

The

**ESSENTIAL GUIDE
TO INSULATING YOUR
EXISTING
HOME**

WITH

**FOAM
INSULATION**



RETROFOAM.COM



Buying insulation for your home is one of the biggest decisions you will make as a homeowner because it's not something you purchase every day.

Sometimes it may seem like you have the answers, but things like cost, return on investment, remodeling, and insulation replacement get thrown at you.

Fear not! We have answered all the questions you might have.

Are you unsure about the kinds of insulation available for existing homes? Are you interested in the cost and total investment? We have those answers for you in the pages to come.

No stone went unturned as this guide was written and laid out with you, the homeowner, in mind.

TABLE OF CONTENTS

- Signs Your Existing Home Needs an Insulation Upgrade 2***
- What is Home Insulation, and How Does it Work? 2***
- The Best Options for Insulating Your Existing Home 3***
- Preventing Air Leakage with Foam Insulation. 5***
- Foam Insulation Types 6***
- Process of Retrofitting Existing Homes with Foam Insulation. 7***
- Foam Insulation Cost of Ownership 8***
- Answers to Most Common Foam Insulation Questions. 9***
- Hiring a Foam Insulation Contractor 10***

Signs Your Existing Home Needs an Insulation Upgrade

If your home is uncomfortable and your monthly energy bills are through the roof, you need new insulation.

More than a dozen signs and symptoms show a house needs new insulation, but all it takes is just one to make your home uncomfortable. Here are some problems you could encounter if your home has little to no or poor and under performing insulation.

You Have High Energy Bills

If your monthly energy bills are breaking the bank, it is a sign that the insulation in your home isn't doing its job. The appliances you use to heat and cool your home are working overtime to attempt to make you comfortable, but they are costing you a fortune because the house can't maintain a constant temperature due to air leakage.

The Floors in Your Home are Cold

Are you doubling up on socks? If your floors are cold, it's likely due to little or no insulation in your crawl space or rim joist—the cold outside air leaks in through those spaces making your floor feel icy cold to the touch.

Ice Dams Form on Your Roof

Ice dams form when heated air from your home escapes through the attic and out of the roof. This melts the snow in the middle of the roof but not on the edges, which forms the ice dams. These ice dams can cause several problems for your roof, resulting in hundreds or even thousands of dollars in damage. The Walls of Your Home Feel Cold to the Touch in the Winter. Cold air from the outside has made its way into your walls. These cold walls can contribute to your home being uncomfortable in the winter. The air infiltration through the walls can also be felt around electrical outlets and light switches.

Your Current Insulation is More Than 15-Years-Old

Fiberglass and cellulose insulation tends to settle and break down over time. When this happens, it leaves areas of your home with no insulation coverage, allowing for air leaks that make your home uncomfortable.

You're Wearing Extra Clothes in Winter and Removing Layers in the Summer

If you're to the point you are wearing layers of clothing and have to sleep with extra blankets, you probably need to update your insulation. The cold air from the outside is making its way in, while your heated air is escaping. The same is true for the summer, but instead of extra clothes, you're likely removing layers instead. In the summer, the hot outside air is getting inside your home, making it more like a sauna than a reprieve from the heat.

The Pipes in Your Crawl Space Freeze

Have you experienced frozen and busted pipes? The cause is likely inadequate or no insulation in your crawl space. Insulation should create an air barrier to prevent the cold air from freezing your pipes, which could burst.

People in the Home Suffer from Terrible Allergies

Fiberglass and cellulose insulation retains the allergens people come in contact with either outside or inside. Both materials are irritants that can create dust in the home and skin irritations if touched. No amount of cleaning can help defeat those allergies if your insulation is holding it inside your home. When this happens, those same allergens can be blown throughout your house.

What is Home Insulation, and How Does it Work?

Home insulation is defined as a material used to insulate something, specifically a building.

