

## R-CONTROL SIPs

---

## STRUCTURAL INSULATED PANELS



## Labor Case Study 1

**Project:** Labor time estimate for setting R-Control SIP wall panels used to build the structural and insulated envelope of a 3978 square foot duplex.

**R-Control SIPs:** Panels were supplied from factory: Cut to length and width. Spline and plate pockets were factory cut.

### Scope of work - Walls:

1. 312 lineal feet of 8 ft. high walls - installing 2X plate material in factory cut openings and header openings, top plate.
2. Bottom sill plate over conventional floor system, as in SIP-105.
3. R-Control SIP was set over sill plate, as in SIP-105.
4. Panel to panel connection was done using surface spline, as in SIP-102 and SIP-102d.
5. Corner connection was done, as in SIP-103.
6. Door, window openings field plated, as in SIP-114 and SIP-115.
7. 4 man crew was used to hand set panels and execute details with assistance of crane.



### Results - Walls

- 4 men spent 9 hours 45 minutes or 39 man hours to set 312 lineal feet of wall.
- 8 lineal feet of installed R-Control SIP per man hour.
- 64 square feet of installed R-Control SIP per man hour.

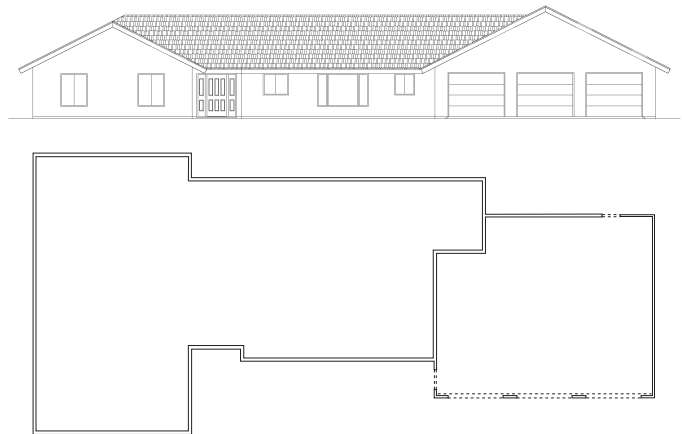
## Labor Case Study 2

**Project:** Labor time estimate for installing R-Control SIP wall panels used to build the structural and insulated envelope of a 3652 square foot single story home.

**R-Control SIPs:** Panels were supplied from factory: Cut to length, width, and gable configuration. Door and window openings were cut. Spline and plate pockets were factory cut.

### Scope of work - Walls:

1. 348 lineal feet of 8 ft. high walls - installing 2X plate material in 14 factory cut openings and 9 header openings, top plate.
2. Treated plywood with bottom sill plate, as in SIP-104a.
3. R-Control SIP was set over sill plate, as in SIP-104a.
4. Panel to panel connection was done using surface spline, as in SIP-102.
5. Corner connection was done, as in SIP-103. (16 corners)
6. Door, window openings field plated, as in SIP-114, SIP-115 and SIP-112c.
7. 4 man crew was used to hand set panels and execute details.



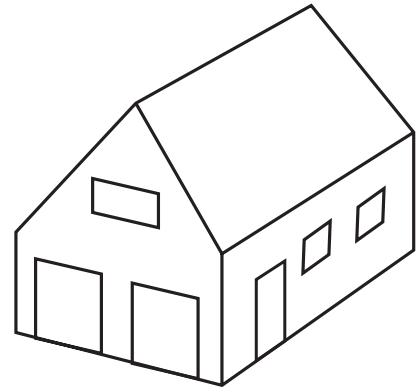
### Results - Walls

- 4 men spent 12 hours or 48 man hours to set 348 lineal feet of wall.
- 7.3 lineal feet of installed R-Control SIP per man hour.
- 65 square feet of installed R-Control SIP per man hour.

