# ZITHA TECH SPECIALTY CABLES (Pty) Ltd

# Fiber Optic Cable Pulling Hook



## Overview

SimpleGrip Fiber Cable Pulling Eye HookUp to4%cash back· SimpleGrip Fiber Cable Pulling Eye Hook | Safely pull your fiber optic duplex and simplex FCD Simp.

## Key Takeaways

Fiber optic cable pulling hooks, such as the SimpleGrip, provide a secure, twist-free attachment to the cable's strength member, protecting delicate fibers during conduit or in-wall pulls.Key Features of Pulling Hook Attachments

Fiber optic pulling hooks are designed to safely attach to the cable's strength member rather than the outer jacket, which prevents stretching or damage to the fiber itself during installation . Common features include:

• Swivel or rotating end clips to minimize twisting and kinking while pulling through conduit, walls, or floors .

• Mesh netting or sleeving to protect pre-terminated connectors from snagging or damage .

• Electrical tape or securing tape included to reinforce the attachment and ensure the cable remains secure during the pull .

• Compatibility with simplex and duplex fiber cables, and in some cases, copper cables .

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• Durable materials, such as stainless steel or PVC-jacketed aramid yarns, to handle tension and repeated use .
Best Practices for Using Pulling Hooks
• Expose the strength member: Remove a small portion of the outer jacket to access the internal Kevlar or aramid yarn, which is the proper point for pulling .

• Secure the cable: Loop the strength member through the pulling hook, double-back, and tape or knot it to prevent slippage .

• Minimize twisting: Use hooks with swivel ends to reduce in-conduit or in-wall twisting, which can damage fibers .

• Protect connectors: Cover pre-terminated connectors with mesh netting or protective sleeves to avoid snagging .

• Use appropriate tension: Avoid pulling by the outer jacket and monitor tension to prevent fiber breakage .
Recommended Products
• SimpleGrip Fiber Cable Pulling Eye: Compact, easy to use, includes swivel end, mesh netting, and tape; suitable for simplex and duplex fiber cables .

• Cleerline SSF-PULLEYED: Designed for pre-terminated simplex, duplex, and active optical cables; incorporates PVC-jacketed aramid yarns and a rotating clip .

• Ultra Spec Pulling Eye Snake: Focuses on even tension distribution and connector protection for both simplex and duplex cables . Using a proper fiber optic pulling hook attachment ensures safe, efficient installation, reduces the risk of fiber damage, and maintains the integrity of pre-terminated connectors during conduit or in-wall pulls.

## Article Content

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FCD SimpleGrip Fiber Cable Pulling Eye Hook

The SimpleGrip fiber pulling eye by Fiber Cables Direct is ideal for installing pre

FCD SimpleGrip Eye Hook | Easy Fiber Cable Pulling Hook for Duplex ...

The SimpleGrip is easy to use, and it helps protect cables that can be easily damaged during the installation process. Equipped with

Multi-Pack

Multi-Pack - SimpleGrip Fiber Cable Pulling Eye Hook |

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Cable Pulling

Although the cable protects the fiber, it is fairly easy to break the fiber when pulling. Using these tools and lubricants will minimize

Best Swivel Cable Pulling Eye Solutions for Fiber Installations

This eye hook targets both simplex and duplex fiber cables, offering a practical option for general pulling tasks. It

Pulling Eye Kit for Simplex & Duplex Fiber Optic Cable

The primary purpose of a fiber optic cable puller is to ensure that the delicate fiber optic cables are

Pulling Fiber Optic Cable

The pulling socks feature extremely durable wire mesh that supports extra heavy cables,

Fiber Optic Tools and Tool Kits for Your Cabling Needs

High quality fiber strippers, fiber cleavers, cable slitters, mid-access tools, cable pulling tools and more from 3M, Corning, Ripley

Cable Pulling Eyelets | Cleerline

The Cleerline Heavy-Duty Cable Pulling Kit is an essential tool for safely installing long cable runs with

Proper Installation (Pulling) of Fiber Optic Cable

Roll fiber optic cable off the spool: Rolling, as opposed to pulling, prevents putting twists in the cable. When preparing the fiber optic

101 Guidelines for Fiber Optic Cable Installation

Never directly pull on the fiber itself. Fiber optic cables have Kevlar aramid yarn or a fiberglass rod as their strength member. You

Fiber Optic Cable Pullers

For fiber optic cable pulling applications that demand flexibility in set-up, the Remote Mounting Stand

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High quality fiber strippers, fiber cleavers, cable slitters, mid-access tools, cable pulling tools and more from 3M, Corning, Ripley

Cable Riser Box Hook

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This lifting hook is ideal for removing covers from riser boxes or underground handhole vaults. Unlike other cable box hooks on the

Pulling Eye

This allows for the final termination or connection of the fiber optic cable without the pulling eye interfering with the

Whoops, we couldn''t find that.

Sorry, we''re unable to complete your request We cannot complete your request due to a technical difficulty. You may return to the

Amazon : Fiber Optic Cable Pulling Eye Kit

Fiber Pulling Eye Kit for Simplex and Duplex Fiber Patch Cables | For install fiber optic cables through conduit/inside walls, protect

Cable Pulling Tapes, Lubricant, Pulling Eyes & Safety

Gloves, fish poles, fish tapes, lubricant, cable pulling eyes and netting, fiber vacuum blowers, all necessary tools for your fiber/copper

The FOA Reference For Fiber Optics-Installing Fiber Optic Cable

The normal recommendation for fiber optic cable bend radius is the minimum bend radius under tension during pulling is 20 times the

Heavy Duty Cable Pulley, All-Metal Steel Frame, 4.4" Aluminum

Heavy Duty Cable Pulley, All-Metal Steel Frame, 4.4" Aluminum Wheel | Cable Pulling Sheave for Electrical Wire,

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How to Install Pulling Grip for Fiber Optic Cable Pulling?

There are many fiber optic cable installation tips, such as confirming the quality of a fiber optic cable before and after

Fiber Optic Cable Puller

The Fiber Optic Cable Puller from Condux sets new standards for safe, accurate pulling of

How to Remove a Pulling Eye from a Pre-Terminated Fiber Optic

In this video, we are going to show you how to remove a pulling basket from pre

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FTTH C type Hook, Yk-02

Excellent environmental stability Competitive price of fiber optic accessories SPECIFICATION Ftth C type Hook Yk-02 also called

Fiber Optics Pulling Grips Made In USA For Fiberglass Cables

Fiber Optics Pulling Grips are designed for pulling and installation of fiber optic cables in overhead, underground and conduits and

Fiber Optic Cable Grips :: Products :: Slingco

Dual weave design from galvanized wire rope. Used for the installation of fiber optic cables for either overhead or underground

Pulling Eyes and Fiber Cable

Pulling Eyes and Fiber Cable Fiber optic cable can be damaged if pulled improperly. Broken or cracked fiber, for example, can result

Cable Installation Tools

Proper Fiber Optic Cable Pulling Tools are essential for any large-scale bulk Ethernet or fiber installation. Having the correct tools is

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This document is for preliminary research. Verify specifications against current standards, product documentation and project requirements.

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