

# Insulation Installation

Installing insulation or additional insulation in an existing dwelling can make a significant difference to the performance of the home. It is important to install installation correctly. This sheet deals with how to install insulation in various types of construction, providing installation tips and typical solutions. This sheet should be read in conjunction with 4.7 Insulation.



Please note that total R-values for roofs, ceilings, walls and floors given in this manual provide only one value for total thermal resistance of construction.

Under the Building Code of Australia (BCA), total R-values of the building fabric vary depending on climate zone and the height above the Australian Height Datum at the location where the building is to be constructed. Ensure you comply with the BCA requirements for energy efficiency of building fabric.

## INSTALLATION TIPS

This section demonstrates how to install insulation without compromising its effectiveness.

### Thermal bridges

The building frame can act as a thermal bridge, particularly in cold climates, conducting heat and allowing it to bypass otherwise effective insulation. Metal framing is a particular issue because of its high conductivity. The presence of the frame reduces the overall insulation value, as the frame can constitute up to 15 per cent of the wall, ceiling or floor surface. To help overcome the effect of thermal bridging:

- > Foam isolating strips between the metal frame and cladding must be at least 12mm with an R-value of 0.2.
- > Fix bulk insulation, such as foam boards, over the external or internal surface of the frame.

### Vapour barriers

Vapour barriers include polythene sheet, reflective foil, foil backed plasterboard and well maintained water resistant painted surfaces. Water resistant insulation, such as foam can also act as a vapour barrier. Tape or glue all joints in vapour barriers to keep out moisture.

Use vapour barriers to protect from condensation:

- > In high humid (tropical) climates,
- > In cool climates where the difference between indoor and outdoor temperature is significant,
- > In roof spaces with a low ventilation rate, for example cathedral or raked ceilings,
- > In situations where high amounts of vapour are generated and not exhausted,
- > On the underside of metal roofing, to minimise the likelihood of condensation and corrosion.

Install vapour barriers on the warm side of the insulation:

- > In cold climates place the vapour barrier on the inside of the insulation (directly above the ceiling lining and next to the internal wall lining).
- > In warm climates place the vapour barrier on the outside of the insulation.

### Roof ventilation

Ventilate the roof space where possible to allow built up heat to dissipate. Even in cooler climates a minimal amount of ventilation is desirable to allow built up moisture to escape. Sufficient ventilation is often achieved through the air gaps along the ridge line or between tiles. Gable or eaves vents may also be used.

Ventilated roof spaces in high humid (tropical) climates under metal roofing can result in excessive condensation at night. Condensation dropping off the underside of metal roofing onto the ceiling can be avoided by installing reflective foil insulation similar to that used under roof tiles.

In bushfire prone areas cover any openings with fine stainless steel mesh to prevent embers from entering the roof space. Keep roof spaces weather tight and vermin proof.

### Gaps

Avoid gaps in all types of insulation. Even a small gap can greatly reduce the insulating value. Fit batts snugly and don't leave gaps around ducts and pipes. Tape up holes and joints in reflective insulation. Make sure the ends of multi cell and concertina foils are well sealed. Ensure that corners of walls, ceilings and floors are properly insulated as these are areas where heat leaks most often occur.

For safety reasons, minimum clearances must be left around hot objects, such as flues from fires, recessed downlights and their transformers. See 'Health and safety tips' below.

# Full Your Home Technical Manual

**Arturo Cuomo**



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