Steel Frame Slab

Tools required

- Serrated knife or insulation saw

With an engineered optimal density, Steel Frame Slabs are sized to friction fit into 600mm steel studs without the need to cut or create waste.

Any cutting that is required can be done even in awkward spacing, using a serrated knife or insulation saw.

The slabs are compressed and shrink wrapped in polyethylene film, and supplied on pallets shrouded with a waterproof hood suitable for outside storage.



Step one – pre-install preparation

- Ensure you have identified the correct product for your application. This will ensure it has the correct testing and certification for the intended use. Visit the "Products" section of the ROCKWOOL website to guide you by building application to find the relevant products. Review the relevant building regulations in the "Technical resources" section, and use the calculators in the "Tools" section, along with the product datasheets on the website, to determine the appropriate thickness/dimensions of insulation that is required.
- If installing into a wall or floor frame, check whether the structure is 400mm or 600mm wide, and ensure you select the ROCKWOOL product with the correct width to match.

Step two – installation preparation

- Assemble tools such as a serrated knife or insulation saw and tape measure, and PPE (personal protective equipment) such as gloves, a mask if working in an unventilated area, and eye protection when working overhead. Cover all exposed skin. Refer to the Eurima health and safety guidelines for further guidance when working with mineral wool.
- Carry out a pre-work safety check, identifying any potential hazards such as ease of access, work heights, trip hazards, and electrical safety. Check the construction, ensuring it is structurally sound and free from defects such as corrosion, splitting, and cracking, and look for signs of leaks and moisture which can cause rot and mould.
- Clean and prepare the area for installation. Clear space to hold the insulation. If installing into floors below, or in a loft, use a kneel board and protective knee pads. When installing overhead, wear protective eyewear. If installing at height, it is recommended this is done from a suitable structure such as scaffolding, rather than a step ladder, so that both hands can be used to safely fit the insulation. Ventilate the area if possible, and ensure it is well lit.

Step three – measuring and cutting

- Using a tape measure, measure the internal aperture of the frame, rafter or joist you are fitting the insulation into. Note that frame centre measurements (i.e. 400mm or 600mm) include the thickness of the timbers making up the structure, and that they may not always be consistent, so it is best to measure the internal aperture accurately to ensure the best possible fit, particularly when installing into older structures.
- Use an insulation saw, or knife with a serrated blade, for cutting the insulation to size. Do not over-cut the insulation. Allow an extra 10mm on both dimensions (width and length) of the insulation, over and above the aperture dimensions.

Step four – installation

- The density and dimensional stability of ROCKWOOL stone wool allows a tight friction fit. It will not require pinning or fixings unless specifically stated otherwise. To install, push the insulation into one side of the structure and let the insulation go so it tightly fits into the other side of the structure and holds in place. Ensure there are no visible gaps, as this will negatively affect the installed performance.

Health & safety

The mechanical effect of fibres in contact with skin may cause temporary itching.



Cover exposed skin.
When working in unventilated area, wear disposable face mask.



Clean area using vacuum equipment.



Waste should be disposed of according to local regulations.



Rinse in cold water before washing.



Ventilate working area if possible.



Wear goggles when working overhead.

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