Basically, insulation is the material used to reduce heat loss or heat gain by providing a barrier between the inside of your home and the significantly different outside temperatures. Whether you're dealing with summer or winter temperatures, when you cool or heat your home, the insulation should work to keep the temperature inside consistent without the furnace or air conditioner running constantly.

When discussing insulation, it's important to understand how it will impact your home's resistance to heat transfer and stop airflow – which will significantly affect your home's energy efficiency and comfort.

Airflow into or out of your home is the movement of air through gaps and holes in your walls, attic, crawl space, rim joist, doors, windows, and electrical outlets. Air leakage is a significant problem in many homes and contributes to energy loss and discomfort.

Three main insulation types are used in homes – foam, fiberglass, and cellulose.

Foam insulation can be either injected into enclosed cavities or sprayed into open cavities. Spray foam insulation can be used in the attic, crawl space, rim joist, and also unfinished walls during a remodel or addition. Injection foam can be installed in enclosed areas like existing walls.

Fiberglass insulation comes in batts and rolls or can be blown-in. It can be placed in open wall cavities, floors, and ceilings and fits between studs, joists, and beams.

Cellulose insulation can be either loose-fill or blown-in. It can be used in existing walls and attic floors.

The insulation you have installed in your home should create an air barrier so your indoor air stays put and the outside air can't sneak in. Fiberglass and cellulose can't create the air barrier needed for this to happen. Only foam insulation can create this kind of air barrier in your home.

The Best Options for Insulating Your Home

When thinking about insulation for your home, you must have all the facts.

The last thing you want to do is choose an insulation that doesn't completely meet your needs. Nothing is worse than spending money to make your home more comfortable or lowering your monthly energy bills without seeing any results.

Let's take a deep dive into your insulation options and the pros and cons of each, including cellulose, fiberglass, spray foam, and injection foam.

Cellulose Insulation

Cellulose insulation is one of the oldest insulations found in homes today.

It is fiber insulation made from around 75 to 85 percent recycled newspaper or recycled denim.

In the 1950s, cellulose became popular after adding fire retardant to the material. Around 15 percent of cellulose by volume is treated with boric acid, borax, or ammonium sulfate. These chemicals aren't known to be hazardous, and they work as fire retardants as well as pest deterrents.

Now, let's take a look at cellulose insulation's pros and cons.

Cellulose Insulation Pros

- The chemicals in cellulose provide resistance to fire, pests, and mold.
- When blown in, cellulose gets into most nooks and crannies.
- Cellulose insulation is very inexpensive and available at most hardware stores.
- Machines can be rented at most home improvement stores to blow the cellulose into open cavities.
- Cellulose doesn't use greenhouse gasses as a propellant.
- Cellulose insulation has more recycled material than any other commercially available material.
- Loose-fill cellulose has an R-Value of R-3.1 to R-3.8 per inch, depending on the manufacturer.

Cellulose Insulation Cons

- During the early 1970s, blower machine limitations caused the cellulose to compress and settle, leaving wide gaps in the wall cavities.
- Cellulose insulation today settles up to 20 percent, which leads to air leaks.
- Cellulose can absorb up to 130 percent water by weight.
- When cellulose absorbs water, it dries very slowly, leading to settling and deterioration.
- If cellulose absorbs water, the chemical fire treatment is destroyed.
- Dense-packed cellulose is very messy, and it will leave dust particles throughout the house via the furnace duct system.

Fiberglass Insulation

Fiberglass insulation consists of extremely fine glass fibers that are found in most homes.

Fiberglass manufacturers produce medium-and high-density batts with higher R-Value than standard batts.

Fiberglass slows the spread of hot and cold temperatures in both residential and commercial buildings.

It is a good option for homeowners looking to save money on the installation by doing it themselves.

Here are the pros and cons of fiberglass insulation.

