

Quick Reference Guide

March 2019
Version 2019.0

Chapter 12 – Air Sealing (Poly)

General Poly Vapor Barrier Installation Rules	<ol style="list-style-type: none">1. Minimize staples. Staple about every 24".2. Tape holes or tears with red poly tape.3. All poly overlaps must cover two studs or trusses.4. Before stapling at corners:<ol style="list-style-type: none">a. Tuck poly completely into corner (nice 90 degree crease formed corner)b. Verify poly is not bunched up (especially at ceiling/wall corners)c. Staple corners with hand tack stapler tight to corner5. Room length = parallel to trusses; room width = perpendicular to trusses.6. Use nominal 12' wide poly for ceiling; 8' wide for walls.7. Install all ceiling poly before installing wall poly.
Install Ceiling Poly	<ol style="list-style-type: none">8. Create a reference chalk line on the bottom of trusses, at room length center9. Begin installation in a bedroom, kitchen or living room.10. If room length >10', cut poly 2' longer than room length, mark poly center with felt marker line. Use line to align to reference chalk line11. If room length < 10', cut poly 2' longer than room width, use center crease to align to reference chalk line12. Extend ceiling poly 8-12" down onto wall13. Start stapling at room center, then move to ends and sides keeping poly taught as you go14. Overlap seams minimum of 24" (or cover 2 trusses). All overlap seams must be parallel to the trusses. Tape seams along the bottom truss chord.15. Tape all poly seams with Red poly tape16. Tuck poly TIGHT INTO corners - NO AIR GAPS or "stretched" corners but a nice 90 degree crease formed into corner)17. X-out poly at electrical boxes & gently stretch poly around box and push poly back at least 1/2" from surface of box18. Cut out poly at bath fan along the outer edge of the flange and tape to the flange perimeter
Install Wall Poly	<ol style="list-style-type: none">19. Verify insulation is not covering inside edge of studs; vanity, door bell & thermostat wires visible20. Run poly PAST an exterior corner to the first stud on the intersecting wall21. Line up factory edge of wall poly with top of the wall top plate, overlapping ceiling poly hanging down on wall22. Start stapling near the corner, only stapling to the top plate of the 1st 4-5 studs, then begin stapling down the studs. Staple these studs down to the base plate before working back to the corner, keeping poly taught as you go23. Tuck poly TIGHT INTO corners - NO AIR GAPS or "stretched" corners but a nice 90 degree crease formed into corner24. Staple to top plate, studs, and window/door framing25. X-out poly at electrical boxes & gently stretch poly around box and push poly back at least 1/2" from surface of box26. Tape all seams with <2 stud overlap27. Cut poly along the outside edge of door jambs28. Uncover window openings. From each corner, make a 2" diagonal cut. Then cut straight down and across. Remove and place in the tub. Wrap remaining poly into framing and staple.29. For a flush sliding closet door header, cut & install a preliminary piece around the closet top plates & the T-header first before wrapping the rest of the wall. Seal with red poly tape30. Install any unusable leftover scrap poly on any INTERIOR wall (except bathroom walls) vs. putting in trash31. Poke vanity wire, door bell/thermostat wires thru poly. Tape if poly seal is not tight

Quality Points

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- All ceiling area is covered with poly
- Ceiling poly has 8-12" hanging down walls, 2 stud overlap on all overlap seams AND taped along trusses
- Ceiling poly corners are tucked neatly and flat (like gift wrapping) at wall corner. Taped areas around posts, outside corners, T-headers etc. have 90° tight corners
- Poly around ceiling and wall electrical boxes have a snug fit (otherwise tape as needed) and poly is pushed back at least ½" from surface of box
- All exterior wall areas are covered with poly (including 1st 2 studs on intersecting walls)
- Wall poly has minimum 24" (2 stud) overlap of seams (otherwise seams must be taped)
- Wall corner poly is neatly tucked into corners (NOT STRETCHED across corner) so that sheetrock will not stretch or tear poly (look for nice 90 degree crease tucked into corner)
- Any holes or tears in poly are taped with Red poly tape. Bath fan perimeter is sealed
- Floor heat ducts are nailed & sealed; seams between cold air return boot and cold air duct are sealed
- Window poly is cut from each window and excess poly is stapled to framing
- Unusable scraps of poly are stapled to interior wall surfaces (other than bathroom walls)