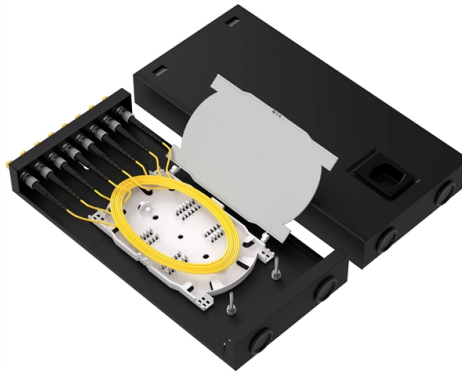


Method for clamping wires in the core of a distribution box



Overview

Many plastic boxes feature internal, integral clamps that grip the cable sheathing via spring tabs or a simple screw mechanism, eliminating the need for a separate external fitting. Whether you're an engineer wiring control panels, a technician working on HVAC systems, or a project manager specifying materials, knowing the different types of cable clamps helps ensure long-lasting performance. In this guide, we'll break down the most common cable clamp types, their structures. A junction box clamp, often called a cable connector or strain relief fitting, is a specialized hardware component designed to secure an electrical cable where it enters a junction box or other electrical enclosure. This device creates a mechanical bond between the cable's outer jacket and the wall. They are easy to punch holes into and many come with built-in clamps for the wires. However, they can be flimsy and can be crooked. When securing wire to a plastic box, it is important to ensure that the wire is properly clamped to prevent it from being accidentally pulled out. So, grab a cup of coffee and let's dive in! ## What is Cable Clamping?

First off, let's clarify: what exactly is cable clamping?

Simply put, cable. To install a junction box correctly, choose a box that matches the wiring method and environment, mount it securely, bring cables in with the right fittings or clamps, make proper splices inside the box, and close it with an accessible cover. In practical terms: A junction box installation is not.

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