

- AAB Blue Maxx, 320–322
- Absorptance, 248
- ACGIH (American Conference of Governmental Industrial Hygienists'), 98
- ACMs (asbestos-containing materials), 353
- ADA (airtight drywall approach), 59
- Additives, paint, 289–290
- Adobe, 270
- Aerogels, 377–381, 383
 - cost of, 381
 - history of, 378
 - properties of, 378–381
 - R-value of, 380
- AHERA (Asbestos Hazard Emergency Response Act), 362
- Air:
 - convection via, 21–22
 - dry, 15
 - exfiltration, air, 47
 - infiltration, air, 47–48
 - leakage of, 34, 37
 - makeup, 68
 - R-values for, 408
- Air barriers, 47
- Air conditioning, 6–7
- Air films, 23
- Air Krete, 191–193
 - environmental considerations with, 193
- Air Krete (*Cont.*):
 - fire resistance of, 193
 - health considerations with, 193
 - limitations of, 192–193
 - properties of, 192
 - R-value of, 192
 - and VOC emissions, 193
- Air Krete, Inc., 192
- Air retarders, 47–48
- Airspace, 23
- Airtight drywall approach (ADA), 59
- Alabama, 66
- Alaska, 66
- Alcogel, 379
- Aluminum, 5, 6
- Ambient (sensible)
 - temperature, 35
- American Conference of Governmental Industrial Hygienists (ACGIH), 98
- American Society for Testing and Materials (ASTM), 24, 70, 82, 85, 97, 99, 120, 158, 192, 254
- American Society of Heating, Refrigerating and Air-Conditioning Engineers (ASHRAE), 16, 42, 43, 63, 412
- Amosite, 351
- Arab oil embargo, 7

- Arizona, 66
- Arkansas, 66
- Ark-Seal, Inc, 168
- Asbestos, 3, 351–364
 and asbestosis, 359
 contractors, asbestos,
 356–357
 “Green Book,” 355
 health considerations with,
 358–360
 history of, 352–353
 home inspections, 356
 homeowner sampling for, 358
 identification of, 354–355
 litigation involving, 362–363
 and lung cancer, 352, 359–360
 and mesothelioma, 360
 products containing, 353
 “Purple Book,” 355
 regulation of, 360–362
 removal of, 355–358
 as thermal insulation,
 353–354
 in vermiculite, 112
- Asbestos Hazard Emergency
 Response Act (AHERA),
 362
- Asbestos School Hazard
 Abatement Act (ASHAA),
 361
- Asbestos-containing materials
 (ACMs), 353
- Asbestosis, 359
- ASHRAE (*see* American Society
 of Heating, Refrigerating
 and Air-Conditioning
 Engineers)
- Associations, manufacturers,
 423–426
- ASTM (*see* American Society
 for Testing and Materials)
- Atrium (courtyard) plan, 273
- Attics, 57–58
 Blow-In-Blanket System for,
 169
- Attics (*Cont.*):
 fiberglass batts/rolls in,
 124–125, 138–140
 fiberglass in, 102–104
 loose-fill insulation in, 77, 79,
 102–104
 phase-change insulation in,
 388–390
 radiant barriers in, 252–256
 R-values for, 57
 vapor retarders in, 44, 45
- Balsa batt, 5
- Balsa wool, 5
- Banner Rock Products Co., 4
- Barrier-type method, 230–231
- Basements:
 fiberglass batts/rolls in, 127,
 143–144
 vapor retarders with, 46–47
 walls, 54–56, 143–144
- BASF Corporation, 214
- Batts, 120
- Beadboard, 210, 296
- Benzene, 214, 219
- BIBS (*see* Blow-In Blanket
 System)
- Blanket insulation, 4, 27, 119
 (*see also* Fiberglass batts
 and rolls)
- Block walls, as vapor retarders,
 47
- Blow-In-Blanket Dry System,
 169–170
- Blow-In-Blanket System
 (BIBS), 104, 157, 168–173
 attics, 169
 cathedral ceilings, 169
 fire resistance of, 171
 floors, 169
 installation of, 171, 173
 limitations of, 171
 properties of, 170
 R-value of, 170, 172

- Blowing/foaming agent, 185
- Blue board, 296
- Board/paper products, 260–261
- BOCA (*see* Building Officials and Code Administrators International, Inc.; Building Officials Code Administration)
- Boron, 163
- British thermal unit (Btu), 14
- Building envelope:
 - envelope compliance approach, 68
 - evolution of, 33–34
- Building Officials and Code Administrators International, Inc. (BOCA), 64–65
- Building Officials Code Administration (BOCA), 323
- Bulk moisture, 34
- C. P. Chemical Company, Inc., 197
- CABO (Council of American Building Officials), 65
- Cabot, Samuel, 4
- Cabot's Quilt, 4
- CAF (compressed agricultural fiber), 229
- California, 66, 82
- California Bureau of Home Furnishings and Thermal Insulation (CBHF), 86
- Canadian Mortgage Housing Corporation (CMHC), 368
- Capehart housing, 7
- Capillary action, 34
- Carcinogens:
 - expanded polystyrene, 214
 - extruded polystyrene, 219
 - fiberglass, 98, 128, 176
 - mineral wool, 146
 - urea formaldehyde foam insulation, 368, 370
- Carcinogens (*Cont.*):
 - wet spray rock wool/slag wool, 179–180
- Cathedral ceilings, 57, 215
 - Blow-In-Blanket System with, 169
 - in earth homes, 275
 - fiberglass batts/rolls, 124, 140
 - and vapor retarders, 44–45
- Cavity foundation materials, 55–56
- CBHF (California Bureau of Home Furnishings and Thermal Insulation), 86
- Ceilings, 57
 - cellulose loose-fill insulation with, 90–91
 - fiberglass batts/rolls, 124–125
 - loose-fill insulation for, 79 (*see also* Cathedral ceilings)
- Cellular glass, 228
- Cellular plastic, 185
- Cellulose, 7, 8, 76–78
 - dense-pack, 83
 - loose-fill insulation, 80–96
 - application procedures for, 90–91
 - coverage requirements for, 90
 - environmental considerations with, 84
 - fire resistance of, 85–87
 - health considerations with, 83–84
 - installation of, 87, 95–96
 - limitations of, 83
 - preliminary inspection for, 87–88
 - preparation for, 88–90
 - properties of, 82
 - R-value of, 83
 - sidewalls, 91–93
 - standards for, 81–82
 - vapor retarders with, 93–94
 - ventilation guidelines for, 95

