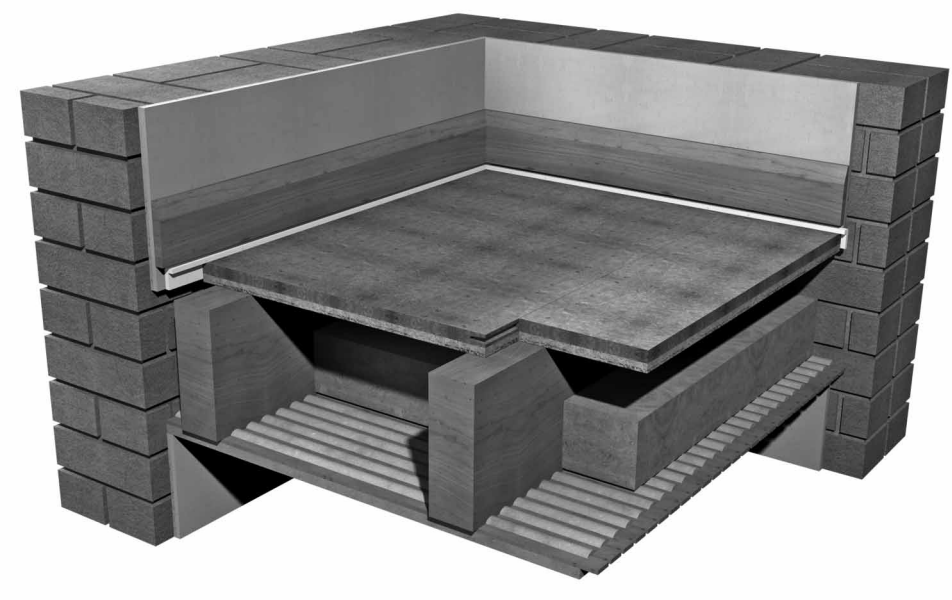
isocheck™
acoustic insulating products

Issue 3.8 January 2026

One of the isomass systems range

37T System

Installation instructions



DIRECT TO JOIST SYSTEM

- Conversions
- Refurbishments

TESTED BY NHBC ACOUSTIC SERVICES

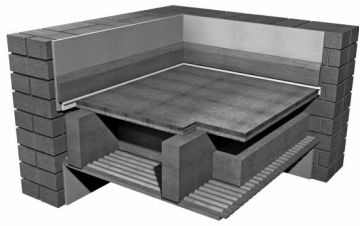
Institute of Acoustics Sound·Noise·Vibration 1974-2024 Sponsoring Organisation

MADE IN THE UK

QAS International ISO 9001:2015 REGISTERED COMPANY

PRODUCT DATA

Overall size:	2400 x 600 x circa 37mm
Resilient layer:	circa 15.5mm - comprising 10mm reconstituted ACF (Acoustic chip foam) and 5.5mm Isofiba
Weight:	23.6kg per sheet



DESCRIPTION

- ❏ The Isocheck 37T system is designed to replace floorboards and reduce sound transmission whilst thermally enhancing traditional joisted timber floors.
- ❏ To be used over new or existing joists for conversion and refurbishment projects.

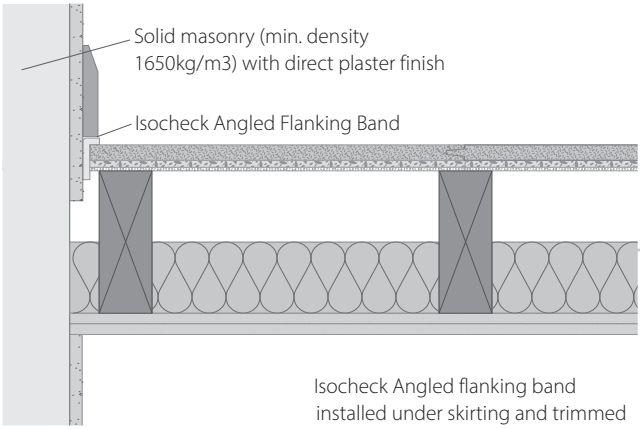
- Isocheck 37T over joists.
- 200mm x 70mm joists @ 450mm centres* with100mm 45kg/m^3 insulation between joists.
- Lath & Plaster ceiling or 30mm o/a double boarded ceiling (min. 22kg/m2 combined) fixed to timber joists.
- Isocheck Angled Flanking Band reduces impact vibration leaking via structural walls and assists in reducing airborne sound paths.

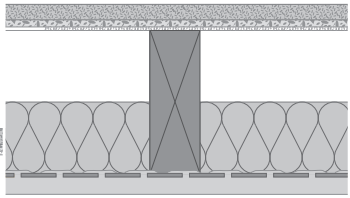
Note: Tested only with directly fixed ceilings without resilient bars.

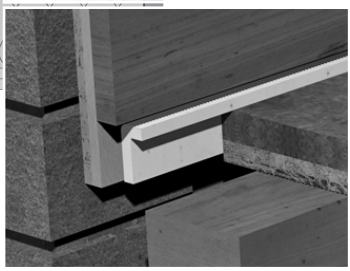
* Additional floor support may be required - commonly in the form of additional noggins and perimeter support .

