

**GMP** **NONMETALLIC FIBER OPTIC**  
**CABLE PULLING GRIPS**



- Low profile for high fill ratio and easier pulling
- Constructed of high strength polymer mesh
- Rated to 700 lbs. WLL
- Resistant to abrasion and fraying
- Can be reused multiple times, with inspection
- Approximately 55 inches long

**70688**      **3 pack small grips, Green Grip**  
for 3/8 to 3/4" fiber optic cable

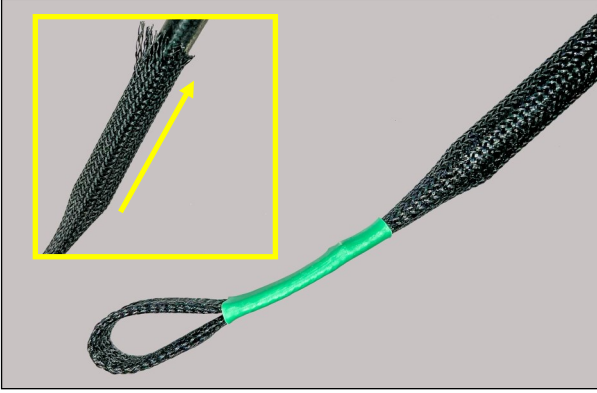
**70689**      **3 pack large grips, Red Grip**  
for 3/4 to 1-3/8" fiber optic cable



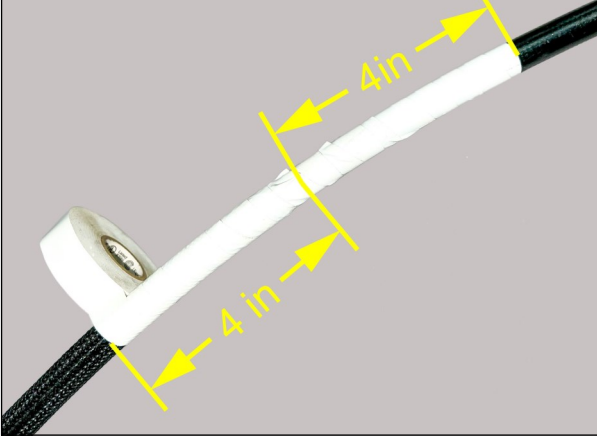
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Tape the end of the fiber to reduce puncturing the grip.



Push the grip onto the fiber



Wrap tape 4 inches below the mesh and continue wrapping an

Before use, always inspect the grip by pulling back the cover and checking to see the construction is still sound and not fraying. Always refer to your cable manufacturers recommended max pulling weights.



WARNING: Cancer and reproductive harm – See [www.P65Warnings.ca.gov](http://www.P65Warnings.ca.gov) for more information.