



Canada's **Building** Centre®

Project Of The Month

INSULATION

Insulation will help keep interior temperatures consistent during extreme weather while lowering heating and cooling costs. TIMBER MART carries a wide variety of DIY insulation products to make your home comfortable and energy efficient.

PROJECT OF THE MONTH: INSULATION



Home comfort

A house that is well insulated is one of those things you don't notice but is very apparent if it is poorly insulated. No one wants to be in rooms that are too hot in the summer or drafty in the winter. Having a properly insulated home can directly contribute towards the comfort of your home as well as lowering heating and cooling costs. These pages will help you understand the importance of home insulation as well as introducing you to different products that can improve your home's insulation and make it energy efficient.

But where to start?

First thing to consider is the age of your house. Newer houses benefit from evolving building codes, so are generally better insulated than older homes. However, every house has the same problem areas and these are the best places to insulate. These areas, including attic, exterior walls, floors, basement, doors, windows, should be inspected to see what can be improved upon. Almost all of the air lost from your home comes from problem areas and by properly insulating these spaces, monthly heating and cooling costs can be reduced.

Talk to one of our Insulation Experts about your insulation project. TIMBER MART has the supplies you'll need to get the job done right.



Insulate problem areas

Dollar for dollar, increasing insulation in these areas is a good energy investment

Attic In winter, the greatest potential of heat loss in your home is through the attic. Heat naturally rises and having that heat escape through the attic will increase energy costs. Batt, blown-in and spray foam insulation are great options. Just needs a top up? Apply a second layer of batting perpendicular to the layer already between the joists.

Exterior walls Just like the attic, adding batt, blown-in or spray foam insulation into the walls will reduce the energy needed to heat or cool your home's interior. Best time to do this is during a renovation when the walls are opened up and installation is easy. If you are renovating the exterior of your house or building an addition, consider adding rigid insulation to the outside of your walls as an extra layer of protection.

Floors This area is often overlooked and can be a source of heat loss for rooms above a garage or an unfinished basement or crawlspace. You will most likely be adding insulation, either batt, spray foam or rigid, from below. Note that whatever insulation you choose, it should fill the space completely and be held tight to the bottom of the subfloor preventing gaps.

Basement Building codes vary from region to region but generally, new basements built to code are often under-insulated. A well insulated basement can help retain heat throughout the whole house and also ensure pipes and ductwork won't freeze. Reducing moisture and subsequent mold in a basement is key when selecting and installing insulation. The most common types for basement walls are batt, spray or rigid. You can use these materials exclusively or in combination. Basement floors don't necessarily have to be separately insulated if you are installing carpet with a good underpad or if you are installing flooring with an insulated subfloor.

Doors & windows Drafts are not uncommon around doors and windows and are an easy fix. There are many products for stopping air leaks and starting from the outside, re-caulk your doors and windows. If you are experiencing a fairly large drafts, remove the casing and add low-expanding insulating foam to create a weather-tight seal. Weatherstripping, door sweeps and foam tape can all reduce drafts by simply cutting to size and securing for a snug fit. Window film heated with a hair-dryer, shrinks and seals drafty windows.

What is R-value?

When shopping for insulation, you will see R-value ratings for every type of insulation. This is a standardized rating system to make it easy to compare the effectiveness of that particular insulation. "R" means resistance to heat flow. The higher the R-value, the greater the insulating power. The colder your local climate, the higher R-value you need.



You'd be surprised by how much cold air can enter your home through the smallest cracks and gaps. An easy way to find drafts is to use a matchstick or a candle. Slowly move the flame around an area and if the flame starts to flicker, you have found an air leak.



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DIY friendly fibreglass

Energy efficient, economical, proven

All things considered, fibreglass batt insulation remains the most popular DIY insulation product on the market. It's been around for over 80 years and has proven to deliver excellent R-value results year after year. Fiberglass doesn't shrink, settle, burn, attract animals or insects and is mold and mildew resistant. All these benefits combined with an inexpensive cost makes it a popular choice for homeowners. Although installation is easy, it has to be done correctly. Poor installation can result in losing much of the R-value rating. Fiberglass comes in pre-cut sizes to fit standard widths between studs, rafters and joists. It is also available in assorted R-values. So if you are insulating a wall, choose the batt designed for 2" x 4" walls, then choose the R-value. A good guide is to buy the highest R-value you can afford. Choosing the right fiberglass insulation for your particular project can be confusing. Our Insulation Specialists can explain your options and help you select the right fiberglass insulation for your home and your budget.