Fiberglass Insulation Pros

- Fiberglass insulation is relatively inexpensive.
- The insulation can be cut to fit the standard stud and joist that is free from obstructions.
- The handy homeowner can install fiberglass.
- The R-Value of fiberglass batts is R-2.9 to R-3.8 per inch and R-2.2 to R-2.9 per inch for loose fill.

Fiberglass Insulation Cons

- Small fiberglass particles that come in contact with the skin can lodge in pores, causing irritation, itchiness, and rashes.
- Fiberglass still allows for airflow into and out of the home.
- Inhaled fiberglass particles can cause coughing, nosebleeds, and other respiratory issues.
- When disturbed, fiberglass releases particulates into the air, which can be inhaled or embedded into the skin.
- If the fiberglass needs to be moved or disturbed, wearing gloves, long sleeves, pants, goggles, and masks is recommended.
- Fiberglass insulation can trap allergens, dust, and moisture, which leads to mold growth.

Spray Foam Insulation

Spray foam is an insulation that creates an air barrier from water-blown and organic chemical compounds derived from petroleum extracts.

Spray foam insulation creates an air seal that stops the air you pay to heat and cool from leaking out of your home while also keeping the outside elements out. There are two options for spray foam insulation – either open cell or closed cell.

Not all spray foams are created equal, but premium products tend to have low VOCs or volatile organic compounds, are Class 1 Fire Rated, and are safe in the home.

Now let's talk about spray foam insulation's pros and cons.

Spray Foam Insulation Pros

- Aside from injection foam, spray foam insulation is the only material on the market that can create an air seal in the home.
- Creating an air seal with spray foam insulation can help reduce monthly energy bills by preventing the air conditioner or furnace from running constantly.
- Spray foam doesn't retain allergens, pollutants, and moisture like traditional insulation.
- Spray foam insulation stops drafts and uncomfortable rooms and works to maintain a constant, comfortable temperature in the home.
- Pests don't see spray foam as a food source, and the material isn't an inviting space to make a nest.
- Closed cell spray foam has an R-Value of R-6 to R-7 per inch. Open cell spray foam has an R-Value of R-3.6 to R-3.9 per inch.
- Open cell spray foam can help reduce outside noise transmission with its sound-deadening qualities.

Spray Foam Insulation Cons

- Premium spray foam insulation can't be done as a DIY project.
- Some brands of spray foam have a slight odor after it has been applied.
- Spray foam insulation tends to be a more expensive option when compared to traditional home insulation.

Injection Foam Insulation

Injection foam insulation, like RetroFoam, is a three-part resin designed to insulate enclosed walls.

For the purpose of this writing, we will discuss RetroFoam insulation.

Much like spray foam, injection foam insulation creates an air seal in the home. It is also Class 1 Fire Rated, environmentally friendly, and non-toxic.

Let's dive right into the pros and cons of RetroFoam insulation.

RetroFoam Insulation Pros

- It creates an air seal that isn't possible with other exterior wall insulation options.
- RetroFoam has an R-Value of R-4.6 to R-5 per inch.
- Injection foam insulation works to prevent condensation from forming on exterior walls.
- Foam insulation in exterior walls prevents drafts from around outlets and light switches.
- RetroFoam can work to reduce outdoor noise in the home.
- In the colder months, the air barrier created by injection foam will keep walls from being cold to the touch.
- RetroFoam can be installed from the outside without tearing out the drywall.

RetroFoam Insulation Cons

- RetroFoam insulation is a more expensive option when compared to traditional options.
- Injection foam can't be installed as a DIY project.
- If there is previous damage to the drywall, while rare, the installation process could cause walls to bow or crack.



Preventing Air Leakage with Foam Insulation

If you want to make your home more comfortable and energy efficient, foam insulation is the best long-term solution as it prevents air leakage.

