

Insulation Installation Checklist

Use this checklist after estimating packs or rolls to confirm air sealing, vapour barrier requirements, and installation sequence before ordering materials.

PROJECT SUMMARY

Application type: _____

Area to insulate: _____

Target R-value: _____

Product / pack size: _____

Packs ordered: _____

Planned date: _____

PHASE 1 — PLANNING & CODE CHECK

- Confirm the required R-value for your climate zone and application (wall, ceiling, or floor).
- Check local building code for any mandatory vapour barrier or retarder requirements.
- Determine whether a building permit or inspection is required before work begins.
- Identify all penetrations (pipes, ducts, wiring) that will need air sealing before insulation.
- Confirm stud or joist spacing to select the correct batt width (16 in / 400 mm or 24 in / 600 mm o.c.).
- Check cavity depth to confirm maximum achievable R-value for the framing size.

PHASE 2 — AIR SEALING (DO BEFORE INSULATING)

- Seal all gaps around electrical boxes, plumbing penetrations, and duct boots with acoustical sealant or spray foam.
- Seal the top plate to the ceiling drywall and bottom plate to the subfloor where accessible.
- Foam-seal gaps around window and door rough openings — use low-expansion foam to avoid bowing the frame.
- Block and seal any open joist bays at the top of exterior walls (rim joist area).
- Confirm attic hatch is insulated and weather-stripped if insulating an attic floor.
- Allow all sealants to cure fully before placing insulation over penetrations.

PHASE 3 — INSTALLATION

- Wear appropriate PPE: gloves, long sleeves, safety glasses, and an N95 or P100 respirator for fiberglass.

- Cut batts to length with a utility knife and straight edge — compress slightly and cut; do not tear.
- Fit batts snugly in bays with no gaps, voids, or compression. Compressed insulation loses R-value.
- Split batts around wiring rather than compressing the batt behind cables.
- For attic floors, maintain a clear ventilation channel at the eaves — use baffles to keep insulation away from soffits.
- Install vapour barrier on the warm-in-winter side if required by code — typically the interior face in cold climates.
- Tape all vapour barrier seams and seal around penetrations with vapour barrier tape, not standard duct tape.
- For floor insulation over a crawl space, confirm the crawl space is dry and ventilated before insulating.

PHASE 4 — INSPECTION & CLOSE-UP

- Walk the entire insulated area and check for missing sections, compression, or gaps at framing.
- Confirm ventilation channels in the attic are clear and unobstructed after insulation is placed.
- Request a framing / insulation inspection if required by permit before closing walls.
- Photograph completed insulation before covering with drywall for future reference.
- Dispose of offcuts and waste packaging promptly — loose fiberglass is a skin and respiratory irritant.

COMMON MISTAKES TO AVOID

- Skipping air sealing — insulation slows heat transfer but does not stop air movement through gaps.
- Compressing batts to fit a thinner cavity — this permanently reduces R-value.
- Blocking attic soffit vents — without airflow, moisture builds up and causes rot and mould.
- Installing vapour barrier on the wrong side — in cold climates it goes on the interior (warm) side.
- Leaving gaps at the top or bottom of wall cavities — cold air bypasses the insulation entirely.

PROJECT NOTES

HomeProjectCalculator.com | Methodology: homeprojectcalculator.com/methodology/ | Data Sources:
homeprojectcalculator.com/data-sources/

Version 1.0 | Last Updated: 2026-06-04 | Planning purposes only — consult qualified professionals where required.