## General Poly
### Vapor Barrier Installation Rules

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| 1.   | Minimize staples. Staple about every 24”.
| 2.   | Tape holes and seams with red poly tape.
| 3.   | All poly overlaps must cover two studs or trusses.
| 4.   | Before stapling at corners:  
|     | a. Tuck poly TIGHT INTO corners - NO AIR GAPS or “stretched” corners but a nice 90 degree crease formed into corner  
|     | b. Verify poly is not bunched up (especially at ceiling/wall corners)  
|     | c. Staple corners with hand tack stapler tight to corner  
| 5.   | Room length = perpendicular to trusses; room width = parallel to trusses.
| 6.   | Use nominal 12’ poly for ceiling; 8’ poly for walls.
| 7.   | Install all ceiling poly before installing wall poly.

## Install Ceiling Poly

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| 8.   | Create a reference chalk line on the bottom of trusses -- at room width center for bedrooms/baths, 7’ from one end for kitchen/dinging/living rooms  
| 9.   | Begin installation in a bedroom/bath along an interior wall, kitchen/living room at either side of the starting point line  
| 10.  | If room width >10’, cut poly 2’ longer than room width, mark poly center with felt marker line. Use line to align to reference chalk line  
| 11.  | If room width < 10’, cut poly 2’ longer than room width, use center crease to align to reference chalk line  
| 12.  | Extend ceiling poly 8-12” down onto wall  
| 13.  | Staple at and near room center first for entire length, then move to sides keeping poly taught with push brooms as you go  
| 14.  | 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.  | Cover entire upper portions of closets with flush sliding doors with ceiling poly. Cover front from ceiling downward and trim excess along bottom of header. Use a separate piece for ceilings inside closets.  
| 16.  | X-out poly at electrical boxes & gently stretch poly around box and push poly back at least ½” from surface of box.  
| 17.  | Cut out poly at bath fan along the outer edge of the flange and tape to the flange perimeter with red poly tape  
| 18.  | X out poly over scuttle access. Fold back and staple to framing. Trim excess.

## Install Wall Poly

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| 19.  | Verify insulation is not covering inside edge of studs; vanity, door bell & thermostat wires visible  
| 20.  | Run poly PAST an exterior corner to the 2nd stud on the intersecting wall  
| 21.  | Line up factory edge of wall poly with top of the wall top plate, overlapping ceiling poly hanging down on wall  
| 22.  | 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 go  
| 23.  | Staple to top plate, studs, and window/door framing  
| 24.  | X-out poly at electrical boxes & gently stretch poly around box and push poly back at least ½” from surface of box  
| 25.  | Tape all seams with <2 stud overlap with red poly tape  
| 26.  | Cut a “U” shape piece to fit around flush sliding closet door headers. Wrap to 1st interior wall stud past the inside closet corner. Seal around header with red poly tape  
| 27.  | Cut poly along the outside edge of exterior door jambs. Roll up poly and tape above door with Weathermate construction tape  
| 28.  | 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.  | Place all poly scraps greater than 3’ long in the bath tub for use as painting tarps/drop cloths. Smaller pieces can be stapled to any INTERIOR wall except bathroom walls  
| 30.  | Poke vanity wire, door bell/thermostat wires thru poly. Tape if poly seal is not tight |
Quality Points

Chapter 12 – Air Sealing (Poly)

- 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
- Closet headers with flush sliding doors are covered with poly (inside and outside) and header corners are sealed with red poly tape
- 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 and scuttle access poly is cut from each window and excess poly is stapled to framing
- Poly covering bath fan in cut out along outer edge of the fan flange and taped to flange
- Unusable small scraps of poly (< 3’) are stapled to interior wall surfaces (other than bathroom walls) and larger pieces are temporarily stored in the bathtub for painting day
- Poly cut along exterior door jambs, rolled and taped above door with Weathermate Construction tape