### Labor Case Study 3

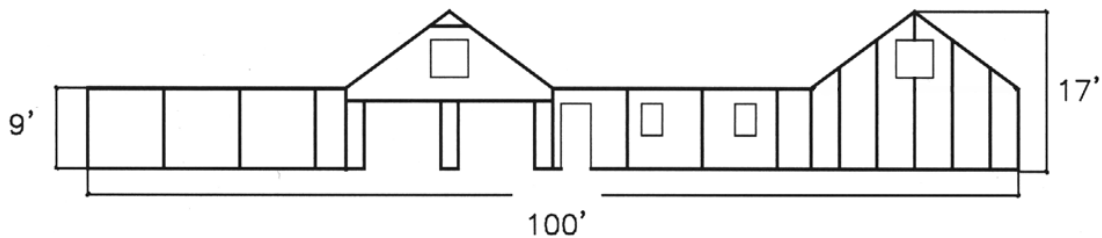
**Project:** Labor time estimate for the setting of R-Control SIPs for wall and roof panels used to build the structural and insulated envelope of a 28' x 22' structure.

**R-Control SIPs:** Panels were supplied from factory: Cut to length, width, and gable configuration. Door and window openings were cut. Spline and plate pockets were factory cut.



**Scope of work - Walls:**

1. Treated lumber at top of concrete for capillary break, as in SIP-104.
2. Sill plate was installed top of treated plate, as in SIP-104.
3. R-Control SIP was set over sill plate, as in SIP-104.
4. Panel to panel connection was done using block spline, as in SIP-102g.
5. Corner connection was done, as in SIP-103.
6. Door, window openings field plated, as in SIP-114 and SIP-115.
7. 4 man crew was used to hand set panels and execute details.



**Results - Walls**

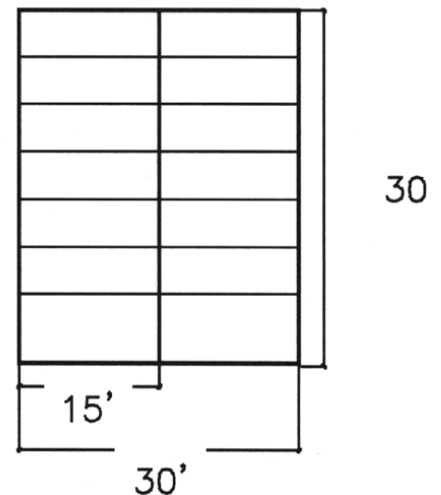
- 4 men spent 3 hours or 12 man hours to set 100 lineal feet of wall.
- 8.33 lineal feet of installed R-Control SIP per man hour.
- 84 square feet of installed R-Control SIP per man hour.

**Scope of work - Roof:**

1. Preparation of R-Control SIP roof panels on ground, block spline male side installed, as in SIP-102g.
2. Attachment at eave wall, as in SIP-102g.
3. Attachment at gable wall, as in SIP-122c.
4. Attachment at ridge, as in SIP-121a.
5. Eave and gable edge plating, as in SIP-119b and SIP-119d.

**Results - Roof:**

- Preparation: 2 men spent 1 hour to install 180 lineal ft. of block spline in 4' wide x 15' long roof panels, as in SIP-102g.
- 90 lineal feet of spline per man hour.
- 2 men on roof, 1 man on the ground, set 900 sq. ft. of roof in 2 hours, 6 man hours, plus 2 man hours prep.
- 2 hours of crane time.
- 113 square feet of installed R-Control roof panels per man hour.



## Ready to take control? Start here.

If you're wondering how R-Control SIPs can work on your next project, just contact your nearest R-Control supplier. They'll be happy to collaborate on design, walk you through R-Control SIP installation, provide test data, pricing, and answers to all your questions. Start by visiting our web site: [www.r-control.com](http://www.r-control.com).



R-Control SIPs are made exclusively with Foam-Control EPS. R-Control SIPs and Foam-Control EPS are manufactured by AFM Corporation licensees.

Copyright © 2010 AFM Corporation. All rights reserved. Printed in USA. R-Control, Foam-Control, Perform Guard, and Control, Not Compromise are registered trademarks of AFM Corporation, Lakeville, MN.

RC06-08/10



**CONTROL,  
NOT COMPROMISE.®**