



Safety Rules For Fiber Optics



- Keep all food and beverages out of the work area. If fiber particles are ingested they can cause internal hemorrhaging.
- Always wear safety glasses with side shields to protect your eyes from fiber shards or splinters. Treat fiber optic splinters the same as you would treat glass splinters.
- Keep track of all fiber and cable scraps and dispose of them properly. If available, work on black work mats and wear disposable lab aprons to minimize fiber particles on your clothing. Fiber particles on your clothing can later get into food, drinks, and/or be ingested by other means.
- Never look directly into the end of fiber cables – especially with a microscope - until you are positive that there is no light source at the other end – having tested it with a power meter. Use a fiber optic power meter to make certain the fiber is dark. When using an optical tracer or continuity checker, look at the fiber from an angle at least 6 inches away from your eye to determine if the visible light is present..
- Contact lens wearers must not handle their lenses until they have thoroughly washed their hands.
- Do not touch your eyes while working with fiber optic systems until your hands have been thoroughly washed.
- Only work in well-ventilated areas.
- Keep all combustible materials safely away from the curing ovens and fusion splicers.
- When finished with the lab, dispose of all scraps properly. Put all fiber scraps in a properly marked container for disposal.
- Thoroughly clean your work area when you are done.

For more information on Safety, see the FOA Online Reference Guide / Safety

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