



Rim Joists

A big source of draftiness for the first floor the basement rim joist is frequently neglected when first insulating a home at time of construction. The rim joist is the area where the floor joists of the first floor, the wooden structure of the home, sits on the cinder block, concrete or stone foundation of the home. The joints leave gaps which allows a large amount of air leakage in the rim joist areas. The rim joist in most homes is very rarely insulated and not air sealed.



There are a couple different approaches to sealing up and insulating rim joists. The first approach is to use closed cell spray foam. Ideally we would install 2 to 3 inches of closed cell spray foam. This seals up the rim joists and stops air leakage. The other approach is to cut 2" polyiso foam board and fit it in between each rim joist. We then dense pack cellulose behind the foam board and seal around it with a hand held foam canister. This also stop the flow of air and insulates the area.

UNINSULATED

CLOSED CELL SPRAY FOAM INSULATION

OR
POLYISO FOAM BOARD AND
DENSE PACKED CELLULOSE

BEFORE

AFTER

AFTER