TIMBER MART partners with only the best insulation suppliers.
Check with your local TIMBER MART for brand selection.



Insulate & SAVE

Receive up to
\$500
In **TIMBER MART**
Gift Cards when
you insulate with
Owens Corning

With each \$250 purchase of Owens Corning® EcoTouch® PINK® FIBERGLAS® and/or AttiCat® Expanding Blown-In Insulation receive a \$50 TIMBER MART gift card. This offer is limited to a maximum of 10 TIMBER MART \$50 Gift Cards each per homeowner and contractor customer. Offer Valid from September 9 to October 24, 2020. Drop by the cash register for more information.



PROUD SUPPLIER OF OWENS CORNING® PRODUCTS

Offer Details: Offer valid for orders placed and paid for in full from September 9 – October 24, 2020 (the "promotion period") at participating TIMBER MART locations. A \$50 TIMBER MART Gift Card will be awarded for each purchase of \$250 or more (before tax) of EcoTouch® PINK® FIBERGLAS® Insulation and/or AttiCat® Expanding Blown-In Insulation (the "Material") in any combination, in one transaction and completion of a Redemption form. This offer is limited to a maximum of 10 TIMBER MART \$50 Gift Cards for all purchases made during the promotion period by each of our homeowner and contractor customers (that is \$500 total in TIMBER MART \$50 Gift Cards with a \$2,500 purchase of the insulation material). Offer cannot be combined with any other offer. In the event of cancelled orders, return of Material or if total purchase falls below required purchase amount for any reason, the Gift Card will not be awarded or if necessary must be returned or the value reimbursed to the Participating Store. TIMBER MART and its agents have the right to verify qualification for this promotion and to reject claims that do not comply with these terms. TIMBER MART Gift Cards are subject to terms and conditions and are provided by TIMBER MART. Gift Cards have no cash value and cannot be returned or exchanged for cash or credit at Participating Stores. †Up to 20% heating and cooling savings based on Hot 2000, Version 8.7 run for a 2 storey 1972 type base house with 1149 sf per floor for an increase from R-8 to R-40 in the attic in Canadian climates. THE PINK PANTHER™ & © 1964-2020 Metro-Goldwyn-Mayer Studios Inc. All Rights Reserved. The colour PINK is a registered trademark of Owens Corning. © 2020 Owens Corning. All Rights Reserved.

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How ROCKWOOL can make your home cozier

VIDEO Save time and money by insulating with ROCKWOOL ComfortBatt thermal insulation.



Insulation may be hidden away in the walls and floors of your home, but it's working hard behind the scenes for you and your family. From the way your home feels to the health of the people living inside it, here are a few of the ways ROCKWOOL insulation can make your home cozier:

Regulates temperature ComfortBatt is designed to improve a home's energy efficiency and lower your heating and cooling costs. The products are available in a range of thicknesses (from 2.5" to 8") and have standard R-values ranging from R10 to R32, so your home maintains its ideal temperature more comfortably.

Air quality ComfortBatt contributes to a healthier indoor environment and the product is proudly GREENGUARD Gold Certified. This means it passed strict criteria to ensure it was acceptable for use in schools and healthcare facilities and was safe to use around sensitive individuals like children and the elderly.

Denser Nobody wants weak insulation that's flopping around and barely touching the walls it's supposed to be insulating. Luckily, ROCKWOOL batts are an average of three times denser than fiberglass batts, so they provide a better fit. ComfortBatt has a unique flexible edge designed to compress as it's inserted into walls, attics, ceilings and floor frames — and then it springs back, expanding against the frame studs to give a complete fill.

Fire protection Insulation isn't just about maintaining your home's temperature and lowering your energy bills, it can literally save lives. ROCKWOOL batt products are made to fit inside wall or ceiling cavities and are friction fit into place. They contain thermal, acoustic, and fire protection properties, and their fire protection comes from their unique material. Stone wool (sometimes called mineral wool) was discovered in Hawaii more than 100 years ago. It's a natural byproduct of volcanic activity, so ROCKWOOL stone wool can withstand temperatures up to 1177° C. As an added bonus, it doesn't contribute to the development and spread of fire or the release of toxic gases.

