INSULATING A BASEMENT FLOOR
using PlastiSpan® or DuroFoam® Insulation

1. Follow the building code. Be sure to follow the building code requirements applicable in your region.

2. 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 nailers at 24" on centre across the floor in one direction.

3. Attach Perimeter Nailers. Attach nailer with the same thickness as the insulation, around the perimeter, using self-tapping concrete screws penetrating the concrete floor as recommended by the screw manufacturer.

4. Install Nailers and Insulation. Cut the first row of insulation to a 21-3/4" width. Cut subsequent rows to 22-1/2" widths. Use the insulation cut as guides to place successive rows of nailers at 24" on centres.

5. Prepare to Lay Sub-Floor. Mark the walls where the nailer centres intersect it to help locate the nailers when attaching the sub-floor. The sub-floor thickness should be 5/8". Snap chalk lines across the nailers to ensure the sub-floor material is placed squarely.

6. Secure the Sub floor. Be sure to stagger the sub floor joints for extra stability. Apply adhesive to the nailers. Fasten the 5/8" sub floor directly to the nailers using either ringed nails or deck screws every 8". With an air nailer, use 2-inch ringed sub-floor or screw nails. With a screw gun, use 1-1/2" or 1-3/4" deck screws.

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

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How-to video

IF YOU ARE USING DUROFOAM INSULATION INSTALL WITH GREEN SIDE FACING OUT.

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PlastiSpan & DuroFoam Insulation meets National Building Code requirements for above and below grade applications.

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