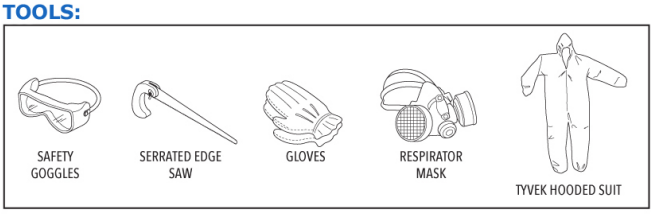
How to Quickly and Easily Insulate a 2x4 Wall

Insulating a wall with spray foam insulation is one of the most common projects. It's quick and easy to do. Plus the benefits range from much lower utility bills to reduced sound transfer.

By using closed cell Foam it Green, you create a **seamless air barrier** and high r-value that will keep your home much warmer than before in the winter and much cooler in the summer.

The rigid foam creates a **pest barrier** that helps keep insects, rodents, and even radon gas out And because it **never sags nor settles**, once it's in place, it's done, unlike fiberglass. Plus, you're much less likely to have mold issues with the anti-microbial formula.

TOOLS:



Instructions:

1) Follow all of the instructions in the included instruction manual regarding proper Foam it Green setup, project area preparation, and substrate readiness. Make sure that you have all of the tools required for the job *(see Tools)*.

2) Apply Foam it Green to achieve a cured thickness of one inch, making sure the foam is applied to the joints connecting the studs to the substrate. *(Fig. 1)*

3) Spray additional layers of closed cell foam at cured thicknesses of one inch each to the desired final depth. *(Fig. 2)*

4) If the foam expands past the studs, trim flat with a serrated edge before enclosing the wall. *(Fig. 3)*

FIG. 1:

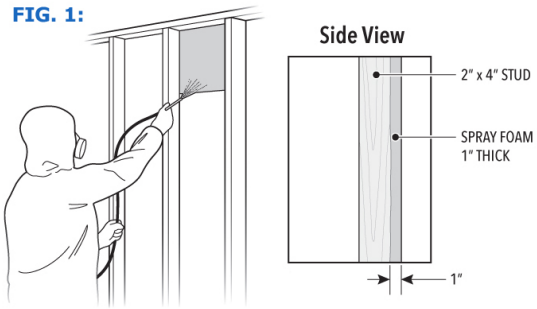


FIG. 2:

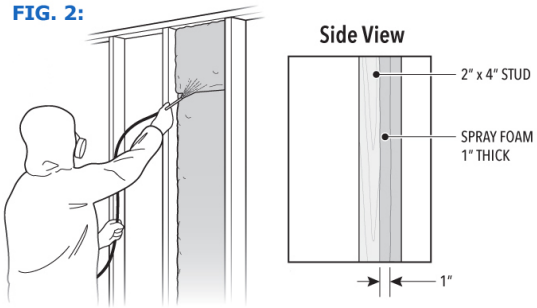
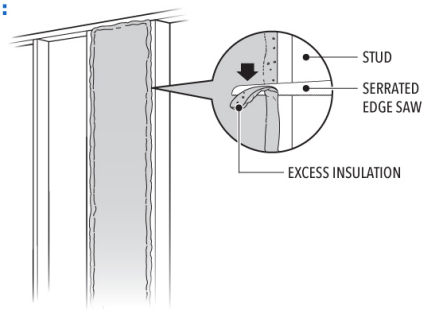


FIG. 3:



Notes:
If the building is going to be heated during colder months, and will use a combination of insulation materials in the wall cavity (such as fiberglass, cellulose, rock wool, or open cell foam) it is recommended to apply a minimum thickness of 1.5" of a closed cell first. (A minimum thickness of 1" is recommended for climates in which no heat/furnace is used).

For most homes, it is recommended to apply a vapor barrier after installing insulation before desired wall covering (drywall or paneling) goes up.

We have plenty of "How To" videos readily available on our website, as well as 24x7 customer support should you need it.