

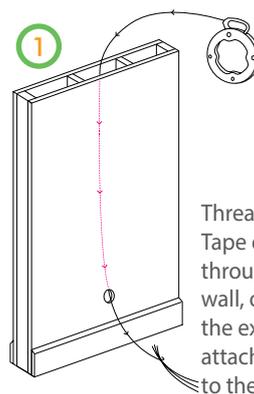
## Question: What are 3 easy ways to pull CCTV cable?

**Answer:** We stock a number of products that help a CCTV installer feed cable through cavity walls, under floorboards, ceiling ducts and any small space. Here we demonstrate what they are and how to use them.

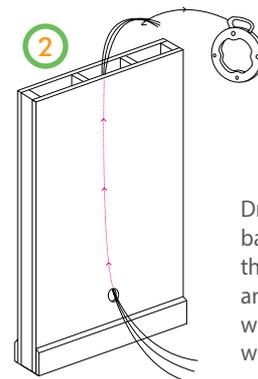
### 1 Vertical - Fish Tape

Our Fish Tape is ideal for pulling CCTV cables through small spaces, cavity walls or conduits. (Order Code: **TOO833 - Fish Tape**)

Fish Tape is essentially a reel of wire that has a hooked end for attaching to cables. The wire itself is coiled inside a protective plastic container with a brake handle.



Thread the Fish Tape down through the cavity wall, out through the exit hole and attach your cables to the hook end



Draw the Fish Tape back up through the cavity wall and your cables will come through with it.

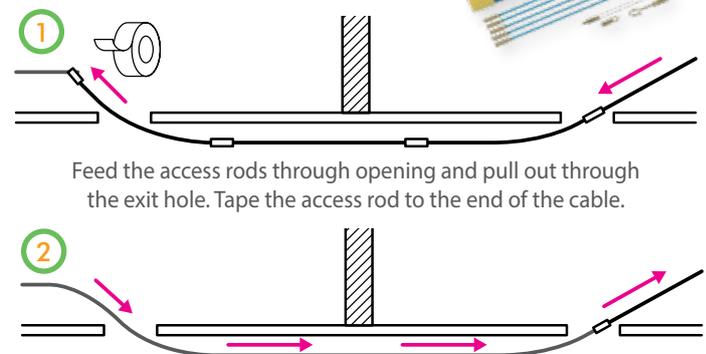


Fish Tape  
Order Code: TOO833

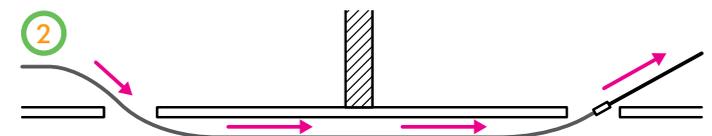
### 2 Horizontal - Cable Access Rods

Designed for the job, actual cable access rods are great for running cables under floorboards, in ceiling ducts, trunking and wall cavities. (Order Code: **SER825 - 1m Cable Access Rods**)

They also includes hook and ring ends plus a flexi extender to make it easy to attach your cables to and pull through cavities without them detaching and becoming lost.



Feed the access rods through opening and pull out through the exit hole. Tape the access rod to the end of the cable.



Retrieve the access rods pulling the cable along as well.

Cable Access Rods  
Order Code: SER820  
(330mm)

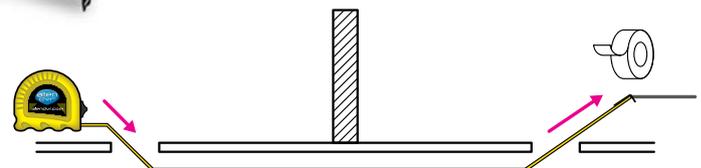
### 3 Back Up - Steel Tape Measure

In a pinch you can also use a steel tape measure in place of cable access rods or fish tape, one with an automatic return makes it easier to retrieve the cable back through the cavity space.

Our alienDVR steel 5m tape measure is ideal for this, it also features a quick auto return, a belt clip and a sliding thumb lock.



5m Steel Tape measure  
Order Code: SER941



Feed the tape measure through opening and pull out through the exit hole. Tape the end of the cable to the tape measure and pull the tape measure back through along with the cable.

This CCTV installation tip is aimed at helping you to install CCTV equipment. If you are looking for answers on "how to fit CCTV" or perhaps "how to network a DVR or NVR" or even "how to get CCTV on your mobile phone" why not check out our full range of CCTV installation tips at: [www.systemq.com](http://www.systemq.com)

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