connectors
- 7.3 Explain extrinsic factors that cause attenuation in a fiber optic connection
- 7.4 Describe how interconnection losses can be identified using common measuring equipment
- 7.5 Explain how reflections can be identified in a completed cable link
- 7.6 Describe a PC polish
- 7.7 Describe a UPC polish
- 7.8 Describe an APC polish
- 7.9 Describe how and where pigtails are used in fiber optic cabling systems
- 7.10 List steps taken to properly perform a visual inspection of an optical plug (connector)
- 7.11 Describe proper cleaning of a single-mode plug and sleeve
- 7.12 Describe contaminated or damaged connector ferrules
- 7.13 Name common contaminants found in fiber cabling systems
- 7.14 Describe common types and causes of fiber damage at the ferrule
- 7.15 Describe a small form factor (SFF) connector as used in fiber optic transmission systems
- 7.16 Describe the type of bonding techniques optimized for FTTx single fiber terminations
- 7.17 Describe what an array connector is and its common applications
- 7.18 Describe a "hardened" connector
- 7.19 List two types of "Splice-On" connectors

8.0 PASSIVE COMPONENTS

- 8.1 Explain the uses and benefits as well as disadvantages of using fiber optic signal splitters
- 8.2 Describe where optical splitters are used in FTTx applications
- 8.3 Explain wavelength division multiplexing (WDM)
- 8.4 Explain how WDM is used in FTTH/PON systems
- 8.5 Explain the differences between WDM and DWDM
- 8.6 Explain the differences between WDM and CWDM
- 8.7 Describe a wavelength independent coupler (WIC) and its characteristics
- 8.8 Describe how an insertion loss test is conducted for optical splitters
- 8.9 List the theoretical attenuation values for 1:2, 1:4, 1:16 and 1:32 splitters
- 8.10 Explain how to test and compare measured versus theoretical losses of splitters
- 8.11 Explain why an optical attenuator may be required in a fiber optics system

9.0 TYPES OF SPLICING

- 9.1 Explain the differences between intrinsic factors and extrinsic factors when splicing optical fibers
- 9.2 List extrinsic factors important in fiber splicing
- 9.3 Describe correct fiber cable preparation
- 9.4 Explain the purpose of index matching gel and where it is used
- 9.5 Explain the benefit of index matching fluids
- 9.6 Describe Telcordia GR-20 performance specification standards for mechanical and fusion splices
- 9.7 Explain the purposes of the splice closure
- 9.8 Describe the correct cleaving operation for a fiber optic splice
- 9.9 Explain the purpose and the correct method of applying a splice protector
- 9.10 Describe splice trays and their usage
- 9.11 Identify the proper color code sequence for splice tray management
- 9.12 Explain the role and benefits of pigtail splices in a single-mode system
- 9.13 List the two coatings used in single-mode pigtail splicing
- 9.14 Explain where mechanical splices are used in single-mode systems

10.0 CABLE INSTALLATION

- 10.1 Define 'dynamic tensile loading' of a fiber optic cable
- 10.2 Explain 'static tensile loading' and compare with dynamic tensile loading
- 10.3 Compare the dynamic bend radius minimums for common OSP fiber cables
- 10.4 Describe the effects of exceeding minimum bend radius limitations
- 10.5 Explain when and where bonding to ground is required
- 10.6 Describe a pulling grip and explain its usage
- 10.7 Describe where conduit should be installed to protect fiber optic cables
- 10.8 Describe the National Electrical Code (NEC®) Article 770 rules pertaining to indoor cabling
- 10.9 Describe the role of the National Electric Safety Code (NESC) for aerial and buried installations
- 10.10 Explain why a mid-entry into an OSP cable may be required
- 10.11 Explain the tension ratings of drop and feeder cables
- 10.12 List the minimum depth for burial of a fiber optic cable drop
- 10.13 Name cable management products used for cable slack in aerial installations
- 10.14 Name cable management products used for slack cable in hubs and vaults
- 10.15 List the maximum tension level for a fiber optic drop cable

11.0 HARDWARE

- 11.1 Explain common practices for fiber optic splice closures
- 11.2 Explain the role of the Fiber Distribution Unit (FDU)
- 11.3 Explain the role of the Fiber Distribution Hub (FDH) in FTTx applications
- 11.4 Explain the role of the Fiber Access Terminal (FAT) in FTTx applications
- 11.5 Explain the role of the Multiport Service Terminal (MST) in FTTx applications
- 11.6 Describe how the mid-entry splice cables are routed through a splice enclosure
- 11.7 Describe the different types of cable management products that are used at the hub locations
- 11.8 Compare the options for cable routing in a hub location
- 11.9 Explain the NEC® requirement for outdoor cable entry into a building
- 11.10 List the different types of innerduct products commonly used in fiber optic cabling
- 11.11 Describe how a loose tube cable is installed and spliced at an entrance cabinet
- 11.12 Describe the products, applications and options used in the Optical Distribution Network (ODN) for FTTx installations
- 11.13 Describe the five installation/termination options for the FTTx drop cables

