

Installing Contractor Insulation Boot Camp

Lesson 10: House 2 Labs

Insulating Rim Joists, Basement Ceilings, and Attic Hatches

1. Put on personal protection gear
2. Insulate and air-seal basement rim joist with foamboard
3. Insulate basement ceiling with fiberglass batts
4. Measure, cut, and secure foamboard to attic access and indicate what air-sealing you would include
5. Ask instructor to check your work