PREPARATION

- ❏ Isocheck 37T must be kept in a dry storage area. Deliveries should be scheduled to coincide with availability of suitable dry storage areas.
- ❏ The presence of steel work, lift shafts and even ceiling penetrations can often impair acoustic performance. Joist depth, ceiling quality/thickness and other factors can also affect acoustic performance. If any of these (or other issues not previously declared) are present on your site, please contact us for additional advice.
- ❏ Ensure that all recessed down-lights or other invasive fittings have been correctly treated prior to closing off the sub-floor from above with the Isocheck system.
- ❏ If not confirmed of a solid construction all structural walls should be sealed both top and bottom prior to floor laying. e.g.: lath & plaster wall linings, dot & dab systems, 'hollow' battened skirtings, etc. Low density fillers such as expanding foam should not be used. Please contact Isomass for advice.
- ❏ The floor void between the joists should be swept free of debris. All nails and screws on top of the joists removed or driven flush to leave a smooth continuous dry surface to receive the system. Any associated work to level joists should also be done at this time.
- ❏ It is advisable that any new ceiling installation be completed prior to laying of the floor together with a continuous layer of 100mm (45kg/m^3) mineral fibre insulation between the joists.
- ❏ If compliance with Approved Document E is required additional work may be required to ceilings. Please contact Isomass for advice.
- ❏ Installation of Isocheck 37T should not commence until roof, window glazing and wet trades are completed and the structure is watertight. Leave overnight for adhesive to cure before trafficking the newly installed system.







Isocheck Angled flanking band installed under skirting and trimmed flush with a sharp knife.

INSTALLATION - GENERAL

- ❏ NB: before installing Isocheck 37T due consideration must be made for its adequate support in order to minimize floor movement. Additional timber support will often be required, commonly in the form of timber noggins, perimeter battens etc. Please contact Isomass for full technical support.
- ❏ NB: Removal of existing mechanically-fixed decks from joists may require specialist advice from a qualified structural engineer. Please seek such advice prior to replacing a fixed deck with Isocheck 37T.
- ❏ Isocheck 37T must be laid in broken bond pattern, with all joints glued and staggered. No mechanical fixings should be used. Isocheck D3 Adhesive is applied to both the top of the tongue and the bottom of the groove on each side of each joint. The Isocheck 37T boards are then pushed tightly together. Surplus adhesive should be wiped away from the surface.
- ❏ Board fitting should begin at the furthest point from the entrance and marked out so as not to finish with any panels less than 200mm wide.
- ❏ Apply Isocheck Angled Flanking Band on the edges of the Isocheck boards just before they are pushed against the perimeter walls to isolate the board from the wall.

INSTALLATION - DOORS, ARCHITRAVES & SKIRTINGS

- ❏ Door openings should have linings fitted prior to the installation of the acoustic floor. The Isocheck 37T boards should be carefully detailed to ensure a good fit. Although not ideal architraves and stops can be fixed after floor installation, leaving a 2/3mm gap from the surface of the floor.

STUD PARTITIONING

- ❏ Stud partitions should be built from the joists and not on top of Isocheck 37T, in order to avoid excessive movement and potential crushing of the resilient layers.
- ❏ Stud partitioning should ideally be isolated from joists using Isocheck Isolation Strip. Additional timber support will usually be required where partitions have been constructed in order to carry the abutting edges of Isocheck 37T.

FLANKING BAND

- ❏ Isocheck Angled Flanking Band provides isolation of the Isocheck 37T from all vertical structures and penetrations. Flanking band is typically trapped to the wall and held in place by the wall lining/skirting board (see diagram).
- ❏ After the skirting board is installed, simply trim the Isocheck Angled Flanking Band flush with a sharp knife.
- ❏ Alternative flanking band details are available to suit hard floor finishes such as engineered wood, LVT etc. lease contact Isomass for guidance.

PROTECTION

- ❏ The finished Isocheck 37T system should be protected with an appropriate layer immediately after being installed to prevent damage by any following tradesmen.

HANDLING

- ❏ Some Isocheck boards may be HEAVY. Please observe proper lifting methods and if transporting around site, by hand. Care should also be taken to protect hands from splinters during manual handling.

CUTTING

- ❏ The cutting of boards, either by hand or machine, will produce dust that may be an irritant if inhaled. Use dust masks when carrying out any cutting operations.

If in doubt on any area, please call Isomass prior to commencement of work.

INSTALLATION - KITCHENS, BATHROOMS & UNDERFLOOR HEATING

- ❏ Appliances and sanitary ware, with rigid plumbing connections that penetrate the system, should be isolated from the sub floor and floating floor by cutting a hole up to 10mm larger than the service diameter and filling the gap with a flexible sealant. Ideally kitchen worktops should be isolated from the wall with Isocheck Impacta Pads.
- ❏ When laying Isocheck 37T in a kitchen or bathroom it is essential that additional support noggins are placed between the joists as well as the perimeter support referred to previously. This is to support the higher loads imposed on the floor in specific areas. If in doubt as to the configuration or quantity of support noggins additional advice should be sought to reduce the potential for undue deflection in these potentially high load areas.
- ❏ Under floor heating systems (UFH) may be used with Isocheck 37T but only if of the overlay board type. Additional advice will be required. Please contact Isomass for advice.

INSTALLATION - CEILINGS

- ❏ Ceiling boards should be installed first, especially before any dry-lining of walls (such as dot & dab) to prevent potential flanking transmission. Ceilings should be boarded with a minimum mass of 22kg/m^2 combined, and should ideally be affixed via a decoupling system such as Isocheck Isoblock and Isobar or a suspended metal frame system.

Every effort has been taken in the preparation of this sheet to ensure the accuracy of representations contained herein. Recommendations as to the use of materials, construction details and methods of installation are given in good faith and relate to typical situations. However, every site has different characteristics and reliance should not be placed upon the foregoing recommendations. Advice can be given as to specific applications of the products, upon request to Isomass Ltd.

isomass® building acoustics

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