HANDS-ON TRAINING MANUAL

SuperForm™

Building a better future.

We are building a better future.

SuperForm Products produces high-quality and sustainable **Insulated Concrete Forms** that bring our customers confidence and peace of mind by providing them efficient and reliable products with the ability to withstand some of the most extreme elements mother nature has to offer. We hold ourselves accountable to the SuperForm standard through our dedication to our product and our passion for quality, sustainability, and continuous improvement.

SuperForm ICF is intended to replace conventionally poured concrete foundation walls in residential and commercial construction. The rigid EPS provides both the form for the retention of wet concrete and thermal insulation for the exterior & interior walls. The EPS also provides superior sound barrier insulation for interior party walls. The plastic ties in the blocks (which are slightly recessed to prevent thermal bridging) are a threefold unit. First, they provide the "tie" member of the forms that holds the two panels of EPS the correct distance apart while the concrete is being poured. Secondly, they allow for proper placement of reinforcing bar by the way of 3 or 4 slotted pockets into which rebar is snapped. Thirdly, the 'T' shaped portion at each end of the tie is the member to which inside and outside finishes are attached. Thus, the SuperForm wall system accomplishes forming, framing and insulating in one step, providing a finished wall far superior to any other building method.

Our Story

In 1998 They made their dream a reality and SuperForm was born.

Founded in 1998, SuperForm was created by two journeyman carpenters who were frustrated by the challenges they faced.

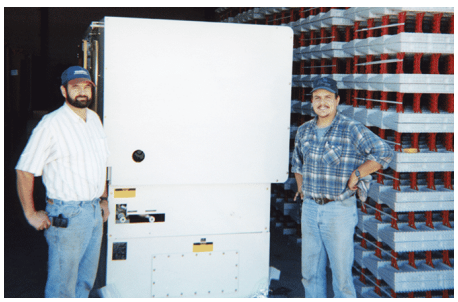
Having worked with another ICF supplier who offered a block that was not consistent with North American standard sizes, they quickly realized the product would never reach its potential — it was weak, clunky to build with and paired with poor customer service. With their recommendations for improvements ignored, they took matters into their own hands.

Jeff Dejax and Merle Unruh set out to create the strongest ICF block on the market, focusing on problem-solving, innovation and quality. They understood the inherent advantages of ICF — rot-proof, disaster-resilient, sound-dampening, fire-resistant and energy-efficient — and knew it was the future of the building materials industry.

As a family-run business, we're proud to have stayed true to our roots for over 25 years. We value relationships, craftsmanship and continuous improvement — these values have been passed down through generations and are at the heart of everything we do.

While we're committed to growth, we never lose sight of the personal touch that sets us apart from the industry's corporate giants.

SUPERform
Forming a Greener Future... One Block at a Time!



SuperForm™
Insulated Concrete Forms

Scan the QR code to visit the ICF Product Page

SuperForm™
Insulation

Scan the QR code to visit the Insulation Product Page

SuperForm™
SuperPex Panel

Scan the QR code to visit the SuperPex Panel Product Page

MST BAR
PREMIUM REINFORCEMENT

Scan the QR code to visit the MST-BAR Product Page

Course Overview

This Insulated Concrete Form (ICF) hands-on course is designed to teach the principles and practices of constructing buildings using ICF technology. The course covers layout, ICF wall installation, and ICF bracing installation. You will gain practical experience in ICF construction through hands-on training in this workshop. You will learn about ICF technology's environmental and cost benefits in building construction. This handbook has been taken from our installation manual, which can be found on our website, superformicf.com or by scanning the QR code below.

Contents

List of tools needed per group:

- 18" Hand Saw
- Screw Gun with ¼" bit
- Chalk Line / Tape
- Tape Measure
- Pencil
- ICF Screws
- ICF Bracing System
- Painters Tape

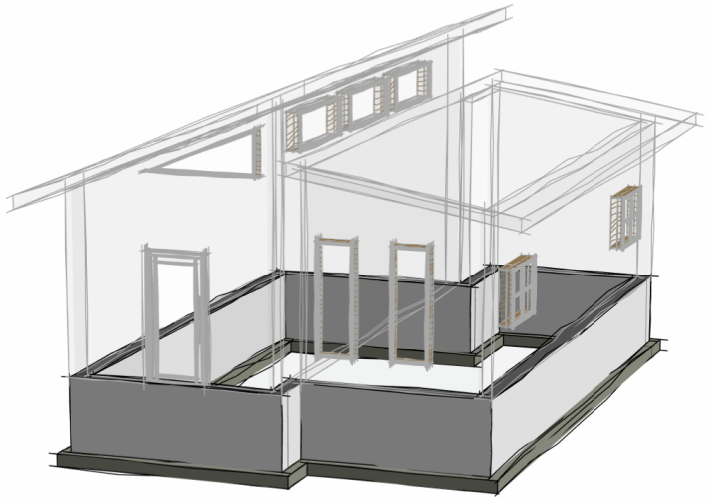
Scan to watch the SuperForm ICF Video Installation Series