The properties of foam insulation allow it to completely fill all the gaps and crevices in your attic, walls, crawl space, and rim joist while greatly reducing your energy loss and high energy bills. Traditional forms of insulation like fiberglass and cellulose can't entirely stop air leakage. When thinking of traditional insulation, think of it as comparing a wool sweater and a windbreaker. A wool sweater on a cold fall day is warm and welcome. That wool sweater doesn't help you keep warm if the wind blows and flows right through it. A windbreaker is much more effective in keeping you warm, much like foam insulation's insulating and air barrier qualities. Another excellent example of how foam insulation works is when you're driving an old car down a dirt road. You roll up the windows to keep the dust that your tires kick up out, but it still makes its way in. When you take this same trip in your brand new car, it is built to keep that outside, dusty air where it belongs, making your drive much more enjoyable.

The bottom line is that the older car is cellulose or fiberglass, and the new car is foam insulation.

Foam Insulation for Your Existing Home

The area of your home you choose to insulate with foam will depend on your comfort and energy efficiency problems. In some cases, people just like you have seen great benefits from insulating one area of their home with superior foam insulation. If you want to see the full benefits of foam insulation, it is best to insulate the entire house as it provides a complete air seal while providing the most comfort and energy savings.



Foam Insulation Types

Just like your family, your new home is going to shift and settle into place as time goes on, so you'll want an insulation that can move and flex with your house.

Foam insulation comes in all shapes and sizes. Well, maybe not shapes and sizes, but there are a few different materials available to you. There is injection foam and spray foam, and when you're talking about spray foam, there is the choice of open cell or closed cell foam. Each type of foam has its own benefits and areas where it is best installed.

Spray Foam and Injection Foam

To know the differences between spray and injection foam insulation, you need to look no further than their names. Spray foam insulation is installed by spraying it onto a surface, while injection foam is installed by injecting the material into a closed cavity. Many newer homes are being insulated with foam insulation due to its energy efficiency and comfort benefits. At the same time, homeowners of existing homes are also choosing foam to retrofit their attics, walls, crawl spaces, and rim joists to fix uncomfortable rooms and save money on their monthly energy bills. Foam insulation never loses its shape, unlike traditional insulation materials. It also fills cracks, gaps, and crevices when installed and never settles or sags over time. Spray foam insulation can be sprayed into an open cavity like an attic, crawl space, or rim joist. It can also be used in new construction for the walls before the drywall has been put up. Injection foam seals enclosed cavities like existing walls against air movement. It completely fills the cavity creating an air seal.

Open Cell and Closed Cell

Open cell and closed cell are both spray foam insulation, and both create an air seal, but there are differences between the two as far as how they are applied, their efficiency in homes compared to other structures, and how they work in general.

Open cell spray foam is lightweight, pliable, and easy to work with.

Closed cell spray foam tends to be more rigid and very dense.

For example, if you need to run new wiring, open cell spray foam will be much easier to work with because it is so pliable. On the other hand, in pole barns, closed cell's rigid structure and durability make it ideal for exposed walls because it is less likely to be damaged if it is bumped by machinery or tools. Open cell spray foam also has a very high expansion rate, sometimes as much as 100 times over. This is why open cell is an ideal option for homes because it gets into the nooks and crannies of attics, crawl spaces, and rim joists.

The material is flexible, and as your home shifts and settles, open cell will shift along with it. Closed cell spray foam has very minimal expansion when it is applied. It will not shift or move when the structure settles, so it can pull away from the area it has been applied. Open cell is inherently moisture permeable when it comes to moisture permeability, which means it allows the water to move through it.

Closed cell is 100 percent moisture impermeable, which means it does not let water pass through it. One scenario where moisture impenetrable isn't a great option is on the roof deck of the attic. If a leak happens, the open cell foam will be discolored, letting you know where it was so you can quickly repair it. Open cell is preferable in the home because it is hydrophobic. It will allow bulk water to pass through it but not be retained and allows the foam to continue to maintain its insulation characteristics. Closed cell will conceal the leak until the water builds up somewhere else and causes a much bigger problem.

