

# Ceiling Insulation

## INSTALLATION INSTRUCTIONS

### What you need

- Sharp knife and cutting board.
- Step ladder, torch or lamp and kneeling board.
- Non-electrical conductive insulation poker

### Prior to installing

- Measure the ceiling space and determine which R-Value, batt width and number of packs required.
- Purchase 430mm insulation for 450mm joist centres and 580mm insulation for 600mm centres.
- If using a thick insulation batt, you'll need to use a high density batt around the perimeter to avoid contact with the sarking membrane or underside of roof.

### Basic rules for ceiling insulation

- Take sealed packs into the roof for the whole job. Open packs once in the roof as they'll expand.
- Start laying insulation from the furthest point from the manhole.
- Stand on ceiling joists only.
- Ensure kneeling board is positioned over at least two ceiling joists.
- Do not block ventilation openings – leave 50mm clearance around chimney from your heater.
- Please refer to plasterboard manufacturers for maximum ceiling load.
- Turn off power at the fuse box before commencing the installation. Ensure you place a warning tag to prevent power being restored prior to completion of the install. Be aware that your electrical appliances will not be operating during this time.
- Insulation must not be installed in contact with downlights recessed into ceilings. To meet AS3999 in Australian homes a clearance of 50mm must be provided around the perimeter of the fitting to help heat dissipation, however the clearance should be as close to 50mm as possible to ensure maximum insulation performance. To meet NZ4246.1 in New Zealand homes a clearance of 200mm must be provided around the perimeter of the fitting to help heat dissipation, however the clearance should be as close to 200mm as possible to ensure maximum insulation performance.

### Laying ceiling insulation



Push insulation out towards the eaves so the end of the first segment is 50mm into the top plate. Leave a minimum 20mm air gap between insulation and sarking membrane or roof material.



Lay insulation between ceiling joists using the poker to push them into limited access areas. Do not leave any gaps between the insulation and ceiling joists.



Ensure insulation ends are butted firmly together so there are no air gaps. To fill in any gaps trim insulation and use offcuts.

### Installation notes

- For best results install the insulation with the top surface up. The top surface is that facing the front of the pack.