1) Cut two 2"x8" (or 2"x6") piece of wood 24" long from the 8 ft. plank.

2) Cut one 2"x8" (or 2"x6") piece of wood 14.5" long from the remaining.

Equipment

- One 2"x8 ft. wood plank
- Four 2 ½ in. wood screws
- Phillips head screwdriver
- Saw
- Drill and bit for re-drilling holes
- R-30 unfaced or roll insulation
- Carpet knife

MORE TIPS FROM RULE YOUR ATTIC!

- Encourage consumers to visit energystar.gov/ruleyourattic.
- Use the hashtag #RuleYourAttic in all social media posts and tag @ENERGYSTAR on Twitter and @ENERGY STAR on Facebook.
- Post the How to Measure Your Insulation (FB version/YouTube version) video and the Does Your Insulation Measure Up graphic on your social media channels and website.
- Visit the campaign resources page and share materials on your social media channels and website to educate homeowners on the benefits of sealing and insulating their attics.
3) Drill holes for two 2 ½ in. wood screws at about 18 ½ inches down the 24” wood piece.

4) Install screws on each side to hold 14½ in. piece of wood in place.

5) The mock attic floor joist should now look like this:
6) Next, using a carpet knife, cut two pieces of R-30 unfaced insulation into 18" lengths. The result should look like this:

7) Place one of the pieces into the joist space of the mock-up.

8) Finally, to show the proper attic insulation depth, place the second piece of insulation on top of mock-up. For a more interesting visual, place a ruler or measuring tape vertically beside the mock-up to show off the insulation’s depth.
9) Include other props and items to show all the equipment needed to seal air leaks and D-I-Y.

Equipment:
- Gloves
- Dust mask
- Tape measure
- Eye protection
- Caulk and caulk gun
- Spray foam

For more than 20 years, EPA’s ENERGY STAR program has been America’s resource for saving energy and protecting the environment. Join the millions making a difference at energystar.gov.