



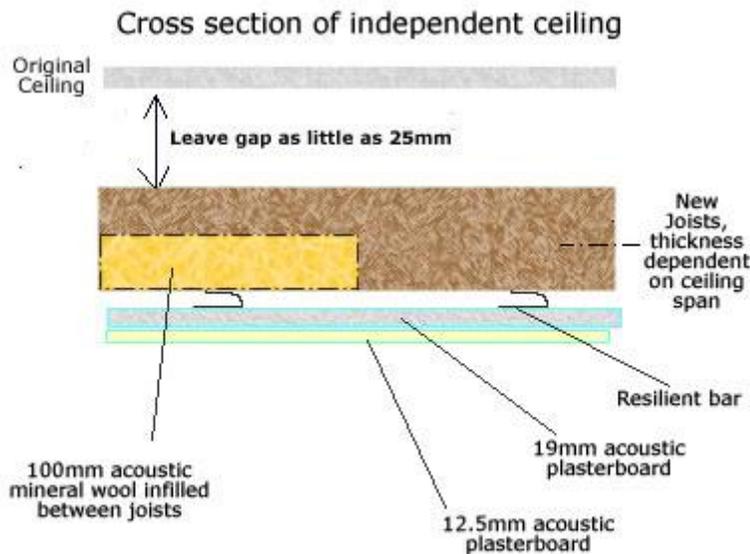
SoundStop.co.uk

UK Soundproofing Specialists for the Home

Tel- 0208 123 9710

Instructions – fitting independent ceiling.

1) First an assessment of the size of joist must be made, this will depend on the span of the room and the number of joists that you require (joist centres) these are typically at 400mm.



2) New joists can be hung via joist hangers across the room from solid walls (not stud walls) Note that the new joist must not come in contact with the existing ceiling or joists (if you are removing ceiling). If joist hangers are not possible due to the position of stud walls then the joists can be attached into wooden battening running the length of the stud wall.

3) Noggins should be added to this structure to maintain rigidity between the new joists.

4) Acoustic mineral wool needs to be friction fitted in between joists across the entire surface leaving no gaps, 100mm ARW 60 kg is ideal

5) Perpendicular to the run of the joists fit resilient bars at 400mm centres. The resilient bars should be fitted with the 32mm dry wall screws provided. Resilient bars should end close to walls. At the ends of the room resilient bar noggins need to be cut and fitted in the line of the joist where the joist runs near the wall. Where resilient bars need to be joined overlap them by 60mm.

6) 19mm Planc boards are then screwed to the resilient bar flange with 32mm screws at 230mm centres. It is important to screw into the hanging flange of the resilient bar and NOT the joist. (This is critical to reduce impact sound from above) These should be fitted snugly to the wall leaving no gaps, where possible. Any gaps to be sealed with acoustic mastic provided.

6) 12.5mm soundbloc plasterboard is affixed next, with 42mm screws screwing into the flange (mark line of resilient bar flange with chalk line or laser level, or pencil). The joints of the soundbloc board should be staggered so that joints don't coincide with 19mm planc boards.

7) The perimeter of the ceiling **should be carefully checked for gaps** and filled with acoustic mastic that should be run around the perimeter.

8) Ceiling can be finished by taping and finishing with Easifil compound or by skim plastering.