- Cellulose, loose-fill insulation
 (*Cont.*):
 weight of, 83
 wet spray cellulose, 157–168
 environmental
 considerations with,
 163
 fire resistance of, 163
 health considerations with,
 162
 installation of, 163–168
 limitations of, 161
 properties of, 158
 R-value of, 161, 162
 standards for, 158–161
- Cellulose Insulation
 Manufacturers Association
 (CIMA), 43–44, 81, 85–87,
 163
- Celotex Company, 6
- Cenesto, 6
- Center-of-cavity R-value (R_{cc}),
 28
- Ceramic coatings, 287–289
 fire resistance of, 289
 installation standards with,
 289
 limitations of, 288–289
 properties of, 288
 R-values of, 288
- CertainTeed, 130
- CFCs (*see* Chlorofluorocarbons)
- CFU (contoured foam
 underlayment), 229
- “Chimney effect,” 301
- Chimneys, 3, 103
- Chlorofluorocarbons (CFCs),
 186–187
- Chromatropic acid test, 371
- Chrysotile, 351
- CIMA (*see* Cellulose Insulation
 Manufacturers Association)
- Clean Air Act Amendments of
 1990, 187
- Clear-wall R-value (R_{cw}), 28
- Climate:
 and vapor retarders, 41–42
 zone, climate, 67
- Closed-cell foams, 185, 186
- CMHC (Canadian Mortgage
 Housing Corporation),
 368
- Coatings, 40, 287–290
 ceramic, 287–290
 fire resistance of, 289
 installation standards
 with, 289
 limitations of, 288–289
 properties of, 288
 R-values of, 288
 paint, 289–290
- Cob, 269–270
- Code of Federal Regulations*, 71
- Codes and standards, 63–71
 American Society for Testing
 and Materials, 70
 ASHRAE standards, 63–64
 cellulose, wet spray, 158–161
 cellulose loose-fill insulation,
 81–82
 Federal Trade Commission, 69
 Home Energy Rating Systems
 Council, 69
 Icynene, 191
 IECC/MEC, 64–68
 loose-fill insulation, 81–82
 reflective insulation, 261–262
- Cold climates, 41
- Colorado, 66
- Comfort, thermal, 13–17
 and ASHRAE Standard 55, 16
 definition of, 13
 and humidity, 15–16
 and thermoregulation, 13–15
- Comfort envelope (ASHRAE),
 412
- Composite board insulation,
 228–229
- Compressed agricultural fiber
 (CAF), 229

- Compressed straw panels, 229–230
- Concrete block, 55, 56
- Concrete slabs, vapor retarders with, 45
- Condensation, 36–38
- Conduction, 22, 247
- ConForm, 320
- Connecticut, 66
- Construction water, 37
- Consumer Product Safety Act, 71
- Consumer Product Safety Commission (CPSC), 71, 81, 82, 85, 90, 128, 176, 368
- Continuous air/vapor retarder, 43
- Contoured foam underlayment (CFU), 229
- Convection, 21–22, 247
 - loops, convection, 77
 - loose-fill insulation, 77
- Copper, 6
- Cork, 3, 112
- Corning Glass Company, 4–5
- Cost(s):
 - of aerogels, 381
 - of foundations, 54
 - of gas-filled panels, 386
 - of radiant barriers, 257–258
 - of spray polyurethane foam, 196
 - of superinsulation, 60
 - of vacuum insulation panels, 384
- Cotton insulation, 148–149
 - availability of, 149
 - fire resistance of, 149
 - properties of, 148–149
 - R-value of, 149
- Council of American Building Officials (CABO), 65
- Courtyard (atrium) plan, 273
- CPSC (*see* Consumer Product Safety Commission)
- Crawl spaces:
 - fiberglass batts/rolls, 125–127, 142–143
 - vapor retarders with, 45
- Crocidolite, 351
- Damp proofing, 55
- Damp-spray cellulose, 157
- Degree-days, 41
- Delaware, 66
- Dense-packing, 83
- Density, and R-value, 26–27
- Design densities, 27
- Dew point, 36, 43
- Dewar principal, 381–382
- Dew-point temperature, 35
- Dimensionally stable fiberglass (DS), 168, 173–177
- Discontinuous air/vapor retarder, 43
- DOE (*see* U.S. Department of Energy)
- “Double blow” method, 105
- Dow Chemical Company, 7, 215
- Dry air, 15
- Dry-bulb temperature, 34
- DS (*see* Dimensionally stable fiberglass)
- DuPont, 186
- Dust, 15
- Earth, 3, 269–283
 - homes, earth, 271–280
 - advantages of, 272–273
 - cathedral ceilings, 275
 - design of, 273–277
 - fire resistance of, 279–280
 - installation standards with, 279
 - limitations of, 277–279
 - properties of, 273–277
 - Pneumatically Impacted Stabilized Earth, 282
 - rammed, 280–282

