



INSULATION

SPRAY FOAM INSULATION CHECKLIST

FOR A WARMER, HEALTHIER HOME

Use this checklist to identify common weak spots where homes lose heat, attract moisture, or grow mold—especially in basements, attics, crawlspaces, and rim joists.





1. BASEMENT/FOUNDATION WALLS (INTERIOR)

- Is your basement cold or damp year-round?
- Do you see condensation or musty smells on foundation walls?
- Are the bottom few feet of drywall showing signs of moisture damage?

Spray Foam Fix: Closed-cell spray foam seals out moisture and creates a continuous thermal barrier—no vapor barrier or studs required.

2. CANTILEVERS / OVERHANGS

- Do floors above the overhang feel freezing in winter?
- Are there visible air leaks or signs of rodents in these cavities?

Spray Foam Fix: Fills the cavity completely, air-sealing it in one pass and preventing cold air intrusion or nesting.

3. RIM JOISTS

- Feel drafts around baseboards or floors near exterior walls?
- Notice higher heating bills in winter?

Spray Foam Fix: Stops heat loss at this common weak spot with a high R-value sealant that blocks both air and moisture.

4. CRAWLSPACES

- Is your crawlspace vented and uninsulated?
- Do floors above feel cold or damp?
- Ever seen signs of critters or moisture buildup?

Spray Foam Fix: Turns a crawlspace from a cold zone into a conditioned one—moisture-resistant, air-sealed, and pest-resistant.

5. GARAGE CEILINGS (ROOMS ABOVE GARAGE)

- Is the room above the garage colder than the rest of the house?
- Does the ceiling in the garage have batt insulation only?

Spray Foam Fix: Foam seals gaps and prevents cold air from leaking into the floor cavity—unlike fiberglass that sags or leaves gaps.

6. ATTICS

- Are your heating bills higher than expected?
- Is your attic insulation uneven or less than 12–16 inches deep?
- Do you see signs of air leaks, condensation, or mold?

Spray Foam Fix: Seals and insulates in one step, eliminating air leaks and keeping your attic dry, warm, and energy-efficient.

BONUS: SMART HOMEOWNER TIPS

- Insulate before finishing basement drywall
- Look for signs of mold, mildew, or staining on framing
- Check older homes for under-insulated cantilevers and rim joists
- Don't rely on batt insulation alone in moisture-prone areas

Got more questions?

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