

# at a glance

## WHERE TO INSULATE IN YOUR BASEMENT

### **BASEMENT BAND BOARDS**

Your basement band boards, or rim joists, should always have insulation. This area of your home should have an airtight seal.

### **BASEMENT CEILING**

Your basement ceiling doesn't have to be insulated if your basement walls have insulation. However, ceiling insulation can be for soundproofing.

### **BASEMENT WALLS**

If there isn't thermal insulation in your basement ceiling, your walls must be insulated. You also need wall insulation if you intend to finish the basement.

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