Insulate & SAVE

Receive A
\$45
mail-in rebate
when you
buy 5 bags of
ROCKWOOL
insulation*

*Limit one rebate per household.
Offer available October 1-31, 2020.
Visit rockwool.com/canadarebate
for more details on how to claim
your mail-in rebate.



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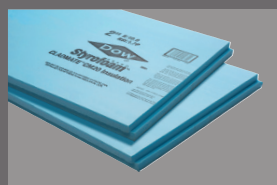


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Blown-in Also called loose fill insulation, this is a great solution for insulating attics, tight spaces or topping up an existing layer of insulation. Installation is not difficult but it is dusty, sweaty work for two people and you'll need to rent a blower machine. Talk to our Insulation Specialists for availability.

Spray foam When installed properly, spray foam is a very effective insulation. It combines 2 chemicals on site to create an expanding foam which is sprayed between framing. It requires special handling, careful application and essential safety precautions. With spray foam insulation, all the work has to be done right so hiring a professional to install is the best option.

Other types of insulation



Rigid foam Extruded polystyrene rigid foam boards with shiplap edges. Designed for use in walls and attics of new and retrofit applications. Easy to handle, cut and install. Provides a continuous layer of insulation with high moisture resistance. Reduced potential for condensation in wall cavities.



Weather stripping Use to seal around movable components such as doors and windows and installs around outside perimeter, either attached to door/window or to the framing. There are many types and each is designed for a specific purpose. Use more than one type to seal an irregularly shaped space.



Foam sealant Polyurethane-based. Use to fill gaps and cracks indoors and outdoors. Expands to fill the shape of the gaps to create a long-lasting, airtight and water-resistant seal. Easy to use straw applicator. Bonds to wood, metal, stone, brick and PVC. High resistance to the elements without becoming brittle.



Window & door film This is a low tech, easy to use and inexpensive solution for sealing air leaks around windows and patio doors. Kits are available in assorted sizes and include double-sided tape and plastic film. Apply tape around the perimeter of window or door, attach film to the tape, then use a hair dryer to shrink the film in order to achieve an air-tight seal.



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SAVE MONEY

by filling gaps with a premium foam sealant

Much of a home's energy can be lost through air infiltration. Air flows through gaps and cracks in various locations around the building structure, meaning that more energy is used to maintain the comfort level of the home. An easy to use and affordable solution to this problem is to use an insulating foam sealant. Spray foam has advantages over other forms of insulation because it can expand and tightly fill those crevices that otherwise may have been left exposed.

It is important to choose the right type of spray foam insulation to ensure long lasting durability. **LePage TITE FOAM** is a high-density foam with a uniform cell structure that delivers premium durability and has superior flexibility that withstands building & material movement. This makes it an ideal choice for filling, sealing and insulating gaps and cracks, inside and out. No matter the project, LePage has the sealant solution for your needs and TIMBER MART has a wide selection of LePage products so you can get the job done.

VIDEO LePage TITE FOAM is a new generation of polyurethane-based insulating foam sealant that expands to fill, seal and insulate gaps & cracks inside or out.



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Need a little peace & quiet?

Consider insulating interior walls and floors for a quieter home

Today's busy households can be a very noisy place with sound transferring from room to room. Home theatres, noisy appliances, music practice or even the hum of your hvac system can create nuisance noise. When building or renovating, adding batt insulation to interior walls, ceilings and floors is an effective way to reduce unwanted sound in your home. All major insulation companies manufacture acoustic batt insulation specifically for this purpose. This insulation is designed to fit tightly between studs and joists in order to absorb sound that would otherwise easily travel through air pockets between the framing. It's critical that you leave no gaps since the smallest space can negate sound-reducing performance. Use acoustic sealant to fill any gaps you may have. An acoustic sealant is designed for soundproofing and is durable enough to protect gaps and holes for a longer duration than regular caulk.

If you want more soundproofing, install two layers of drywall on top of your insulated wall.



Check out new 6" ROCKWOOL Safe'n'Sound® insulation for floor & ceiling applications. Install one layer of 6" insulation instead of 2 layers of the usual 3" insulation. Designed specifically for sound dampening to help prevent noise travelling from one floor to the next.



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