

# SPACETHERM® ESSENTIALS

## This information will help employers, self employed and DIY enthusiasts.

Spacetherm gives off dust when handled. This sheet covers the points to reduce exposure to an adequate level.

Follow these points or use equally effective measures.

Only attempt this work if you are a fit tradesman or competent DIY enthusiast.

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### Storing Spacetherm?

The product should be kept in their packaging until they are ready to be used.

Unpack the material in the work area to minimize the area where dust exposure may occur.

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### Handling the material?

#### Handling

When manual handling this product use correct manual handling techniques:

- Use two persons to lift due to the weight of the boards.

#### Lifting

Although Spacetherm is an incredibly durable product it needs to be handled with care prior to installation.

N.B. Boards can break if they are lifted at the ends.

- Lift in the middle and do not bend
- Spacetherm weights dependent on board
- Approx 25 - 37 kg

## A Proctor Group notes for cutting, handling, installing and fixing of spacetherm product boards (full range)

### What this sheet covers

This sheet describes what is commonly referred to as good practice when you need to handle, cut, install and fix Spacetherm boards to your property.

This sheet does not replace your statutory duty to carry out a proper assessment of the risks involved when doing this. If you are in any doubt you should seek advice from APG.

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### Preparing the work area

- Ensure safe access and egress
- Restrict access – control the number of people entering the work area
- Close all unnecessary doors, seal if possible
- Plan how you are going to do the work before you start
- Product is best cut outside where possible

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### Equipment

- 500 gauge polythene sheeting and tape
- Class H vacuum cleaner (BS EN 60335)
- Jigsaw, handsaw, circular saw (110 volt)
- Generator
- Battery drill and appropriate fittings
- Fixings (see below)
- Tape measure
- Suitable dust extraction/lev system
- Polythene sack to dispose of waste (larger projects will need a waste management plan)

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## Clothing(Personal Protective Equipment)



Disposal coveralls with hood covering all exposed skin. Bin after use.



Workers should use latex or nitrile gloves.



Best to wear suitable glasses or Goggles.



Respiratory protective masks FFP3 is recommended when working with a dusty product.

## House keeping

This product will generate dust when handled. Workplace exposure to all dusts should be controlled with good housekeeping practices, as follows:



Local exhaust ventilation should be the primary dust control method when cut inside.



Clean the work environment regularly (a few times a day) using a HEPA filter vacuum (not a broom or water).



Trimmed material and scrap should be promptly disposed of in bags; minimizing dust to other areas.



Always wash hands after use, especially before eating.

## Cutting of the material

Where possible it is recommended that the product is cut outside.

- Mechanical cutting is best done with a jigsaw or circular saw, over a plastic sheet to contain dust, wearing dust mask and goggles
- If cutting indoors (see housekeeping notes)

## Fixings

We recommend that the following fixings are used on our products.

- **Spacetherm F** - (Concrete Screw) such as tapcon pre drill wall and board prior to fixing
- **Spacetherm P** - powder actuating fixing, nail gun, tapcon screw, raw plug and screw
- **Spacetherm PP** - fixes to a timber batten using plasterboard screws
- **Spacetherm Flooring** - floating floor glue edges with PVA