- Earth (*Cont.*):
 ventilation requirements of, 271
- Earthquakes, 302
- Earth-sheltered housing, 271–272
- Earthships, 270, 282–283
- Eel grass, 4
- Egyptians, ancient, 3, 4
- EIFS (*see* Exterior insulation and finish systems)
- EIFS Industry Members Association (EIMA), 238
- Electromagnetic spectrum, 245–246
- Electromagnetic waves, 22
- Elevational plan, 273–274
- Embodied energy, 85, 163
- Emissivity, 22–23, 249, 401
- Emittance, 22–23, 249
- Encapsulated batts, 129
- Energy Conservation in New Building Design* (ASHRAE Standard 90-1975), 63
- Energy crisis, 7
- Energy Policy Act of 1992 (EPACT), 8, 64–65
- Energy-Efficient Design of New Low-Rise Residential Buildings* (ASHRAE Standard 90.2), 64
- Envelope compliance approach, 68
- Environmental issues:
 Air Krete, 193
 cellulose, 84, 163
 expanded polystyrene, 214
 extruded polystyrene, 219
 fiberglass, 99, 130, 174–177
 foamed-in-place insulation, 186–187
 gas-filled panels, 386
 mineral wool, 109–110, 147
 polyisocyanurate, 225
 straw bale, 344
- Environmental issues (*Cont.*):
 structural insulated panels, 305–307
 tripolymer foam, 200
 wet spray cellulose, 163
- Environmental Protection Agency (EPA), 112, 130, 193, 208, 297, 399
- EPACT (*see* Energy Policy Act of 1992)
- EPA/DOE Energy Star Program, 297
- EPS (*see* Expanded polystyrene)
- Evacuated panels, 382
- Exfiltration, air, 47
- Expanded polystyrene (EPS), 209–214, 210, 296
 beads, expanded polystyrene, 112
 as carcinogen, 214
 environmental considerations with, 214
 limitations of, 214
 properties of, 210–212
 R-value of, 212–214
- Exterior insulation and finish systems (EIFS), 210, 230–238
 installation of, 238
 legal history, 232, 235, 236
 limitations of, 237–238
 properties of, 230–236
- Extruded expanded polystyrene (XEPS), 209
- Extruded polystyrene (XPS), 7, 209, 215–222, 296
 as carcinogen, 219
 with cathedral ceilings, 215
 cold spots/streaking with, 221
 environmental considerations with, 219
 fire resistance of, 219
 ghosting with, 221
 installation of, 219–220
 limitations of, 219

- Extruded polystyrene (XPS)
 (Cont.):
 properties of, 215–218
 R-value of, 219
- Eye irritation:
 fiberglass, 98–99, 177
 mineral wool, 109, 146
 wet spray rock wool/slag
 wool, 180
- Federal Energy Management
 Improvement Act (FEMIA),
 8
- Federal Housing Administration
 (FHA), 65
- Federal Trade Commission
 (FTC), 24, 69
- FEMIA (Federal Energy
 Management Improvement
 Act), 8
- FHA (Federal Housing
 Administration), 65
- Fiber wallboards, 364
- Fiberboard, 226–227
- Fiberglass, 4–5, 76–79, 82,
 96–105, 383
 dimensionally stable, 173–177
 environmental
 considerations with,
 174–177
 eye irritation, 177
 fire resistance of, 174
 health considerations of,
 176–177
 installation of, 174–176
 limitations of, 173–174
 properties of, 173
 respiratory irritation, 176
 skin irritation, 177
 environmental considerations
 with, 99, 130
 fire resistance of, 99, 131
 health considerations with,
 97–99
 properties of, 96–97
- Fiberglass (Cont.):
 R-value of, 97
 in sidewalls, 104, 105
 standards/practices for
 installation of, 99–105
 in unfloored attics, 102–104
 (see also Fiberglass batts
 and rolls)
- Fiberglass batts and rolls,
 119–144
 in attics/ceilings, 124–125
 in basements, 127
 as carcinogen, 128
 in cathedral ceilings, 124
 characteristics of, 122
 cotton, 148–149
 in floors/crawl spaces,
 125–127
 formaldehyde, 129
 health considerations with,
 127–130
 installation of, 132–144
 attic rooms, 139–140
 basement walls, 143–144
 cantilevered overhang
 areas, 142
 cathedral ceilings, 140
 ceiling joists below attic,
 138–139
 face stapling, 135
 floors, 140–142
 guidelines, 132–134
 heated crawl spaces,
 142–143
 inset stapling, 134–135
 pressure fit, 136
 sidewalls, 136–138
 stapling, 134–136
 unfaced insulation, 136
 with vapor barriers, 142
 with vapor retarders, 143
 wire insulation hangers,
 141–142
 limitations of, 127
 plastic fiber insulation, 148

- Fiberglass batts and rolls
 (*Cont.*):
 properties of, 120–122
 rock and slag wool, 144–147
 R-value of, 122–124
 in sidewalls, 124
 sizes, 120
 vapor barriers with, 121, 142
 as vapor retarder, 131
 wire insulation hangers,
 141–142
- “Fiberizing,” 83
- Fibrofelt, 5
- Films, surface, 23
- Fire resistance:
 Air Krete, 193
 Blow-In-Blanket System, 171
 cellulose, 85–87, 163
 ceramic coatings, 289
 cotton insulation, 149
 earth homes, 279–280
 extruded polystyrene, 219
 fiberglass, 99, 131, 174
 Icynene, 191
 mineral wool, 109–110, 147
 polyisocyanurate, 225–226
 radiant barriers, 257
 spray polyurethane foam,
 195
 straw bale, 344–345
 structural insulated panels,
 301–302
 tripolymer foam, 200
 wet spray cellulose, 163
 wet spray rock wool/slag
 wool, 180
- Fireplaces, 3, 103
- Flax, 5
- Flaxlinum, 5
- Floors, 57
 Blow-In-Blanket System, 169
 fiberglass batts/rolls, 125–127,
 140–142
 vapor retarders in, 45
- Florida, 66
- Florida Solar Energy Center
 (FSEC), 303
- Fluffing, 79
- Flywheel effect, 290
- Foam insulation, and
 convection, 22
- Foamboard, 215
- Foamed-in-place insulation,
 185–201
 Air Krete, 191–193
 environmental
 considerations with,
 193
 fire resistance of, 193
 health considerations with,
 193
 limitations of, 192–193
 properties of, 192
 R-value of, 192
- CFCs in, 186–188
 environmental considerations
 with, 186–187
 health considerations with,
 186
- Icynene, 188–191
 fire resistance of, 191
 health considerations with,
 191
 limitations of, 190–191
 properties of, 188, 190
 R-value, 190
 standards for, 191
 installation of, 186
 open- vs. closed-cell, 185–186
 phenolic foam, 197
 spray polyurethane foam,
 193–196
 cost of, 196
 fire resistance of, 195
 limitations of, 195
 properties of, 194
 R-value of, 194
 tripolymer foam, 197–210
 environmental considera-
 tions with, 200

