

Insulating Above A Basement Floor using **PlastiSpan®** or **DuroFoam®** Insulation



1 Install a Moisture Barrier.

Cover the entire floor area with a 6-mil polyethylene moisture barrier to eliminate moisture migration into your living area. Plan your project to place your insulation and 2" x 2" strapping on 24" centres across the floor in one direction.



2 Attach Perimeter Strapping.

Attach 2" x 2" strapping around the perimeter of the basement floor using self-tapping concrete screws or concrete nails.



3 Install Strapping and Insulation.

Cut the first row of insulation to a 21-3/4" width. Cut subsequent rows to 22-1/2" widths. Make sure the inside edge of the first row of strapping is 23-1/4" from the basement wall. Use the insulation cut as guides to place successive rows of strapping at 24" centres. (Hint: Measure from the inside edge of the previous row of strapping to the inside edge of the new row.)



4 Prepare to Lay Sub-Floor.

Snap a chalk line across the strapping to ensure the sub-flooring will be put on squarely.



5 Mark the Walls.

Mark the wall where the 2" x 2" strapping centres intersect it to help locate the strapping when attaching the sub-floor.



6 Stagger the Joints.

Be sure to stagger the sub-flooring joints for extra stability. (Hint: Rent an automated nailer, screw gun or stand-up sub-floor screw gun from a building supply store.)



7 Secure the Sub-Floor.

Apply adhesive to the strapping. Then fasten the sub-floor directly to the 2" x 2" strapping using either ringed nails or deck screws every 8". With an air nailer, use 2" ringed sub-floor or screw nails. With a screw gun, use 1-1/2" or 1-3/4" deck screws.



8 Ready for Floor Finishing.

Your basement floor is now correctly insulated and ready for your final decorating touch. You should notice that the finished floor is now much more comfortable.



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