Scan to access the SuperForm ICF Rebar Charts

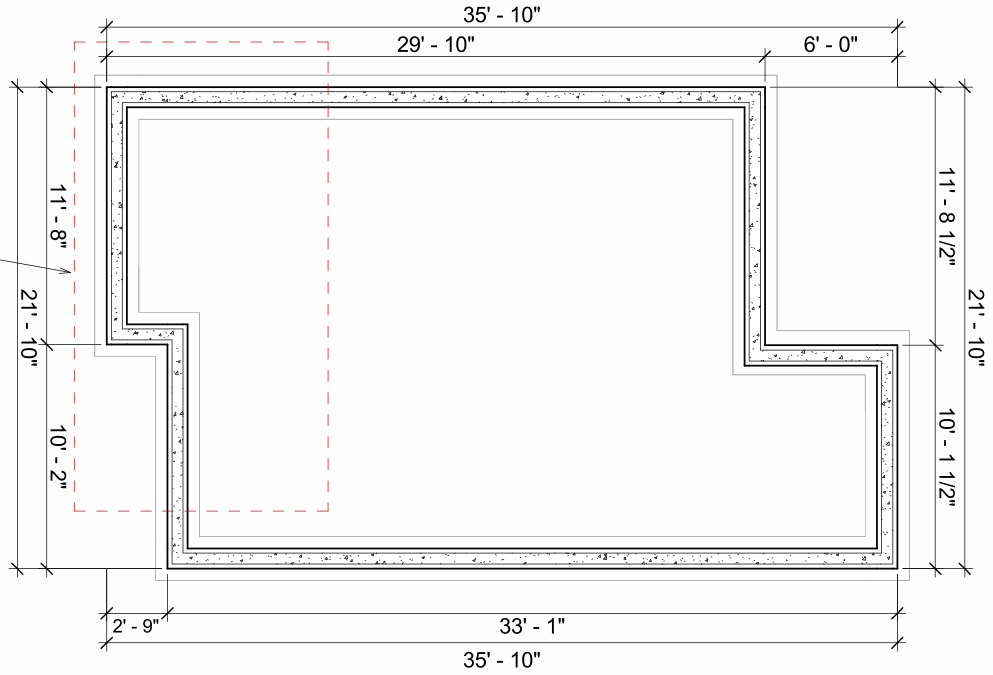
Scan to visit our website superformicf.com

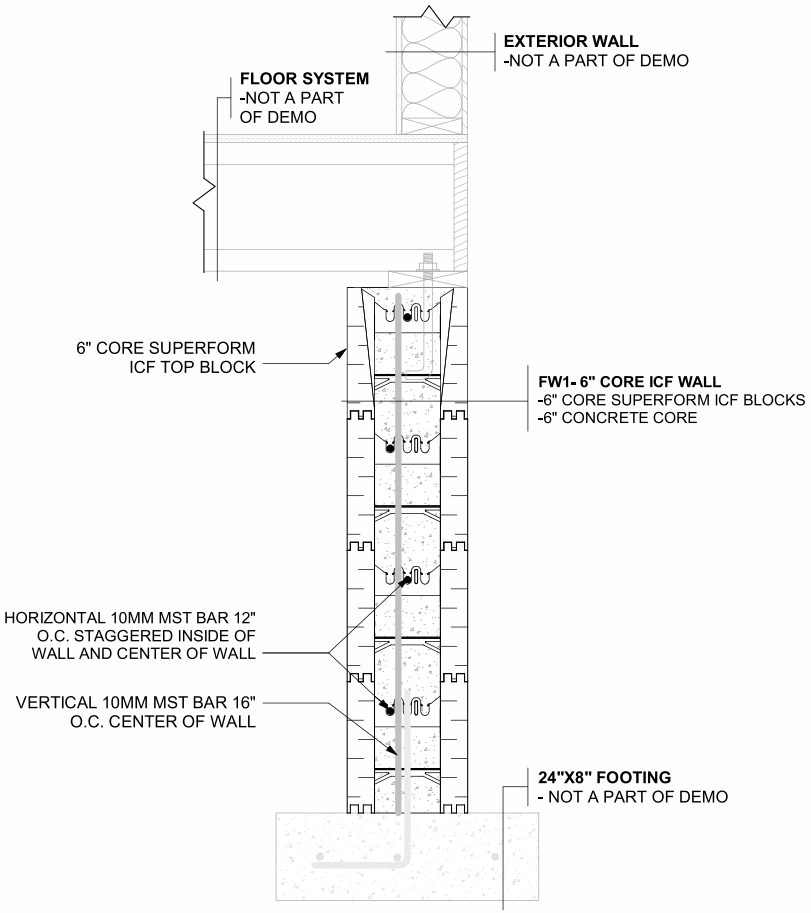
Scan to download the SuperForm Install Manual