12.0 FIBER OPTIC LINK

- 12.1 List the three basic parts of a fiber optics system
- 12.2 Explain how to prepare a basic optical link power budget
- 12.3 Explain the purpose of a basic "not to exceed" OSP loss budget
- 12.4 Explain how to measure the receive power levels of a fiber optics receiver
- 12.5 Describe how to use an optical attenuator and calculate the proper reduction of signal output light intensity
- 12.6 Describe the topologies used in MAN applications
- 12.7 Describe the topology used in an FTTx installation
- 12.8 Describe the role of the OLT (Optical Line Terminal) in FTTx systems
- 12.9 Describe the role of the ONT/ONU (Optical Network Terminal or Unit) in FTTx systems

13.0 OPTICAL FIBER MEASUREMENT AND TESTING

- 13.1 List the types of attenuation in fiber optics cables
- 13.2 Explain how to properly use an Optical Loss Test Set
- 13.3 Explain when 2 KHz modulation of the fiber optic light source would be used
- 13.4 Explain the proper use of the fiber optic power meter (OPM)
- 13.5 Describe how to locate a fault using an Optical Time Domain Reflectometer (OTDR)
- 13.6 Compare fusion and mechanical splice, connector, and splitter signatures when using the OTDR
- 13.7 Describe a micro/macrobend at a splice closure
- 13.8 Describe the 'Fiber Identifier' and its operation
- 13.9 Explain how to measure Fresnel reflections at patch panels
- 13.10 Explain why bi-directional tests are performed
- 13.11 Explain the reasons for dual wavelength testing
- 13.12 Explain when to test using a light source and power meter

- 13.13 Explain what tests the OTDR is used for
- 13.14 Describe the causes of ghost reflections
- 13.15 Explain how the fiber optic talk set is used
- 13.16 Describe when and where the visual laser is commonly used
- 13.17 Identify wavelength assignments for next generation PON systems
- 13.18 Identify the wavelength the ITU L.301 standard has specified for testing and maintenance of single-mode fiber optic communication systems (formerly ITU-T L.41)
- 13.19 Explain how to test the attenuation of a 1:N splitter using dBm

14.0 LINK AND CABLE TESTING

- 14.1 Explain why an end-to-end optical loss test is performed
- 14.2 Describe the transmitter power test using the optical power meter
- 14.3 Describe the receiver optical power test using the optical power meter
- 14.4 Explain the purpose of an acceptance test to verify fiber optic cable values using an OTDR
- 14.5 Explain how an acceptance test for a mechanical splice is made
- 14.6 Describe the OTDR's 'deadzone'
- 14.7 Compare fusion and mechanical splice loss requirements per TIA-758-, TIA-568-, Telcordia GR-20, GR-765, ITU-T G.652, IEC 60793-2-50
- 14.8 Explain how to measure a fusion splice
- 14.9 Explain how to find the actual fault location of a non-reflective break
- 14.10 Explain how to perform a bi-directional test on a fiber span
- 14.11 Describe documentation of the values of component losses
- 14.12 Describe how to document the end-to-end attenuation value of a fiber span
- 14.13 Describe what tests tier one and tier two testing involves

15.0 SAFETY

- 15.1 Describe laser classifications (per CDRH – Center for Devices & Radiological Health)
- 15.2 Describe SDS / MSDS (Material Safety Data Sheets) regulations and the OSP products for which they would be required
- 15.3 Describe basic fiber optic safety practices in regard to eyes, skin and lungs, as well as safe fiber disposal methods
- 15.4 Describe safe cabling operations when working in confined spaces
- 15.5 Explain the role of UPS (uninterrupted power supply) at ONTs

CONSUMABLES used in training:

Connector cleaning

- 2.5mm IBC One-Click
- 1.25mm IBC One-Click
- Polywater QC-2LP
- Polywater DT-D175
- SWB-250F100 - 100 2.5mm Foam Swabs for wet/dry clean on ferrules
- SWB-125F10 - 10 1.25mm Swab 10-Pack for wet/dry clean on ferrules

Cable Entry and Splicing

- Polywater Grimeaway
- Polywater SqueekyKleen
- Polywater FO anhydrous alcohol
- Kim Wipes
- Splice sleeves
- 3m Mechanical Splices
- PLP Closures, splice trays