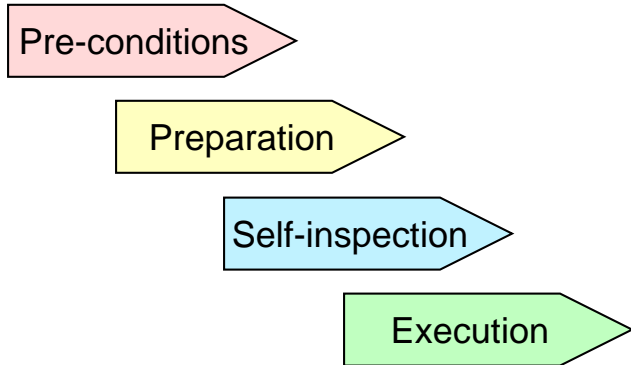


*Thermal
insulation in
external walls*



This **work instruction** is designed for use in detailed planning and preparation of work on construction projects. With thorough planning high levels of personal safety and optimal work apportionment can be achieved at the same time as the work can be organized efficiently and cost effectively.

Safety — Risk assessment

Work activity & Problem	P	C	Risk= P*C	Action
Fall from ladder fall injuries	10	15	150	Wider use of stairs
Cluttered workplace =Twist/fall injuries	10	15	150	Regular tidying
Irritation from fibers/insulation dust	3	1	3	Cleaning , face masks, gloves

Probability = P
 Consequence = C
 Risk = P * C

Assessment of probability

P = 0,1	Very unlikely	(<1 times/10 years)
P = 1	Unlikely	(1 times/10 years)
P = 3	Low probability	(1 times/3 years)
P = 10	Relative probability	(1 times/year)
P = 30	Probable	(1 times/month)

Assessment of consequences

C=0,5	Trifle	
C=1	Tiny	(1 - 2 days sick leave)
C=5	Small	(3 - 7 days sick leave)
C=15	Tactile	(8 - 29 - " -)
C=70	Severe	(30-299 - " -)
C=500	Very severe	(>300 - " -)

Text from the Working Environment Authority's brochure Safer Construction Work

Personal Protective Equipment § 71

Safety helmet and protective footwear should be used unless this is clearly unnecessary. Other personal protective equipment such as eye protection, hearing protection and gloves should be worn when necessary.

First Aid § 31

First aid should be given. Staff who are trained to provide first aid should always be available. Facilities and first-aid equipment should be marked with signs. There will also be signs with phone numbers and addresses of the local emergency number and, if necessary, a route description.

Mounting mineral also see AFS 2004:1



Equipment and materials

Materials:

- Mineral wool

Equipment:

- Sharp, serrated knife
- Ruler
- Work table with ruler
- Lighting
- Bin for mineral waste

Protection:

- Protective clothing that covers the sensitive skin areas such as the neck and forearms
- Gloves
- Breathing filter which fulfills class P2

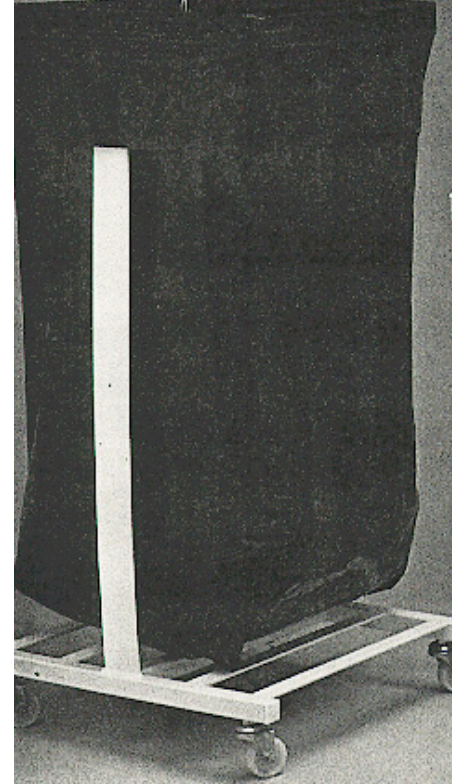


Large deliveries should distributed amongst the apartments and taken in.



Equipment and machinery

There will be residual dust which will fly around if it is not immediately collected and placed in bags or similar. There is equipment to shred the insulation to be used as spray insulation.

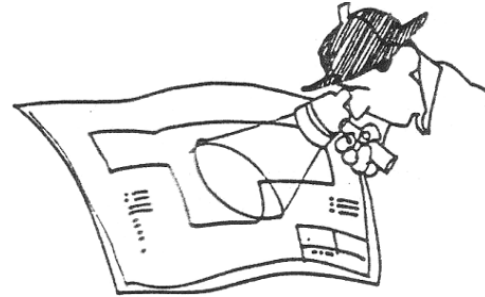


Self-inspection 1(2)
Template & instructions

No	Check	Method or equipment	Frequency	Result	Date Signature	Deviation/Remedy Approval/Non-A
1	Connections to cables etc. 2	Ocular				
2	Side and end joints Check against figures in AMA	Ocular				
3	No penetrating splices	Ocular				
4						
5						
6						
7						
8						
9						
10						
11						

Quality criteria for the project and the product

- Study Drawings, Specifications and Inspection planning
- Think through the alternative **methods of production** and handling of materials, tools etc. that can meet the requirements



Pay particular attention to

- Handle insulating goods in accordance with manufacturer's instructions
- Seal the penetrations and connections - secure vapour barrier
- Use a straight edge or cutting table when cutting insulation goods
- Joints parallel to the joists shall be minimal in number

Accurate measuring - Saw / cut for a precise fit. Sometimes it's like a puzzle. Sometimes it is just a matter of putting into place.





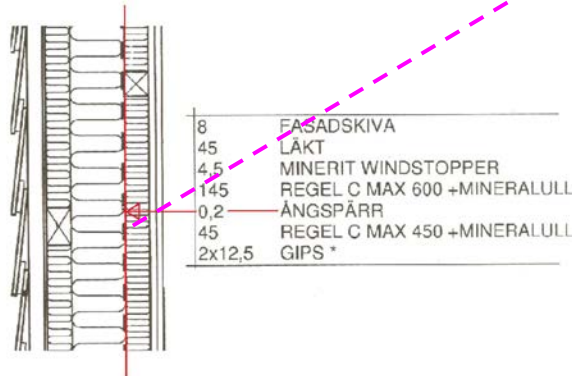
To the left

A layer of insulation with electrical and other installations running through the insulation. The vapor barrier is inside with many passages such as that below –boxes.

To the right

Two layers of insulation with the vapour barrier between 145 mm insulation and a regulatory framework with 45 mm insulation.

The installations inside the vapour barrier.





The insulation on the picture, on the outside of the minerit / wind board, shall be the foundation for the plastering and the tiling.

