

How to Foam Insulate Walls

Foam insulation is sprayed into walls, ceilings, and floors, under pressure, using a spray nozzle attached to hoses containing a liquid polymer and a foaming agent. When the 2 elements are mixed together it creates foam that expands and fills the area with high R value insulation. Excess foam is cut off with a foam saw to the level of the wall studs to ensure proper fit for drywall or sheet rock. As your house settles and expands the foam insulation expands with it eliminating cracks and gaps. Spray foam insulation doesn't shrink, sag, crack, or settle.

Things You'll Need

- Masking tape
- Plastic sheeting
- Foam Insulation Kit
- Protective suit
- Goggles
- Gloves
- Respirator with filters
- Foam saw
- 4 inch taping knife

1 Use masking tape to cover exposed electrical boxes and outlets. Cover with plastic all windows, doors, floors, and anything that can be damaged by spray foam insulation.

2 Unpack the tanks of chemicals, hoses, and spray nozzles from your spray foam insulation kit. Read the directions thoroughly to get a complete understanding of the set up and use of the product. Use a small piece of wood or cardboard to make a test spray to get a feel for the spray nozzle and how much the foam expands.

3 Hold the gun 18 to 24 inches from the wall and spray a 1 inch bead around the insulation area between the wall studs. Hold the spray nozzle 18 to 24 inches away from the top of the wall and use an even side to side motion to spray between the wall studs all the way down to the floor. Spray one section at a time filling the area between the studs completely before moving to the next section.

4 Inspect the foam coverage of each sprayed section. Spray another coat if necessary taking care not to spray to excess. Check each sprayed section for gaps and add additional spray if needed.

5 Use a foam saw to cut off any protruding excess insulation until it is flush with the wall studs. Excessive or protruding spray insulation can prohibit correct and even installation of drywall or sheetrock. Use a 4 inch taping knife and scrape the surface of any wall studs that has been covered with spray foam insulation.

Tips

It is much easier to add more spray foam insulation than it is to cut and scrape off excess. The faster you move the spray nozzle the thinner the coat of spray foam insulation. For a thicker coat of insulation move the nozzle slower. Carefully follow the directions that came with your foam insulation kit for proper set up.

Warnings

Use a protective suit, gloves, and a respirator in a well ventilated area prior to insulating with spray foam. Spray foam insulation can be harmful to your lungs. Does not spray near a lit cigarette or any open flame.

Keywords

DIY spray foam insulation

spray foam insulation
Home insulation

Reference:

DIY Foam Insulation

http://www.hgtvpro.com/hpro/pac_ctnt/text/0,2595,HPRO_20196_55073,00.html?c=484&videoid=66917

Resources

Installing Spray Foam Insulation <http://vimeo.com/7977134>

Spray Foam Insulation <http://www.youtube.com/watch?v=VFjxWdPPY1Q>

Spray Foam Insulation. So Easy You Can Do it Yourself.

<http://www.youtube.com/watch?v=KfrW8VHwOdM&feature=related>

Spray foam insulation <http://insulationinfo.org/spray-foam-insulation/ceiling-insulation-with-polyurethane-foam/>

FAQ Foam Insulation <http://www.sprayfoamexperts.com/homefaqs.html>

Expanding Foam Insulation <http://www.foam-insulation-guide.com/expanding-foam-insulation.htm>

Spray-On Closed-Cell Insulation <http://video.bobvila.com/m/21320519/spray-on-closed-cell-insulation.htm>

Open Cell Foam Insulation

<http://www.sprayfoaminsulationtechnology.com/prf/index.php?mod=section&id=5&itemid=20>

Polyurethane Spray-Foam Insulation <http://everything2.com/title/Polyurethane+Spray-Foam+Insulation>