- Foamed-in-place insulation,
 tripolymer foam (*Cont.*):
 fire resistance of, 200
 installation of, 200–201
 limitations of, 198–200
 properties of, 198
 R-value of, 198
 water-blown polyurethane,
 196–197
- Foam-Tech, Inc., 196
- Foil-faced polyethylene
 insulation, 258–259
- Forced convection, 21–22
- Formaldehyde, 129, 366–371.
 (*see also* Urea formalde-
 hyde foam insulation)
- Foundations, 54–56
- Franklin, Benjamin, 352
- Free convection, 22
- Freon, 186–187
- Frigidaire, 6
- FSEC (Florida Solar Energy
 Center), 303
- FTC (*see* Federal Trade
 Commission)
- Gamma rays, 246
- Gaps, 54, 79
- Gas-filled panels (GFPs),
 385–387
 availability of, 386–387
 cost of, 386
 installation of, 385–386
 limitations of, 386
 properties of, 385
- General Electric, 6
- General Motors, 6, 186
- Geoform, 209
- Georgia, 66
- GFPs (*see* Gas-filled panels)
- Glass, cellular, 228
- Granulated cork, 112
- Greeks, ancient, 3
- Green board, 296
- “Green Book,” 355
- Guarded hot box, 24
- Guardian Fiberglass, Inc., 173
- Habitat for Humanity, 149
- Hall, C. C., 4
- Hawaii, 4, 66
- HCFCs (*see*
 Hydrochlorofluorocarbons)
- Health issues:
- Air Krete, 193
- asbestos, 358–360
- cellulose, 83–84, 162
- fiberglass, 97–99, 127–130,
 176–177
- foamed-in-place insulation,
 186
- Icynene, 191
- loose-fill insulation, 80
- mineral wool, 107–109,
 146–147
- urea formaldehyde foam
 insulation, 370–371
- wet spray cellulose, 162
- wet spray rock wool/slag
 wool, 179–180
- Heat:
- flow, heat, 23–28
 and density of material,
 26–27
 rate of (U-value), 23–24
 resistance to (R-value),
 24–28
 and temperature, 25
 and thickness of material,
 25–26
 in whole-wall systems, 28
- gain, heat, 411
- loss, heat
 foundations, 54
 slab-on-grade foundations,
 56
- metabolic, 13–14
- transfer, heat, 21–23, 247
 causes of resistance to, 23
 by conduction, 22

- Heat: transfer, heat (*Cont.*):
 by convection, 21–22
 by radiation, 22–23
 resistance to, 23
- Heating, ventilation, and air conditioning (HVAC), 277
 duct insulation, 415–416
 piping, 416
- HERS (home energy rating systems), 69
- HERSC (Home Energy Rating Systems Council), 69
- HFCs (hydrofluorocarbons), 196
- Historical insulation products,
 3–8, 351–371
 asbestos, 351–364
 health considerations with,
 358–360
 history of, 352–353
 identification of, 354–355
 litigation involving,
 362–363
 products containing, 353
 regulation of, 360–362
 removal of, 355–358
 thermal insulation,
 353–354
- list of, 463–472
- structural insulating board,
 364–366
 installation of, 366
 properties of, 365–366
- urea formaldehyde foam
 insulation, 366–371
 health considerations with,
 370–371
 identification of, 369
 installation of, 369–370
 vapor retarders, 38–39
- Home Energy Rating Systems Council (HERSC), 69
- Home energy rating systems (HERS), 69
- Hot water, piping for, 417
- Housewrap, 48
- HUD (*see* U.S. Department of Housing and Urban Development)
- Humidity, 15–16, 34–35, 42
- HVAC (*see* Heating, ventilation, and air conditioning)
- Hydrochlorofluorocarbons (HCFCs), 186–187, 195, 208
- Hydrofluorocarbons (HFCs), 196
- IARC (*see* International Agency for Research on Cancer)
- IBC (*see* International Building Code)
- IC (insulation contact) rating, 139
- ICBO (*see* International Conference of Building Officials)
- ICC (International Code Council), 65
- Iceland, 3
- ICFs (*see* Insulating concrete forms)
- Icynene:
 fire resistance of, 191
 health considerations with,
 191
 limitations of, 190–191
 properties of, 188, 190
 R-value of, 190
 standards for, 191
 and vapor retarders, 190
- Icynene, Inc., 188
- Idaho, 66
- IECC (*see* International Energy Conservation Code)
- Illinois, 66
- Inch-pound (I-P) system, 24
- Indiana, 66
- Infiltration, air, 47–48
- Infrared radiation, 245–246
- Inside surface films, 23
- Inspections:
 asbestos, 356

- Inspections (*Cont.*):
 cellulose, 87–88
 MEC field inspection
 checklist, 420
- Installation:
 of air retarders, 48
 Blow-In-Blanket System,
 171, 173
 cellulose, 87, 95–96, 163–168
 ceramic coatings, 289
 earth homes, 279
 exterior insulation and finish
 systems, 238
 extruded polystyrene,
 219–220
 fiberglass, 99–105, 174–176
 fiberglass batts/rolls, 132–144
 foamed-in-place insulation,
 186
 gas-filled panels, 385–386
 insulating concrete formwork,
 323–328
 mineral wool, 109–110, 147
 radiant barriers, 251–256
 straw bale, 334–342
 structural insulated panels,
 307–316
 structural insulating board,
 366
 tripolymer foam, 200–201
 urea formaldehyde foam
 insulation, 369–370
 vacuum insulation panels,
 384
 of vapor retarders, 46–47
 wet spray cellulose, 163–168
 wet spray rock wool/slag wool,
 180–181
- INSULADD, 289–290
- Insulating board, 364
- Insulating concrete forms
 (ICFs), 215, 293, 316–328
 installation of, 323–328
 properties of, 317–321
 R-value of, 321–323
- Insulation contact rating (*see*
 IC rating)
- Insulcot, 149
- Insulite, 5–6
- Integrated insulation systems,
 293–345
 insulating concrete formwork,
 316–328
 installation of, 323–328
 properties of, 317–321
 R-value of, 321–323
 straw bale, 326–345
 availability of, 345
 environmental
 considerations with,
 344
 fire resistance of, 344–345
 history of, 328–329
 in-fill system, 339–341
 installation of, 334–342
 limitations of, 343–344
 mortar bale system, 341–342
 Nebraska style of, 334–339
 properties of, 329, 331–332
 R-value of, 332–333
 selection guidelines for,
 333–334
 structural considerations/
 guidelines for, 342
 structural insulated panels,
 293–317
 connections/joints, 310–313
 electrical/plumbing, 313,
 315–317
 environmental
 considerations with,
 305–307
 fire resistance of, 301–302
 installation of, 307–316
 manufacture of, 299
 material properties of,
 299–301
 openings, 313–314
 properties of, 294–301
 R-value of, 302–305