Lastly, if you're looking to dampen that noise from outside, the thicker and softer material of open cell works wonders to reduce sound waves much better than the tight, dense makeup of closed cell.

SPRAY FOAM INSULATION COMPARISON CHART		OPEN CELL	CLOSED CELL
COMPOSITION		LIGHT	DENSE
EXPANDING		HIGH	MINIMAL
BLOWING AGENT		WATER	CHEMICAL
MOISTURE PERMEABILITY		YES	NA
SOUND DAMPENING		YES	MINIMAL
AIR SEAL		YES	YES
R VALUE PER INCH		R	RR
COST		\$	\$\$



Process of Retrofitting Existing Homes with Foam Insulation

There are many things to think about when considering insulation for your home, like the size and difficulty of the project.

Let's take a look at the process of insulating your entire home or just problem areas.

Whole House Foam Insulation Process

You want your home insulation to work as a system, which means creating an air seal from the top to the bottom.

Sealing your home's building envelope will give you the desired results.

When insulating an entire existing home with foam insulation, there are two types of products: injection foam and spray foam.

Essentially it comes down to whether the areas are open cavities or closed cavities.

Injection foam will be used throughout the house in any area with closed cavities, like existing walls.

Spray foam will be used in open cavities, such as the attic, crawl space, and rim joist. For use in the home, in most cases, a good contractor will recommend using open cell spray foam.

Insulating an entire house is a two-part process.

The first part of the process is spent cleaning out existing insulation in the attic and crawl space to prepare it for the spray foam.

In the second part of the project, crews will come to the home to install the spray and injection foam insulation.

What if insulating your entire home all at once, or even at all, isn't part of your plan? Maybe you have one wall or room causing all of your trouble. Or, perhaps your attic is your only concern.

No matter the reason, you may opt to do just one area of your home or spread out the projects over time.

Foam Insulation Cost of Ownership

The lower initial cost of traditional insulation can appeal to homeowners, but did you know that in the long run, foam insulation ends up being cheaper and pays you back?

When looking into insulation for your home, you must look at the bigger picture – how much money will you save?

Will you have to replace the material at some point? How much is the insulation going to cost in the long run?

Here is a look at how foam insulation saves you money while paying for itself.

Initial Home Insulation Cost

Insulating your home is a big decision that requires a lot of thought. Some homeowners only consider the project's initial cost, which is only part of the equation.

Foam insulation is typically about two to three times the cost of fiberglass or cellulose insulation. When thinking about traditional insulation, you may have yet to consider the cost of hiring a contractor, the cost of materials, and the cost if your DIY insulation project goes south.

Rebates for Home Insulation

Getting money back on your insulation investment is an added bonus to your more comfortable and energy-efficient house.

Many energy providers offer their customers rebates when insulating certain areas of their homes. Depending on the energy provider, those rebates can range between \$50 and \$300 per area.

There are also instances when foam insulation can earn you even more money.

Some energy providers offer home performance rebates to customers who create an air seal in their homes by adding insulation. The amount of the rebate can vary depending on the energy provider.

Ask your energy provider or foam insulation contractor what rebates are offered to update your insulation.

Fiberglass and cellulose do not create an air seal, so traditional insulation rebates are often the lowest available.

On the other hand, foam insulation is known for creating an air seal in the home. Traditional insulation still allows air to move either through it or around it. Foam insulation creates an air seal that will keep the outside temperature out while keeping your conditioned air inside. Energy providers understand the superior benefits an air seal makes, so they are willing to offer more aggressive rebates.

Making energy-efficient updates to your home can also get you extra money when it comes time to do your taxes.

Foam insulation qualifies for the energy-efficient home improvement tax credit beginning in 2023 and lasts until 2032. A household will have access to a tax credit that covers up to 30 percent of the cost of specific energy-efficient updates up to \$1,200 in credit each year on taxes for adding insulation or installing other energy-efficient updates.

