

New insulation guide a must-read for do-it-yourself renovators

(February 18, 2014, Ottawa, ON) A new comparison guide is available to assist Canadians in choosing the right insulation for new build and home renovation projects.

Released today by NAIMA Canada, *Building Insulation: A Performance Comparison for Today's Environmental Home Builder & Renovation Project* is an excellent source of information for learning about one of the most cost-effective and energy saving materials in our buildings—insulation. The guide is straight-forward and practical, providing valuable information to experienced builders and first-time home and cottage renovators.

Building Insulation includes:

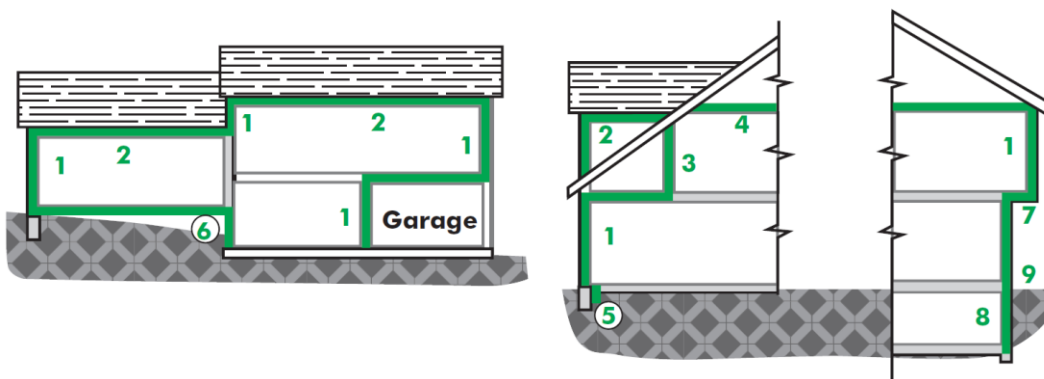
- A description and comparison of insulation options available
- Tips on where to insulate
- Financial benefits of insulating
- Environmental benefits of insulating

“*Building Insulation* offers an industry-wide look at how best to choose and use insulation,” said Jay Nordenstrom, Executive Director, NAIMA Canada. “Insulation offers a significant return on investment, as it saves energy from the day it is installed, requires no maintenance and offers increased comfort in our buildings.”

What makes *Building Insulation* valuable is that it offers an overview of the types, features and installation considerations of most insulation varieties. It will allow for individuals to make a comparison and choose the insulation that best suits each residential construction or renovation project.

Where we should insulate

Insulation is used in every element of the building envelope: the walls, ceilings, floors and attics.



1. Exterior walls. Sections sometimes overlooked are walls between living spaces and unheated garages or storage rooms, dormer walls, and the portions of walls above ceilings of adjacent lower sections of split-level homes.
2. Ceilings with cold spaces above, including dormer ceilings.
3. Knee walls of attic spaces finished as living quarters.
4. Sloped walls and ceilings of attic spaces finished as living quarters.
5. Perimeters of slabs on grade.
6. Floors above vented crawlspaces. Insulation may also be placed on crawlspace floors and walls.
7. Floors over unheated or open spaces such as over garages or porches. Floors over unheated basements. The cantilevered portions of floors.
8. Basement walls.
9. Band or header joists, the wall sections at floor levels.
10. Interior walls, ceilings and floors where sound control is desired, (not shown).

For more on the benefits of insulation, and tips and tricks for how to insulate your home, visit naimacanada.ca.

Download *Building Insulation* at: <http://naimacanada.ca/cmfiles/InsulationComparisonGuide.pdf>.

-30-

For more information, or to schedule interviews, contact:

Michael Zupanic, mzupanic@ecostrategy.ca, 416-972-7404.

North American Insulation Manufacturers Association (NAIMA) Canada promotes energy efficiency and environmental preservation through the use of fibre glass, rock wool, and slag wool insulation, and encourages the safe production and use of these materials.