- Interior fiberboard, 364
- Interior radiation control coating (IRCC), 262
- International Agency for Research on Cancer (IARC), 108, 109, 128, 146, 176
- International Building Code (IBC), 43–44, 65–69, 86
- International Code Council (ICC), 65
- International Conference of Building Officials (ICBO), 64–65, 323
- International Energy Conservation Code (IECC), 25, 43, 64–68
- International Residential Code (IRC), 43, 66, 86
- Iowa, 66
- IP (inch-pound) system, 24
- IRC (*see* International Residential Code)
- IRCC (interior radiation control coating), 262
- Iso board, 222

- Johns Manville Co., 4, 130

- Kansas, 66
- Kentucky, 66
- Kincaid Act of 1904, 5
- Kinetic energy, 22
- Knee walls, 58, 104
- Kool-Ply, 260

- Ladder-type roof plate, 338
- Lawrence Livermore National Laboratory (LLNL), 380
- Layers, material, 23
- Lea, Dan, 85
- Lead particles (in mineral wool), 146
- Lights, recessed, 45
- LLNL (Lawrence Livermore National Laboratory), 380
- Load-bearing construction, 334
- Location of insulation, 41–46, 53–54. (*see also specific locations, e.g.*: Attics)
- Loose-fill insulation, 75–112
 - in attics, 77, 79, 102–104
 - cellulose, 80–96
 - application procedures for, 90–95
 - and building codes, 95–96
 - coverage requirements with, 90
 - dense-pack, 83
 - environmental considerations with, 84–85
 - fire resistance of, 85–87
 - guidelines for, 87
 - health considerations with, 83–84
 - limitations of, 83
 - preliminary inspection for, 87–88
 - preparation for, 88–90
 - properties of, 82
 - R-value of, 83
 - standards for, 81–82
 - weight considerations with, 83
 - characteristics of, 75
 - convective heat loss with, 77
 - cork, 112
 - expanded polystyrene beads, 112
 - fiberglass, 96–105
 - environmental considerations with, 99
 - fire resistance of, 99
 - health considerations with, 97–99
 - limitations of, 97
 - properties of, 96–97
 - R-value of, 97
 - in sidewalls, 104, 105

- Loose-fill insulation, fiberglass
 (Cont.):
 standards/practices for
 installation of, 99–105
 in unfloored attics, 102–104
 fluffing of, 79
 health considerations with, 80
 mineral wool, 105–110
 environmental considera-
 tions with, 109–110
 fire resistance of, 109–110
 health considerations with,
 107–109
 limitations of, 107
 properties of, 107
 R-value of, 107
 standards/practices for
 installation of, 109–110
 weight of, 107
 moisture resistance of, 77–79
 Perlite, 110–111
 safety guidelines for, 79
 settling of, 77
 shavings, 112
 Vermiculite, 111–112
 voids/gaps in, 79
 weight of, 76–77
- Louisiana, 66
- Low-E coatings, 262–263
- Low-E glass, 263
- Lung cancer, 352, 359–360
- Mac Millan Research, Ltd.,
 199–200
- Maine, 66
- Makeup air, 68
- Man-made mineral fibers
 (MMMFs), 96, 106, 119,
 168, 177
- Man-made vitreous fibers
 (MMVFs), 96, 106, 119,
 144–145, 168, 177, 227
- Manufacturers, 428–460
 of air retarders, 428–430
 associations of (list), 423–426
- Manufacturers (Cont.):
 of cellulose, 430–433
 of cementitious foam
 insulation, 433
 of coatings, 433–434
 of earth insulation products,
 434–435
 of EIFS, 436–437
 of fiberglass, 437–438
 of ICF, 438–439
 of perlite, 439–442
 of polyicynene, 442
 of polyisocyanurate,
 442–443
 of polystyrene, 443–446
 of polyurethane, 446–452
 of radiant barriers, 452–454
 of reflective insulation,
 454–455
 of rock wool, 456
 of SIPs, 456–457
 of straw insulation products,
 457–458
 of tripolymer foam, 458–459
 of vapor retarders, 459
 of vermiculite, 460
- Manufacturer's Safety Data
 Sheet (MSDS), 128, 147
- Maryland, 66
- Mass insulations, 22
- Massachusetts, 66
- Material layers, 23
- MEC (*see* Model Energy Code)
- MECcheck Manual*, 68
- MECcheck Prescriptive
 Packages, 68
- MECcheck Software, 68
- Membranes, 40
- MEPS (molded expanded
 polystyrene), 210
- Mesothelioma, 360
- Metabolic heat, 13–14
- Michigan, 66
- Milam Building (San Antonio,
 TX), 6

- Mineral fiber, 4, 227, 383
 properties of, 227
 R-value of, 227
- Mineral powder, 383
- Mineral wool, 4, 76–79, 105–110
 availability of, 147
 as batt product, 144–147
 as carcinogen, 146
 environmental considerations
 with, 109–110, 147
 fire resistance of, 109–110,
 147
 health considerations with,
 107–109, 146–147
 installation of, 147
 limitations of, 107
 properties of, 107, 146
 R-value of, 107
 standards/practices for
 installation of, 109–110
 weight of, 107
 (*see also* Rock wool; Slag
 wool; Wet spray rock
 wool/slag wool)
- Minnesota, 55, 66, 82
- Mississippi, 66
- Missouri, 66
- MMMFs (*see* Man-made
 mineral fibers)
- MMVFs (*see* Man-made
 vitreous fibers)
- Model Code for Energy
 Conservation*, 64
- Model Energy Code (MEC), 25,
 64–68
 basic requirements, 419
 field inspection checklist, 420
- Moisture:
 loose-fill insulation, 77–79
 migration of, 34, 37
 problems with, 36–38
- Molded expanded polystyrene
 (MEPS), 210
- Montana, 66
- Montreal Protocol, 187, 195
- MSDS (*see* Manufacturer's
 Safety Data Sheet)
- Mud brick, 270
- NAHB (*see* National
 Association of
 Homebuilders)
- NAIMA (*see* North American
 Insulation Manufacturers
 Association)
- National Association of
 Homebuilders (NAHB),
 170, 194
National Building Code, 65
- National Conference of States
 on Building Codes and
 Standards (NCSBCS),
 64–65
- National Institute of
 Occupational Safety and
 Health (NIOSH), 80, 180
- National Institute of Standards
 and Technology (NIST),
 131
- National Research Council of
 Canada (NRCC), 163, 235
- National Toxicology Program
 (NTP), 128, 176
- NCSBCS (*see* National
 Conference of States on
 Building Codes and
 Standards)
- Nebraska, 5, 66
- Nevada, 66
- New Hampshire, 66
- New Jersey, 66
- New Mexico, 66
- New York, 66
- Newspapers, 83, 85
- NIOSH (*see* National Institute
 of Occupational Safety and
 Health)
- NIST (National Institute of
 Standards and
 Technology), 131

