



GREEN ECONOMIES YOUTH FELLOWS PRESENTS

# HOW-TO GUIDES

SEAL BASEBOARDS, WINDOWS, DOOR FRAMES



**CAULK & FOAM**



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HOMES ENERGY RETROFIT

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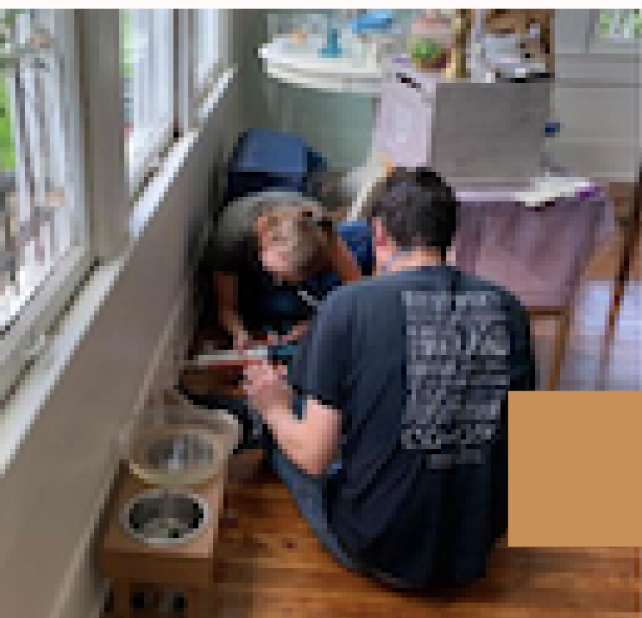
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# IMPORTANCE OF SEALING HOLES & CRACKS

Holes, cracks, or unsealed penetrations through walls, ceilings, and floors are common in many homes.

**Air leaks cause high heating and cooling bills and can make your home uncomfortable.**

**Air leaks also bring in outside moisture, dust, pollen, radon and other pollutants.**

Even if your home is well insulated, it can still have excessive air leaks.

Standard loose- fill, batt or roll insulation materials do not stop air leaks, and can decrease in quality if air seeps through them. Be sure to seal all bypasses before you insulate.

This document will provide you with information on how to carefully seal baseboards, windows and door frames using caulk or foam



## PRECAUTIONS

- Be careful with touching foam with bare hands it is really sticky and doesn't wash off as easy (gloves recommended).
- Careful with applying foam it expands when using.

## TOOLS

- Caulking Gun
- Painter's Tape (optional)
- Utility Blade







## MATERIALS

- Backing Material
- Caulk
- Gloves
- Insulation Board, Plywood, Cardboard
- Paper Towels
- Spray Foam

### TIPS:

- Spray foam and caulk are commonly available at home improvement and hardware stores. Choose the right material for the application:
- Inexpensive painters caulk with a 20 year rating is good for most air sealing applications, whereas a premium caulk would be better in high-moisture environments like a bathroom.
- Spray foams are distinguished in expanding rigid foams to lesser-expanding soft foams. Read the labels to determine the best product for the application.
- Backing material, such as foam backer rod, is used to fill large cracks and gaps before applying foam sealant or caulk.
- Sheet materials such as insulation board, plywood, or cardboard are used to cover large holes.

# BASIC PROCEDURES

## 01

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Use caulk or spray foam sealant to seal cracks or holes smaller than a pencil width in the ceiling, floor, or exterior walls. Seal holes on both the inside and outside surfaces of walls.

## 02

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For larger openings, use spray foam sealant or fill the crack with backing material and caulk the surface.

