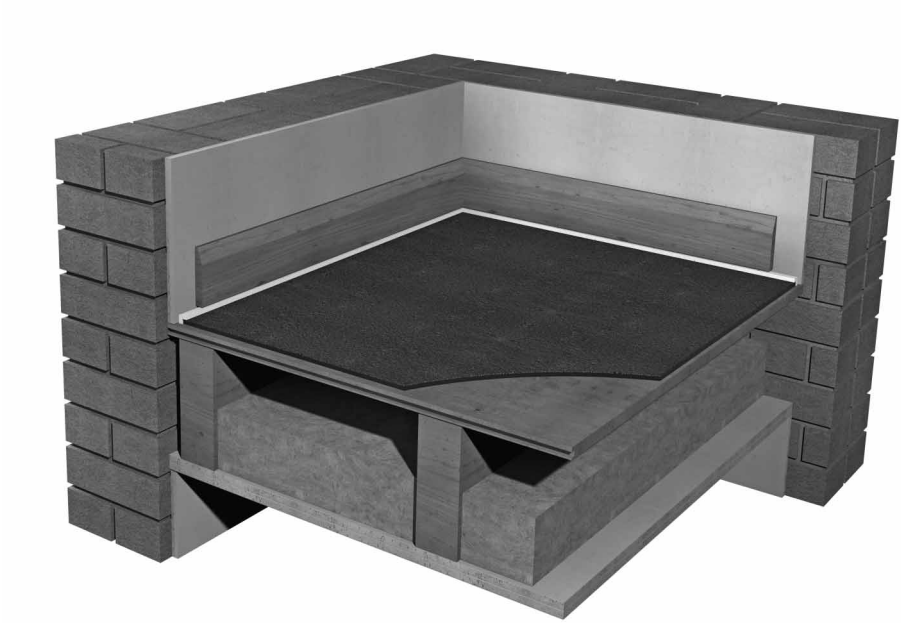
isocheck™
acoustic insulating products

Issue 4.6 January 2026

One of the isomass systems range

Impact Mat 300

Installation instructions



IMPACT & AIRBORNE IMPROVEMENT SYSTEM for

- Refurbishments
- Conversions
- Listed buildings

Independently laboratory tested

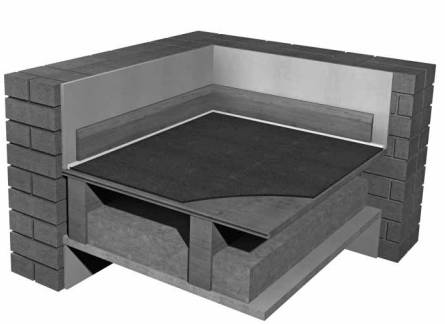
Institute of Acoustics Sound • Noise • Vibration 1974–2024
Sponsoring Organisation

MADE IN THE UK

QAS International ISO 9001:2015 REGISTERED COMPANY

PRODUCT DATA

Overall size:	1200 x 1000mm x circa 11mm
Resilient layer:	circa 4mm Isofiba core
Weight:	12.5kg/m^2



DESCRIPTION

- ❏ Isocheck Impact Mat 300 is designed to reduce airborne and impact sound transmission through timber floors and staircases.
- ❏ To be used over floorboards for conversions, refurbishments, new build or listed buildings requiring minimal structural change.

- Finished floor material (for example, engineered timber).
- Isocheck Impact Mat 300 over floorboards.
- 200mm x 70mm timber joists @ 450mm centres with 100mm 45Kg/m^3 insulation between joists.
- Lath and plaster ceiling or 25mm o/a double boarded ceiling (min. 20kg/m^2) fixed to timber joists.

PREPARATION

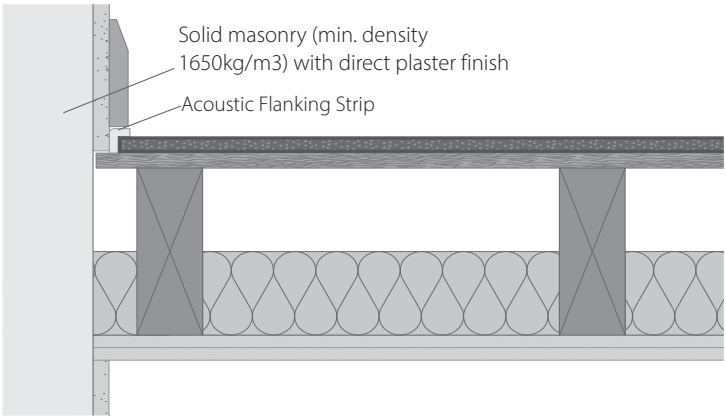
- ❏ Ensure sub-floor surface is smooth, dry and free from debris and any existing floor coverings such as vinyl or carpet tiles must be removed together with any adhesive residue.
- ❏ Secure all loose floorboards ensuring all nails and screws are driven flush and securely fixed.
- ❏ Overlay the timber sub-floor with large sheets of ply or hard board if the floorboards are irregular or uneven.
- ❏ Remove any doors that open into the room being treated along with skirting if required.

INSTALLATION - GENERAL

- ❏ Be aware that doors, skirting and socket height may need adjusting after the Isocheck Impact Mat 300 installation.
- ❏ Where you intend to use ceramic tiles or vinyl as a floor finish please contact us for additional advise.

INSTALLATION

- ❏ Lay Isocheck Impact Mat 300 directly on top of the sub-floor so that the entire floor surface area is covered and that it is butted up to or turned up where it terminates at all perimeter walls.
- ❏ In the case of a carpet finish Isocheck Impact Mat 300 will terminate at the edge of the gripper rail. In the case of a finished timber floor, the skirting should be removed and replaced once the mat has been returned on top of the finished floor.



- ❏ If required for Building Control compliance bond Impact Mat 300 to the subfloor with a proprietary aerosol contact adhesive and butt the adjoining edges.
- ❏ Apply the finished floor surface on top of Impact Mat given due regard for the following.
  Carpets and timber laminate panels can usually be placed directly onto Impact Mat 300 (as selected by the flooring contractor). Vinyl coverings will require an additional layer or layers of boarding to prevent puncturing and rucking.

  Isocheck 9mm T&G MFD board is recommended but this may require an additional overlay of bonded plywood.

  Penetrations through the impact mat should always be avoided.

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

FLANKING STRIPS

- ❏ Isocheck Flanking Strips provide isolation of the flooring system from all vertical structures and penetrations and should be used when a solid timber floor finish is required.
- ❏ The Flanking Strip is trapped to the wall and returned down over the finished timber floor. The skirting board is then fixed to the wall securing the Flanking Strip between the skirting board and the floor.
- ❏ After the skirting board is installed, simply trim the Flanking Strip flush with a sharp knife.

PROTECTION

- ❏ Upon completion ensure the Isocheck Impact Mat 300 is protected from any mechanical damage where appropriate.

HANDLING

- ❏ Please observe proper lifting methods and if transporting around site, by hand.

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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