- North American Insulation
Manufacturers Association
(NAIMA), 43, 87, 99, 100,
102, 105, 109–110, 147, 251
- North Carolina, 66
- North Dakota, 66
- Norway, 3
- NRCC (*see* National Research
Council of Canada)
- NTP (*see* National Toxicology
Program)
- Occupational Safety and
Health Administration
(OSHA), 98, 101–102, 109,
128, 132, 147, 174, 362
- ODS (ozone-depleting
substances), 187
- Ohio, 66
- Oklahoma, 66
- Old insulation, identification of,
402
- Older structures, 33
- Open-cell foams, 185–186
- Open-celled foams, 383
- Oregon, 66
- Oriented strandboard (OSB),
260, 295, 306
- OSHA (*see* Occupational Safety
and Health Administration)
- Outside surface films, 23
- Overblow, 100
- Owens Corning, 130
- Owens-Illinois, 4
- Ozone layer, 187
- Ozone-depleting substances
(ODS), 187
- Paints, 262–263
additives, 289–290
as vapor retarder, 40
- ParPac system, 93
- Partnership for Advanced
Technology in Housing
(PATH), 294
- Payback period (foundations), 54
- PCMs (*see* Phase-change
materials)
- PEL (permissible exposure
level), 370
- Penetrational plan, 273, 275
- Pennsylvania, 66
- PEPs (powder evacuated
panels), 382
- Perlite, 7, 110–111, 226, 383
properties of, 226
R-value of, 110–111, 226
- Perm ratings, 39–40, 42
- Perm (unit), 39
- Permeability, 77–78, 400
- Permeance, 39
- Permissible exposure level
(PEL), 370
- Phase-change materials
(PCMs), 387–390
phase-change attic insulation,
388–390
phase-change gypsum
wallboard, 388–390
properties of, 387
- Phenolic foam, 228
properties of, 197, 228
R-value of, 228
- Philco-York, 6
- PIMA (Polyisocyanurate
Insulation Manufacturers
Association), 225
- Piping:
hot water, 417
HVAC, 416
- PIR (polyisocyanurate foam),
221
- PISÉ (Pneumatically Impacted
Stabilized Earth), 282
- Plastic:
cellular, 185
foam, plastic, 185
- Plastic fiber insulation, 148,
390–391
- Pliny, 3, 352

- Pneumatically Impacted
 Stabilized Earth (PISÉ), 282
- Polyethylene vapor retarders, 40
- Polyiso, 222
- Polyiso foam, 221
- Polyisocyanurate, 222–226
 environmental considerations
 with, 225
 fire resistance of, 225–226
 limitations of, 225
 properties of, 222–224
 R-value of, 224–225
- Polyisocyanurate foam (PIR),
 221
- Polyisocyanurate Insulation
 Manufacturers Association
 (PIMA), 225
- Polysteel, 320–322, 326
- Polystyrene beads, expanded,
 112
- Polyurethane (PUR), 221–222
- Post and beam style, 340
- Postindustrial recycling, 147
- Posttensioning, 339
- Poured concrete walls, 47
- Powder evacuated panels
 (PEPs), 382
- Precompressing, 339
- Preferred Foam Products, 196
- Protective coatings (walls), 55
- Psychrometer, 34
- Psychrometric chart, 34
- Psychrometry, 35
- PUR (see Polyurethane)
- “Purple Book,” 355
- Purpose of thermal insulation,
 53
- Quick reference insulation
 charts, 397–398
- Radiant barriers, 246, 250–258
 in attic locations, 252–256
 cost of, 257–258
 fire ratings of, 257
- Radiant barriers (*Cont.*):
 installation of, 251–256
 limitations of, 256–257
 properties of, 250–251
 R-value of, 250–251
- Radiation, 22–23, 245–250
- Radio waves, 245
- Radon gas, 144
- Rain-screen system, 55, 231
- Rammed earth, 270, 280–282
 limitations of, 282
 properties of, 281
 stabilized, 270
- Rcc (center-of-cavity R-value), 28
- R-Control Insulated Concrete
 Forms, 319–320, 321, 324,
 326
- Rcw (clear-wall R-value), 28
- RECD (Rural Economic and
 Community Development),
 65
- Recessed lights, 45
- Reference sources, 426–428
- Reflectance (reflectivity), 23, 250
- Reflective insulation, 5,
 246–247, 258–264
 board/paper products,
 260–261
 foil-faced polyethylene
 insulation, 258–259
 low-E glass, 263
 paints as, 262–263, 287–290
 properties of, 258
 R-value of, 260
 Sailshades, 263–264
 standards for, 261–262
- Relative humidity, 34–35
- Renovations, 46
- Resin Technology Company, 196
- Respiratory irritation:
 fiberglass, 99, 128, 176
 mineral wool, 109, 146–147
 wet spray rock wool/slag
 wool, 180

