# Professional Fiber Optic Cabling and Standards Technician Training Course



26 - 30 Oct 2026

Lisbon

4500 € (Per Person)

Ref: #TEL6798_146551

## Course Introduction / Overview:

This comprehensive course provides an in-depth exploration of fiber optic technology, from fundamental principles to advanced installation and testing practices. In an era where high-speed data transmission is the backbone of global communication, mastering fiber optic systems is a critical skill for any technology professional. This program is meticulously designed to bridge the gap between theoretical knowledge and practical, hands-on application, ensuring participants can confidently work with modern fiber optic networks. As detailed by author Jeff Hecht in his seminal work, "Understanding Fiber Optics," a solid grasp of light propagation, cable characteristics, and industry standards is essential for successful implementation. BIG BEN Training Center has structured this curriculum to cover every critical aspect, including safety, cable preparation, splicing, termination, and standards-compliant testing. Participants will not only learn the 'how' but also the 'why' behind each technique, preparing them to troubleshoot complex issues and design robust, future-proof cabling infrastructures for various applications, from data centers to FTTx deployments.

## Target Audience / This training course is suitable for:

- Telecommunications Technicians.
- Network Engineers and Administrators.
- IT Professionals and Infrastructure Specialists.
- Data Center Technicians and Managers.
- Cable Installers and Field Engineers.
- Project Managers in the IT and Telecom sectors.
- Security and Surveillance System Installers.
- Broadband and ISP Technicians.
- Individuals seeking a career in the fiber optics industry.

## Target Sectors and Industries:

- Telecommunications and Internet Service Providers.
- Information Technology and Data Centers.
- Construction and Engineering.
- Government, Public Sector, and Defense Agencies.
- Energy, Oil, and Gas Utilities.
- Healthcare and Medical Facilities.
- Broadcasting and Media.
- Transportation and Logistics.
- Financial Services and Banking.

## Target Organizations Departments:

- Information Technology (IT) Department.
- Network Operations Center (NOC).
- Field Services and Operations.
- Infrastructure and Cabling Teams.
- Engineering and Design.
- Facilities Management.
- Technical Support and Help Desk.
- Research and Development.
- Project Management Office (PMO).

## Course Offerings:

By the end of this course, the participants will have able to:

- Understand the fundamental principles of light transmission in optical fibers.
- Differentiate between single-mode and multi-mode fiber types and their applications.
- Identify various fiber optic cable and connector types.
- Perform precise fusion and mechanical splicing on different fiber types.
- Terminate fiber optic cables using various industry-standard connectors.
- Conduct comprehensive testing using an OTDR, power meter, and light source.
- Interpret test results to certify and troubleshoot fiber optic links.
- Adhere to international standards such as TIA/EIA and ISO/IEC.
- Design and document a basic fiber optic cabling system.
- Implement industry-best safety practices when working with fiber optics.

## Course Methodology:

The training methodology at BIG BEN Training Center is designed to be highly interactive, immersive, and practical, ensuring that participants gain tangible skills they can apply immediately in the workplace. This course moves beyond traditional lectures by integrating a significant hands-on component, allowing participants to work directly with professional-grade fiber optic tools, splicing machines, and testing equipment like OTDRs. The curriculum is built around a series of practical labs, real-world case studies, and simulated installation scenarios that challenge participants to solve common problems encountered in the field. Learning is facilitated through a blend of expert-led instruction, collaborative group activities, and peer-to-peer knowledge sharing. Our instructors foster an engaging environment where questions are encouraged, and complex concepts are broken down into understandable segments. Continuous feedback is provided throughout the sessions to reinforce learning and correct techniques, ensuring a deep and lasting understanding of fiber optic cabling standards and practices. This blended approach guarantees a comprehensive learning experience that caters to various learning styles and builds both confidence and competence.

## Course Agenda (Course Units):

### Unit One: Fundamentals of Fiber Optic Technology

- Introduction to fiber optics and light theory.
- Advantages of fiber optics over copper cabling.
- Principles of total internal reflection.
- Understanding single-mode, multi-mode, and plastic optical fibers.
- Fiber optic cable construction and color codes.
- Key industry terminology and definitions.
- Essential safety protocols for handling fiber and laser light sources.

### Unit Two: Fiber Optic Cables, Connectors, and Hardware

- Detailed analysis of indoor, outdoor, and specialty cable types.
- Recognizing and identifying common connector types (LC, SC, ST, MPO/MTP).
- Understanding connector polishing types (PC, UPC, APC).
- Introduction to fiber optic patch panels, enclosures, and distribution hardware.
- Cable preparation techniques for splicing and termination.
- Best practices for cable management and routing.
- Selecting the appropriate components for specific network applications.

### Unit Three: Fiber Optic Splicing Techniques

- The theory and application of fusion splicing.
- Step-by-step guide to using a fusion splicer.
- The theory and application of mechanical splicing.
- Preparing fiber for splicing, including stripping, cleaning, and cleaving.
- Working with splice trays and closures for environmental protection.
- Techniques for both single fiber and ribbon fiber splicing.
- Troubleshooting common splicing issues like high loss and bad cleaves.

## Unit Four: Fiber Optic Testing and Troubleshooting

- Introduction to fiber optic test equipment.
- Using a Visual Fault Locator (VFL) for continuity checks.
- Tier 1 testing with an Optical Loss Test Set (OLTS).
- Understanding insertion loss, return loss, and optical budgets.
- Tier 2 testing and in-depth link analysis with an OTDR.
- Interpreting OTDR traces to identify events like splices, connectors, and breaks.
- Common network faults and systematic troubleshooting strategies.

## Unit Five: Fiber Optic Standards and Network Design

- Overview of key industry standards (TIA-568, ISO/IEC 11801, BICSI).
- Principles of structured cabling system design.
- Introduction to Fiber to the X (FTTx) and Passive Optical Network (PON) architectures.
- Calculating a link loss budget for network design verification.
- Best practices for documenting and labeling a fiber optic installation.
- Planning for network restoration and maintenance.
- Future trends in fiber optic technology and applications.

# FAQ:

### Qualifications required for registering to this course?

There are no requirements.

### How long is each daily session, and what is the total number of training hours for the course?

This training course spans five days, with daily sessions ranging between 4 to 5 hours, including breaks and interactive activities, bringing the total duration to 20 - 25 training hours.

## Something to think about:

As data demands push the physical limits of silica-based fibers, how might emerging technologies like hollow-core fiber or quantum entanglement reshape our standards and installation practices in the next decade?

## What unique qualities does this course offer compared to other courses?

This course distinguishes itself through a rigorous, hands-on methodology that prioritizes practical skill acquisition over passive learning. While many programs focus heavily on theory, our curriculum dedicates a substantial portion of its time to lab-based activities where participants use the same professional-grade equipment they will encounter in the field. This emphasis on applied knowledge ensures that attendees do not just understand concepts like OTDR testing or fusion splicing but can perform these tasks competently and efficiently. Furthermore, the course content is continuously updated to reflect the latest TIA and BICSI standards and emerging technologies, ensuring its relevance in a rapidly evolving industry. Our instructors are not just academics; they are seasoned industry professionals who bring years of field experience, enriching the learning process with real-world case studies, practical troubleshooting tips, and insights that cannot be found in a textbook. The learning environment is intentionally collaborative, fostering a deep understanding of not just the 'how' but the critical 'why' behind each standard and procedure, preparing participants for complex, real-world challenges.