

Recovery Insulation™

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INSTALLATION GUIDE



1. Due to compression during packaging and shipping, in preparation for installing, **unroll the roll or remove the bats from the packing. Gently shake the roll or batt while lifting up and down from both ends of roll or batt; and then gently pull sideways along the width of the batt or roll.** This will help accelerate the natural rebounding properties of the fibres to allow insulation to regain its full width and thickness.
2. **Will you need protective clothing to install?** *Inno-therm®/Metisse®* has no glass or rock fibres that causes itch. It is soft to handle. No specialist handling equipment is required e.g. gloves or protective clothing. A dust mask and protective eye glasses is advised especially in a roof or cellar space where glass or rock fibre has been installed and/or is present; and when installing in a ceiling or under floor.
3. Keep insulation at least 80mm away from the sides of recessed light fixtures. Do not place insulation over such fixtures so as to entrap heat. Check with local building or fire officials for guidance on installation and barrier requirements.
4. During and after installation it is essential that all ventilation points, e.g. air bricks at gable ends, are kept clear of insulation so that the air flow is maintained.
5. As with other insulating materials, the product should not be installed around metal chimney fabrications or flues passing through the wall or other heat-producing devices. Do not place insulation over such fixtures so as to entrap heat. To be sure insulation is kept away (by at least 8cm) from light fixtures and flues, use a barrier to permanently maintain clearance around these areas. Contact between these components and the insulation must be avoided.
6. **It is advised to use a friction fit between studs and stapling will usually not be necessary.** *Inno-therm®/Metisse®* relies on a friction fit – the width of a roll or batt of insulation should be approximately 1.3 centimeters wider and longer than the actual cavity, enabling the material to fit securely without stapling. *Inno-therm®/Metisse®* is manufactured at 40 and 60 centimeters.

7. NEED HELP CUTTING

Inno-therm®/Metisse®, is a semi-rigid flexible malleable material that can be torn or cut by hand.

- a. **Batts** can be cut along their length and across their width but not as easily along the length due to way the recycled fibres are layered along with the binder.
- b. **Rolls** can easily be cut/torn across their width but not as easily along the length of a roll. If necessary to cut a roll along its length follow guide in points c-g.
- c. Use a smooth very [fine toothed saw \[13"/335mm -12T/13P\]](#)
- d. Or use a wavy sharp clean blade of the type used for bread. Sharpen the blade using a sharpener that has two pieces of tungsten carbide in a "V" formation to wear away the metal on either side of a blade, creating a new edge.
- e. [Insul-Knife](#) is an ideal tool for cutting.
- f. **Ensure there is a straight consistent clean edge for a friction fit.**
- g. When cutting hold and push down the insulation with length of wood e.g. 2X1. Place the fine-toothed saw against the 2X1 and slowly move the saw forward and backward. Or place the wavy blade knife next to the 2X1 and keeping the blade

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level, cut from top to bottom - forward and backward.

h. 45mm acoustic batt cutting is the same, but it's a little harder to cut due to density.

- 8. WALLS:** The structural stability of the fibre is such that the insulation will stay up in the vertical position, in a wall, when friction fitted between vertical studs. Beyond about eight feet the weight will probably make insulation bulge outwards. Install strawberry netting, NETLON plastic netting or lengths of wire [e.g. recycled clothing hangers] force fitted between studs, to ensure insulation in place. The insulation can also be stapled to wooden studs.
- 9. CEILINGS:** If installed in a ceiling or a floor above, ensure insulation is pressed against floorboards; and keep in place by stapling at edges before putting plasterboard in place. If you wish to leave insulation showing, cross with string held by stapling string on either side as shown in Figure 1.



Figure 1 Ceiling installation at Strip The Willow Cafe

- 10. FLOOR/CRAWL SPACES:** In an under floor installation ensure the perimeter edge between the floor board ends and wall are filled with a [rapid set expanding sealing foam](#) to cut off any drafts along the perimeter edge.
- 11. VAPOUR BARRIER:** The insulation when installed in timber frame application requires a vapour control layer (e.g. polyethylene or plasterboard lining with an integral vapour control area) and should be applied towards the living area/warm side and held in place using staples. When using double and single sided tape remember to put tape over staples to ensure no leaks.
- a.** A breather layer is needed if exterior wall is brick, concrete or masonry in construction. In roof structures at ceiling level, a breathable membrane can be used to limit excessive condensation. In under floor installation a breather membrane is installed [taping the overlap] to increase thermal performance and limit excessive condensation being absorbed into the insulation normally in a cellar.
 - b.** When joining sheets of breather layer they must be joined using joining tape. We recommend [Pro Clima UNI TAPE](#) This is extremely important to reduce the chance of any gaps that will allow moisture through. Non setting mastic must be used to seal and join the edges of the breather layer and tape to the surrounding walls, if brick or stone, of the building.
 - c.** Vapour-check plasterboards, with joints taped as necessary, should be fitted immediately after the insulation is fitted between studs to reduce the risk of the breather layer being damaged.
 - d.** There are various makes of breather layer, adhesive and tapes. We do not use 'duck tape' as the adhesive it is not strong enough.
- 12.** If putting up 2 layers of insulation place the studding or other material, which is being used to support the insulation first horizontal & the other vertical to ensure no gaps.
- 13.** Do not leave material exposed to moisture or wet conditions for any length of time.