- Reynolds Wrap, 247
- Rhode Island, 66
- Rigid board insulation, 6,
207–238
cellular glass, 228
composite board insulation,
228–229
compressed straw panels,
229–230
contoured foam underlay-
ment, 229
expanded polystyrene,
209–214
environmental
considerations with,
214
limitations of, 214
properties of, 210–212
R-value of, 212–214
exterior insulation and finish
systems, 230–238
installation of, 238
legal history, 232, 235, 236
limitations of, 237–238
properties of, 230–236
extruded polystyrene,
215–222
cold spots/streaking with,
221
environmental
considerations with,
219
fire resistance of, 219
installation of, 219–220
limitations of, 219
properties of, 215–218
R-value of, 219
mineral fiber, 227
perlite, 226
phenolic foam, 228
polyisocyanurate, 222–226
environmental
considerations with,
225
fire resistance of, 225–226
- Rigid board insulation,
polyisocyanurate (*Cont.*):
limitations of, 225
properties of, 222–224
R-value of, 224–225
polyurethane, 221–222
wood fiber, 226–227
- Rock wool, 4, 6, 82, 96, 105–110,
144–147, 177–181. (*see also*
Wet spray rock wool/slag
wool)
- Romans, ancient, 3
- Roof plate, 336, 338
- Roofs, vapor retarders in, 44
- Rural Economic and
Community Development
(RECD), 65
- R-value, stable (stabilized), 212
- R-Value Rule, 69
- R-value(s), 24–28
AAB Blue Maxx, 321–322
aerogels, 380
air, 408
Air Krete, 192
attics, 57
basement walls, 55
Blow-In-Blanket Dry System,
169–170
Blow-In-Blanket System,
170, 172
calculations of, 409
cellulose, 83, 90, 161, 162
center-of-cavity, 28
ceramic coatings, 288
clear-wall, 28
of common building materials,
406–407
contoured foam underlay-
ment, 229
cotton insulation, 149
definition of, 24
and density, 26–27
expanded polystyrene,
212–214
extruded polystyrene, 219

- R-value(s) (*Cont.*):
- factors affecting, 25–28
 - fiberglass, 97, 122–124
 - floors, 57
 - Icynene, 190
 - information regarding, 24
 - insulating concrete formwork, 321–323
 - low-E glass, 263
 - measurement of, 24
 - mineral fiber, 227
 - mineral wool, 107
 - paint additives, 290
 - perlite, 110–111, 226
 - phenolic foam, 228
 - polyisocyanurate, 224–225
 - Polysteel, 321
 - radiant barriers, 250–251
 - R-Control Insulated Concrete Form, 321
 - recommended, 405
 - reflective insulation, 260
 - Sailshades, 264
 - slab-on-grade foundations, 56
 - SmartBlock, 321
 - spray polyurethane foam, 194
 - steady-state, 24
 - straw bale, 332–333
 - structural insulated panels, 302–305
 - superinsulation, 59
 - and temperature, 25
 - and thickness, 25–26
 - tripolymer foam, 198
 - vacuum insulation panels, 383–384
 - Vermiculite, 111–112
 - walls, 57
 - wet spray cellulose, 161, 162
 - wet spray rock wool/slag wool, 179
 - whole-wall, 28
 - wood fiber, 227
- Rww (whole-wall R-value), 28
- Safety issues, 79. (*see also* Health issues)
- Sailshades, 263–264
- Sandwich panels, 293
- SBCCI (*see* Southern Building Code Congress International)
- Scientific Certification Systems (SCS), 130
- Sea grass, 4
- Sensible (ambient) temperature, 35
- Settling (loose-fill insulation), 77
- Shavings, wood, 112
- Shivering, 14
- Sidewalls:
 - cellulose loose-fill insulation, 91–93
 - fiberglass, 104, 105, 124, 136–138
- Silica, 383
- SIPA (Structural Insulated Panel Association), 294
- SIPs (*see* Structural insulated panels)
- Skin, 14
- Skin irritation:
 - fiberglass, 98–99, 129, 177
 - mineral wool, 108–109, 146
 - wet spray rock wool/slag wool, 180
- Slab-on-grade foundations, 56
- Slag wool, 6, 105–110, 144–147, 177–181. (*see also* Wet spray rock wool/slag wool)
- SmartBlock, 320, 321, 326
- Software, 67, 68
- Sound transmission class (STC), 322
- South Carolina, 66
- South Dakota, 66
- Southern Building Code Congress International (SBCCI), 64–65, 323
- Southface Energy Institute, 40

- SPF (*see* Spray polyurethane foam)
- Spray polyurethane foam (SPF), 186, 193
 cost of, 196
 fire resistance of, 195
 limitations of, 195
 properties of, 194
 R-value of, 194
- Sprayed-in-place insulation, 155–181
 Blow-In-Blanket System, 168–173
 fire resistance of, 171
 installation of, 171, 173
 limitations of, 171
 properties of, 170
 R-value of, 170, 172
 cellulose, wet spray, 157–168
 environmental considerations with, 163
 fire resistance of, 163
 health considerations with, 162
 installation of, 163–168
 limitations of, 161
 properties of, 158
 R-value of, 161, 162
 standards for, 158–161
 fiberglass, dimensionally stable, 173–177
 environmental considerations with, 174–177
 fire resistance of, 174
 health considerations of, 176–177
 installation of, 174–176
 limitations of, 173–174
 properties of, 173
 limitations of, 156
 rock wool/slag wool, wet spray, 177–181
 fire resistance of, 180
- Sprayed-in-place insulation, rock wool/slag wool, wet spray (*Cont.*):
 health considerations with, 179–180
 installation of, 180–181
 limitations of, 179
 properties of, 178
 R-value of, 179
 spray-on-fiberglass, 168
- Spray-on-fiberglass, 168
- Stabilized rammed earth, 270
- Stable (stabilized) R-value, 212, 224
- Standard Building Code*, 65
- Standard Practice for Installation of Cellulosic and Mineral Fiber Loose-Fill Thermal Insulation*, 82
- Standards (*see* Codes and standards)
- STC (sound transmission class), 322
- Steady-state R-value, 24
- Steam, 34
- Steaming, 36
- Stramit, 229
- Straw, 4
- Straw bale, 326–345
 availability of, 345
 environmental considerations with, 344
 fire resistance of, 344–345
 history of, 328–329
 in-fill system, 339–341
 installation of, 334–342
 laid flat, 334
 laid on edge, 334
 limitations of, 343–344
 mortar bale system, 341–342
 Nebraska style of, 334–339
 properties of, 329, 331–332
 R-value of, 332–333
 selection guidelines for, 333–334

