**STAIRCASES AND SCUTTLE HOLES**

**Insulate and Air Seal Attic Access Passages**

**Skill Set**
Be sure you have the experience needed for this job. If you are in doubt, hire a contractor.

**Safety**
This job requires working in unconditioned attic spaces, tight clearances and under task lighting. Use a dust mask/respirator, gloves, safety glasses and kneepads.

**Tools**
Utility knife, measuring tape, lights, straight edge, markers, staple gun and hammer. Table/circular saw (optional - for cutting rigid foam board).

**Materials**
Prefabricated attic access sealing system and any additional installation materials per the manufacturer’s instructions.

For a DIY approach:
- Rigid insulation such as ½-inch extruded polystyrene
- Fiberglass batt (optional)
- Duct sealing mastic or construction adhesive
- Nails for tacking insulation board
- Weather-stripping/gasket material with adhesive

**Prioritize Level**
LOW MED HIGH

**Skill Level**
DIY PRO

**Cost Benefit**
You can purchase a prefabricated attic access sealing system for around $100 depending on the product or you can build your own for less than $50 in materials. A prefabricated system can be installed in minutes and building your own is an easy afternoon project. Improving air sealing and insulation is a low cost upgrade with a big impact because the attic access can be one of the biggest sources of heat loss across the boundary between the attic and conditioned space.

**Attic Access**
In many cases, a home's attic access, such as an attic hatch, pull-down stairs, or knee-wall door, is installed without being insulated and sealed, resulting in one of the biggest holes in the thermal and air barrier between the attic and conditioned space. This results in higher energy bills and reduced comfort.

**Action Steps**
Improving the insulation and air sealing of your attic access will depend on the type of attic access in your home – an attic hatch or pull-down stairs and whether you use a prefabricated system or do it yourself solution.

**Add weatherstripping** – To ensure a tight fit, care should be taken while installing the trim to make sure that it is flat and level. An uneven base may lead to greater air leakage. Weatherstripping can be installed on the hatch itself or on the inside of the trim or on the base of the hatch.

**Add insulation** – To the back of the access hatch using either fiberglass batts, rigid foam insulation or a combination of the two. Rigid insulated sheathing such as extruded polystyrene (R-5 per inch) is recommended. Cut the insulated sheathing ¼ inch less than the hatch size to allow for clearance when moving the access panel. Apply 2-inches or more of insulation with construction adhesive and screws. As an added measure, glue the kraft-paper side of fiberglass batt insulation to the top of the last layer of rigid insulation. Try to achieve the same total R-value of the ceiling.

**Install an attic hatch/stair in a convenient location that provides ease of access.** Follow manufacturers instructions for installation and plan how you will air seal and insulate this big hole in your ceiling. Attic access covers are essential; solutions range from factory-made covers for insulating and sealing, to do-it-yourself strategies that are easy to fabricate.
Pull-Down Stairs

Pull-down attic stairs are another type of access which include a larger access opening and integrated folding stairs. The air seal on existing attic pull-down stairs should be improved and then augmented with a cover to increase the insulation value.

Seal rough opening – The frame for the stairs fits in a rough opening and leaves a gap much like that for a door or window and must be sealed. When the gap is small (less than ½ inch), caulk can be used as the sealant. If a larger opening exists, it is recommended to apply non-expanding foam or a backing material (backer rod) in conjunction with caulk. Expanding foam can be used with caution due to its highly expansive nature; it could warp the frame and interfere with the ability of the stairs to open or close properly.

Add weather stripping – To ensure a tight fit between the stair panel and frame, weather-stripping or gasketing material should be added to the frame or panel.

Add cover box or prefabricated insulation kit – To insulate attic stairs, a lightweight, moveable box can be fabricated from rigid foam or fibrous ductboard to fit over the stairs from the attic side. Insulating kits are also available through weatherization suppliers or local hardware stores. As with all home projects, follow manufacturer’s instructions for proper installation.

Prefabricated Insulation Kit Options

Attic stairs cover box – You can build your own attic stairs cover box out of rigid insulation or ductboard. Measure the interior dimensions of the frame opening for the pull-down stairs and build the cover box to fit tightly within the opening. Add a stop for the box to rest on using 1x4 board that runs the entire interior edge of the opening and weather-strip the top edge of the stop to ensure a tight seal. As an added measure, glue the kraft-paper side of fiberglass batt insulation to the top of the last layer of rigid insulation. Try to achieve the same total R-value of the ceiling.

Attic tent – An attic tent sits above the attic pull-down stairs sealed to the rough opening or attic decking. While attic tent products don’t offer the same insulation value as other options, they have the added benefit of improved air sealing from a zippered opening, providing greater accessibility than cover box options.

Cover box – Similar in design to the do it yourself box described above, these prefabricated kits come in a number of sizes and insulation values depending on your application.