

# RULE YOUR ATTIC!

## ATTIC INSULATION DEMONSTRATION: MOCK FLOOR JOIST

The simple  
choice for  
energy  
efficiency.



### 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](http://energystar.gov/ruleyourattic).
- Use the hashtag #RuleYourAttic in all social media posts and tag [@ENERGYSTAR on Twitter](https://twitter.com/ENERGYSTAR) and [@ENERGY STAR on Facebook](https://www.facebook.com/ENERGYSTAR).
- 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.

- 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.**



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- 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:**



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- 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.



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- 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