Energy Savings with Home Insulation

You shouldn't have to deal with high monthly energy bills.

It may not have occurred to you, but if you have little to no insulation in your home or inadequate insulation, then your hard-earned money is going right out of your roof. An attic is a sneaky place where either your heated air is escaping, or summer air is sneaking in.

Cold floors are another thing that can skyrocket your monthly energy bills. You keep turning up the heat, and the floors stay cold. This comes from either the crawl space, rim joist, or even your walls.

While fiberglass and cellulose can help block some of that cold air, it doesn't stop it completely. Your monthly bills will still be higher than you want to pay.

The good thing about foam insulation is that it creates that air seal keeping the conditioned air you're paying for inside. Foam insulation also keeps the outside air out.

When insulating your home with foam insulation, you are looking at monthly energy savings between 15 and 50 percent, depending on the areas of your home you insulate. The best bet is to insulate your entire home, which works as a total system.



Answers to the Most Common Foam Insulation Questions

If you still have questions, we have the answers. Here are some of the most common questions we get asked about foam insulation.

Is foam insulation safe for my home?

Yes, injection and spray foam insulation are safe in every area of your home.

Do I need to remove old insulation before installing new?

Like many things in life, different situations have different solutions. For example, how the foam insulation is installed and the cleanup necessary in an attic is vastly different than in the walls. Any space with spray foam insulation installed, like the attic, crawl space, or rim joist, must be completely emptied of the old insulation. A good contractor will want to remove that old fiberglass or cellulose, so the spray foam can get into every nook and cranny, creating an air barrier. Luckily, getting the old insulation out of those spaces is only problematic if you have to do it yourself. Most contractors will do the dirty work for you. When installing injection foam in existing walls, the foam will flow through the cavity and compress the fiberglass. Insulation in the existing walls rarely needs to be removed.

How long does foam insulation last?

Foam insulation should last forever in your home – or at least as long as your home is standing. Foam insulation has amazing insulating and air-sealing properties and doesn't break down or lose its shape over time like traditional insulation. These traditional insulation materials will sag, compress, and lose their insulating abilities as the years go on. In contrast, foam insulation will be the last insulation you will need to have installed in your attic, walls, crawl space, or rim joist.

Can spray foam make my house too tight?

While it is very rare, a home insulated with foam can become tight, but the solution is straightforward. The fix is as easy as turning on a bathroom fan or kitchen hood once a day. This will exchange the air in the home, so fresh air is coming in. Minor adjustments to the HVAC system can also help. When insulating the whole house, a good contractor can perform a blower door test to check the air exchange rates.

How do you know when an enclosed cavity is full of foam?

During installation, a crew member will run a tool up and down the exterior wall cavity. This is done for several reasons: To ensure there are no fire stops or no studs that will prohibit the hose from getting all the way to the top. This is also done to feel for the next stud. This ensures the installer knows what is in the cavity from top to bottom and side to side. The installer will run the injection hose all the way to the top of the cavity and then to the bottom. Suppose the installer runs into any obstacles or blockages. In that case, another hole will be drilled either above or below it, and more foam will be injected to ensure the cavity is completely filled. Once the cavity has been completely filled, the holes are plugged, and the siding is replaced. After the work is complete, if a homeowner still notices any cold walls or drafts, a good contractor with a lifetime warranty will come back out to ensure no areas were missed.

What happens to old insulation in exterior walls when the foam is injected?

The type of insulation in your walls will determine what happens to them, as cellulose and fiberglass perform and settle differently. Regarding old exterior wall insulation, fiberglass, and cellulose can stay in the cavity as the injection foam will compact it as it is injected. However, if other areas of the home, like the attic or crawl space, are being insulated with spray foam, then the old insulation would need to be removed.

How much can I save on energy bills with foam insulation?