## 03

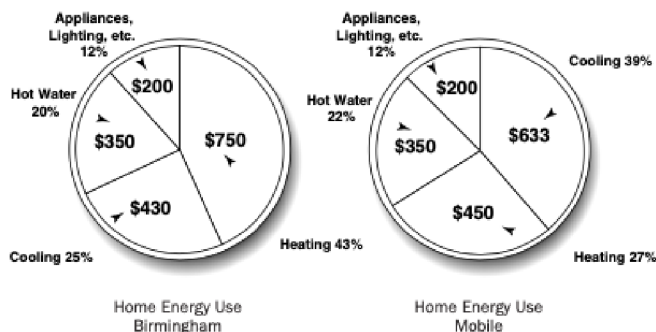
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Use sheet materials, such as cardboard, insulation board, or plywood, to cover large holes. Seal the edges of the sheet materials with caulk or spray foam sealant. Be sure to seal openings between the attic and house, and between the crawl space or basement and house



# FREE KITS

Get an energy savings kit free of charge from SWEET Alabama and lower your monthly bills.



## Energy Literacy: Understanding Units That Measure Energy

**Watt (W)** - A watt is the basic unit of power used to measure electricity capacity and is equivalent to one joule per second. The higher the watt rating (e.g., 40, 60, 100W), the brighter the light. LED bulbs use far less watts to produce the same amount of light.

**Kilowatt (kW)** - A kilowatt is 1,000 watts.

**Kilowatt hour (kWh)** - A kilowatt hour is 1,000 watts used for one hour (power x time). It is the unit of energy most commonly used on household electricity meters.

**Therm** - A therm is the energy equivalent of burning 100 cubic feet of natural gas.

# TERMINOLOGY TOOLBOX

## **Caulk**

/kôk/: a waterproof filler and sealant, used in building work and repairs.

## **Crawlspace**

/ˈkrôl ˌspās/: an area of limited height under a floor or roof, giving access to wiring and plumbing.

## **Energy Burden**

/ˈenərjē ˈbærd(ə)n/: percentage of household income that goes toward energy costs (electricity, home heating, etc.)

## **Faceplate**

/ˈfās.plāt/: the covering of the front of an electrical device, outlet or light switch.

## **Galvanized Ductwork**

/ˈgalvəˌnīzd ˈdæktwərk/: coated steel with a thin zinc layer used most often for building ducts. This material's zinc coating helps prevent corrosion and rust buildup.

## **Insulation**

/ˌɪnsəˈlāSH(ə)n/: material used that reduces heat loss or heat gain by providing a barrier between the inside of your home and the significantly different temperature outside.

## **Jamb**

/jam/: a side post or surface of a doorway, window, or fireplace.

## **Mastic**

/ˈmastik/: high-grade construction adhesive commonly used to bond ceiling, wall, floor, etc.

## **Outlet Gasket**

/ˈoutˌlet ˈgaskət/: foam material used to seal off the wall cavity behind outlets & switch areas from the living space.

## **Vent**

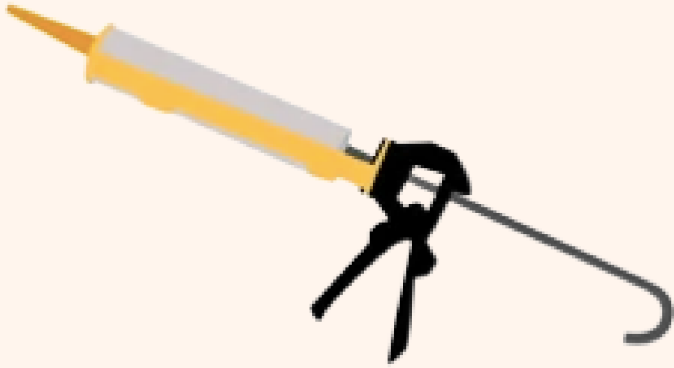
/vent/: an opening that allows air, gas, or liquid to pass out of or into a confined space.

## **Weather Strip**

/ˈweɪˌHərˌstri:p/: a strip of material to cover the joint of a door or window and the sill, casing, or threshold so as to exclude rain, snow, and cold air.



# TERMINOLOGY TOOLBOX



**Caulk/Caulking Gun**



**Crawlspace**



**Galvanized Ductwork**



**Insulation (Foam)**

# TERMINOLOGY TOOLBOX



**Jamb**



**Mastic Sealant**



**Outlet Gaskets**



**Weather Strip**