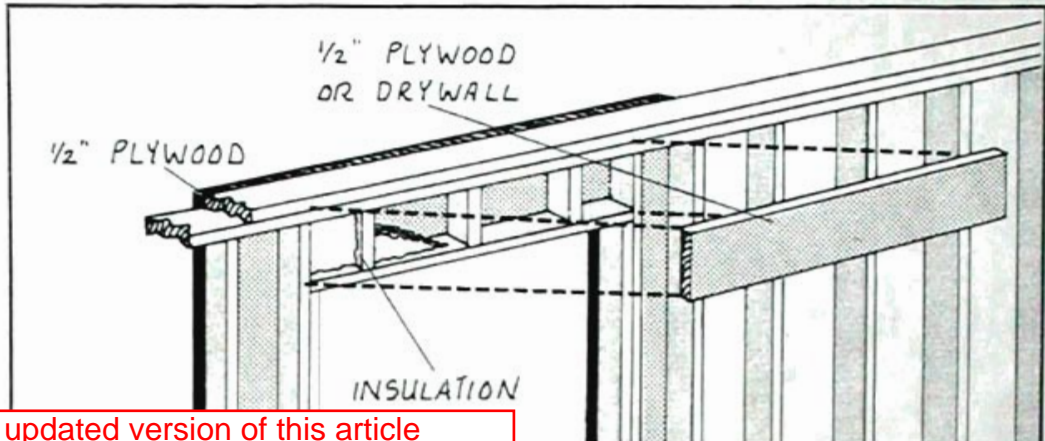


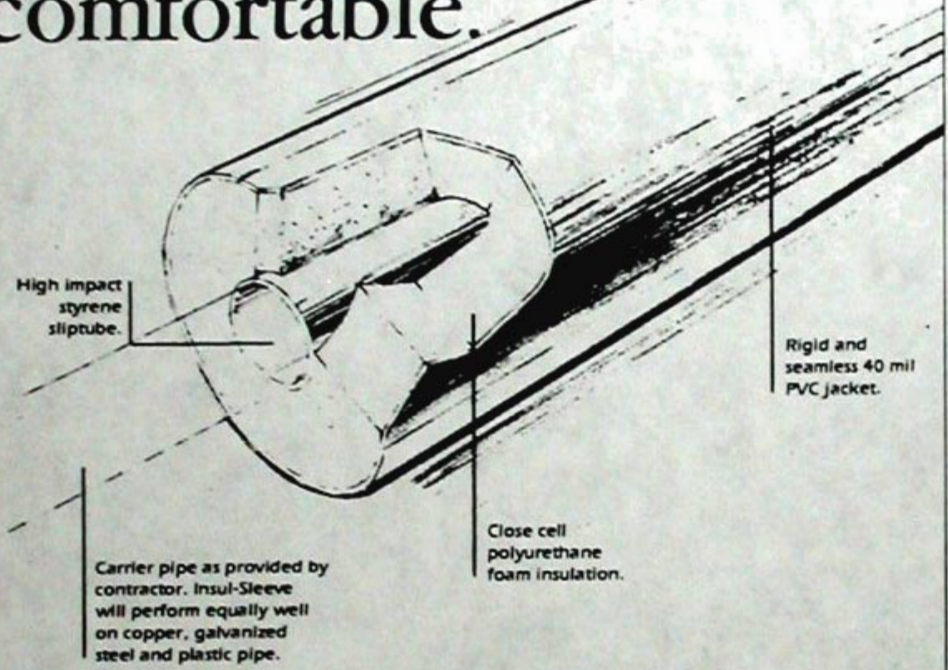
stud or add blocking. Standard, full-thickness batts can now be installed at the corners and behind any partitions. These details will work for either 2x4 or 2x6 framing.

Now on to the headers. If you've eliminated all of your north, east, and west windows, you may not have too many to worry about. But they usually add up to more than a few square feet of poorly insulated wall. The basic concept here is to frame over the opening as if it were non-load bearing, with short cripple studs face nailed to a single 2x4 (or 2x6) header. Then 1/2-inch plywood sheathing is applied to the exterior and interior of the box. The header detail uses plywood on one or both sides of the box to transfer the load across the opening. Insulation is stuffed into the cavities.



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The header detail uses plywood on one or both sides of the box to transfer the load across the opening. Insulation is stuffed into the cavities.

where larger loads or longer spans require it. Some box beams require gluing the plywood to the frame. And on smaller openings the jack studs can be eliminated. Make sure you follow the specifications for framing, nail schedules, and glue type and application. Standard construction adhesives are not adequate, since they will "creep" at the bond line under stress. If the plan calls for plywood on both sides of the box, use a finish grade on the interior. This can be taped and jointed directly to the drywall and painted over to become part of the finished interior wall. Oh yeah, don't forget to stuff the box with insulation before closing it up.

The box beam made from 2x4 stiffeners and plywood webs has been around for a while and has served successfully under much more demanding loads that you'll encounter over a 6-foot slider. Specifications and allowable load tables for plywood headers 14 1/2 inches deep by 6 feet long, using APA-rated sheathing for webs, can be obtained free by writing for *Insulated Plywood Lintels* (Technical Note C 426) from the American Plywood Association, P.O. Box 11700, Tacoma, Wash. 98411. The National Association of Home Builders is currently preparing a complete manual tentatively titled *Plywood Headers for Residential Construction*. It will cover 3- to 8-foot headers by 9-inch and 15-inch depths and contain specifications for nailed, glue-nailed, and single- and double-faced details. This should be available in "a month or two" from NAHB, Publications Department, 15th and M Sts., NW, Washington, D.C. 20005.