With the addition of foam insulation in your home, you could save between 15 to 50 percent on your monthly energy bills, depending on a variety of variables. The amount you could save on your monthly energy bills depends on what areas of your home you have insulated. While you can insulate the attic, walls, crawl space, or rim joist and see some savings, you will see the most significant benefit and savings from insulating your entire home. Other factors that will determine the amount you save on your monthly energy bills include the age of the home. If it's a newer home, you most likely won't save as much if it's an older one with little to no insulation. The number of people living in the home and personal preferences regarding the thermostat settings can also be a factor.

Open cell vs. closed cell: which is better for my home?

Open cell and closed cell are both spray foam insulations, but there are differences between them regarding how they are applied, their efficiency in homes compared to other structures, and how they work in general. Open cell spray foam is a better fit for your home in most cases. It is a softer material that will move with your home as it settles and is easy to work with in case of a remodel, helps dampen those noises from outside, and costs less than closed cell. Closed cell spray foam is better used in pole barns and block commercial projects because it is a firmer insulation material that can take the hits of tools and machinery.

Both open cell and closed cell spray foams provide an air seal that will help eliminate drafts, heat loss, and moisture from getting into your home. That air seal can only be achieved with a minimum recommended 2 inches of closed cell and 3 inches of open cell. Discuss your project with a reputable insulation contractor to determine the best solution for your home.

Hiring a Foam Insulation Contractor

Hiring an insulation contractor is just as important as any of the other contractors you'll hire for a new construction home.

Hiring a contractor is a big job, and there is the possibility if you choose the wrong person, your home insulation project could become a nightmare. Energy Star defines an insulation contractor as a specialized contractor who installs thermal insulation and specializes in one type of insulation. Here are some tips for hiring a good insulation contractor and avoiding disaster.

Make Sure to Go Through the Vetting Process

Knowing what questions to ask when considering a potential contractor is essential. You should ask how long they have been performing the specific task you are asking of them – insulating an attic, crawl space, exterior walls, or rim joist. You should also ask them what kind of experience they have with the type of siding on your home because working with vinyl siding, for example, is an entirely different job than working with brick. The other important question is how long they have used the material they plan to install in your home.

The Contractor Should Know About the Products They Use and Even the Ones They Don't

Any good insulation contractor should be able to explain the different types of insulation material that could be used and why they are using the product they are recommending.

When Choosing a Contractor, it is Important to Ensure They are Licensed in the State Where They Will Perform the Work.

If the contractor isn't licensed, then it could end up costing the homeowner money.

Is the Contractor Insured, and Do They Offer a Lifetime Warranty?

Insurance and warranties are two big things you need to worry about when hiring a contractor. Accidents happen, and general liability insurance will protect the homeowner if an accident occurs or the property is damaged. A lifetime warranty will cover the life of the product, so if there is an issue further down the road, the contractor will fix the issue without further cost to the homeowner.

How Experienced is the Contractor?

When sitting down with a contractor, you will want to ask them how long they have been installing the insulation material you want to be installed in your home. You'll also want to know if that is their expertise. Some contractors do a little bit of everything – roofing, siding, windows, gutters, and everything under the sun. While the contractor may know how to do all of these things, this doesn't mean they are a master of any of them.

Are They Trying to Oversell You?

You must be wary of estimators who work for contractors that are pushy and trying to upsell you. The best insulation estimators come to your home to solve your problems, not pushing you into work you don't need or want to have done.

Know What You Need to Be Done and What You Can Afford.

You know your entire house needs insulation, but you can't afford it all at once. Discuss with your contractor what areas will benefit you the most to start and plan out the rest over time.

Next Steps

Hopefully, these tips have helped you with any questions you may have had about insulating your existing home with foam insulation.

If you want to continue your educational journey, check out RetroFoam.com, where you will find resources like articles and videos that will help you along the way.



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“Building is a science.”

ERIC, PROFESSOR OF FOAM

FOAM U EPISODES

The professor covers everything you need to know about home insulation, building science, energy efficiency, and making your home more comfortable