- Straw bale (*Cont.*):
 straw-clay building, 334
 structural considerations/
 guidelines for, 342
- Straw bale construction, 5,
 293
- Straw-clay building, 334
- Stressed skins, 293
- Stress-skin panels, 293
- Structural bale, 334
- Structural foam panels, 293
- Structural Insulated Panel
 Association (SIPA), 294
- Structural insulated panels
 (SIPs), 208, 215, 293–317
 connections/joints, 310–313
 and earthquakes, 302
 electrical/plumbing, 313,
 315–317
 environmental considerations
 with, 305–307
 fire resistance of, 301–302
 installation of, 307–316
 manufacture of, 299
 material properties of,
 299–301
 openings, 313–314
 properties of, 294–301
 R-value of, 302–305
- Structural insulating board,
 226, 364–366
 installation of, 366
 properties of, 365–366
- Structural vapor diffusion
 retarders, 40
- “Stud scrubber,” 158, 166
- Styrofoam, 7, 215, 296
- Sulfite screenings, 6
- SuperGreen, 196
- Superinsulation, 59
- Surface films, 23
- “Survival blanket,” 247
- SVFs (*see* Synthetic vitreous
 fibers)
- Sweating, 14, 36
- Synthetic stucco, 230
- Synthetic vitreous fibers
 (SVFs), 101–102, 106, 119,
 147, 174, 177, 181
- TechShield, 260
- Temperature:
 and relative humidity, 35
 and R-value, 25
- Tennessee, 66
- Termites, 55
- Texas, 66
- Thermal comfort (*see* Comfort,
 thermal)
- Thermal drift, 212
- Thermal envelope, 36, 53. (*see*
also Building envelope)
- Thermal-lag effect, 290
- Thermoregulation, 13–15
- Thickness effect, 25–26
- Toxic Substances Control Act
 (TSCA), 361
- Tripolymer foam, 197–210
 environmental considerations
 with, 200
 fire resistance of, 200
 installation of, 200–201
 limitations of, 198–200
 properties of, 198
 R-value of, 198
- TSCA (Toxic Substances
 Control Act), 361
- UBCs (*see* Uniform Building
 Codes)
- UFFI (*see* Urea formaldehyde
 foam insulation)
- UL (Underwriter’s Laboratory),
 301
- UltraFit DS, 173
- Ultraviolet radiation (UVB),
 187, 246
- Underground housing, 272
- Underwriter’s Laboratory (UL),
 301

- Uniform Building Codes (UBCs), 65, 323
- United States Federal Trade Commission's Labeling and Advertising of Home Insulation Rule*, 100
- Urea formaldehyde foam insulation (UFFI), 8, 60, 186, 366–371
 - as carcinogen, 368, 370
 - health considerations with, 370–371
 - history of, 366–371
 - identification of, 369
 - installation of, 369–370
- U.S. Department of Energy (DOE), 40, 55, 64–65, 68, 250, 297
- U.S. Department of Housing and Urban Development (HUD), 59, 65
- Utah, 66
- U-value (U-factor), 23–24, 67, 409
- UVB (*see* Ultraviolet radiation)
- Vacuum insulation panels (VIPs), 381–385
 - cost of, 384
 - installation of, 384
 - limitations of, 384–385
 - properties of, 382–383
 - R-value of, 383–384
- Vapor barriers, 33
 - fiberglass batts/rolls as, 121, 142
 - paints as, 40
- Vapor diffusion, 34, 37
- Vapor diffusion retarders, 33, 40
- Vapor retarders, 33–47
 - cellulose, wet spray, 158, 167
 - cellulose loose-fill insulation, 93–94
 - definition of, 33
 - and dew point, 36
- Vapor retarders (*Cont.*):
 - fiberglass batts/rolls, 131, 143
 - history of, 38–39
 - Icynene, 190
 - installation of, 46–47
 - location of, 41–46
 - and migration of water vapor/moisture, 34
 - and moisture problems, 36–38
 - and perm ratings, 39–40
 - and relative humidity, 34–35
 - types of, 40
 - wet spray cellulose, 158, 167
- Vapor-pressure differential, 41
- “Vent skin,” 255–256
- Vermiculite, 111–112
- Vermont, 66
- VIPs (*see* Vacuum insulation panels)
- Virginia, 66
- Visible light, 246
- Voids, 54, 79
- W. R. Grace Company, 111–112, 354
- Wallboard, 76–77, 83
- Walls, 57
 - basement, 54–56
 - knee, 58
 - thermal lag time with, 410
 - vapor retarders in, 47
 - whole-wall systems, 28
- Warm climates, 42
- Washington, D.C., 66
- Washington State, 66
- Water heaters, 418
- Water table, 56
- Water vapor, 34, 39, 77–78
- Water-blown polyurethane, 196–197
- Water-managed, 231
- Water-stabilized cellulose, 157
- Wattle and daub, 270
- Weathermaker, 6

- Weight:
 of cellulose, 83
 of loose-fill insulation,
 76–77, 83
 of mineral wool, 107
- West Virginia, 66
- Wet spray cellulose, 157–168
 application of, 164–167
 environmental considerations
 with, 163
 fire resistance of, 163
 health considerations with,
 162
 installation of, 163–168
 installation precautions/
 limitations, 167–168
 limitations of, 161
 and paint, 158
 properties of, 158
 recycling of, 166
 R-value of, 161, 162
 standards for, 158–161
 vapor retarder, 167
 and vapor retarders, 158
 and vinyl wallcoverings, 158
- Wet spray rock wool/slag wool:
 as carcinogen, 179–180
 eye irritation, 180
 fire resistance of, 180
 health considerations with,
 179–180
- Wet spray rock wool/slag wool
 (*Cont.*):
 installation of, 180–181
 limitations of, 179
 properties of, 178
 respiratory irritation, 180
 R-value of, 179
 skin irritation from, 180
- Wet-bulb temperature, 34
- Whole-wall R-value (*R_w*),
 28
- Whole-wall systems, 28
- Willis Carrier, 6
- Wisconsin, 66
- Wood fiber, 226–227
 properties of, 226–227
 R-value of, 227
- Wood shavings, 5, 112
- World War II, 7
- Wyoming, 66
- XEPS (extruded expanded
 polystyrene), 209
- XPS (*see* Extruded
 polystyrene)
- X-rays, 246
- York, 6
- Zonolite, 111–112, 354
- Zostera marina*, 4