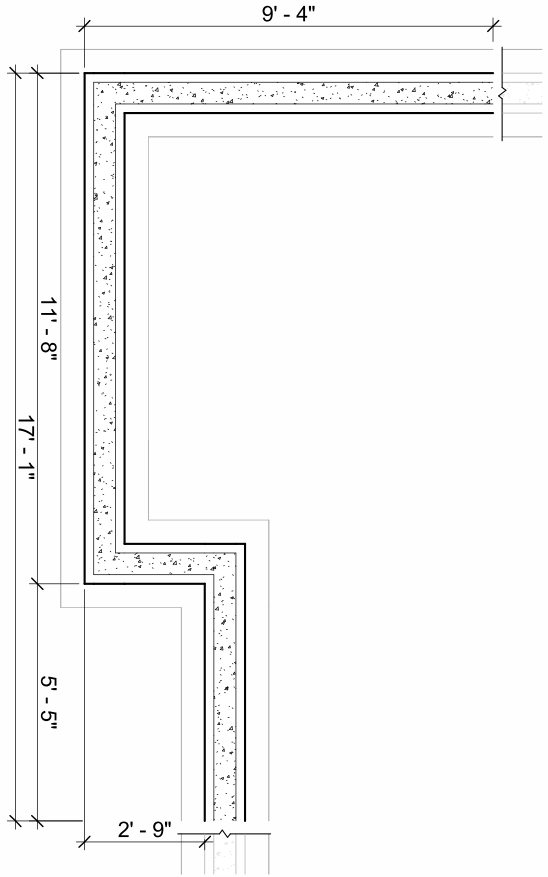
INTRO TO ICF FOUNDATIONS



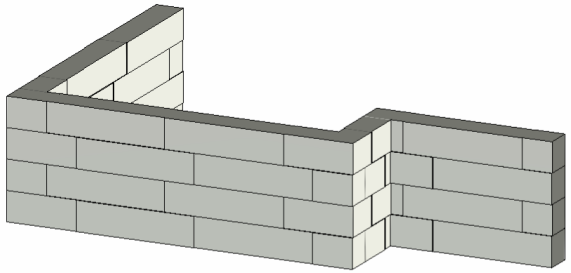
OBJECTIVE:
THE OBJECTIVE OF THE EXERCISE IS TO GET A PRELIMINARY UNDERSTANDING ON THE CORRECT WAY TO STACK BLOCK AND PLACE REBAR IN AN ICF FROST WALL. THE CONCEPT IS DEMONSTRATED THROUGH THE FOLLOWING HOUSE SKETCH WITH A JOG AND CORNER IN THE WALL AS OUTLINED IN RED. FOR ANY INFORMATION ON SUPERFORM ICF, OR TO ACCESS INSTALL GUIDES AND TRAINING VIDEOS, VISIT https://www.superformicf.com/







ITEM LIST:	ITEM:	QTY.	UNIT
	- 6" CORE SUPERFORM	15	BLOCKS
	- 6" CORE TOP BLOCK	5	BLOCKS
	- 6" LEFT CORNERS	6	BLOCKS
	- 6" RIGHT CORNERS	6	BLOCKS
	- 10MM MST 3'9" VERTS	22	STICKS
	- 10MM MST HORIZONTAL BAR 5'7"	4	STICKS
	- 10MM MST HORIZONTAL BAR 10'8"	4	STICKS
	- 10MM MST HORIZONTAL BAR 8'8"	4	STICKS
	- 10MM MST CONER L-BARS	12	L-BARS
	NOTE: WEAR GLOVES WHEN HANDLING FIBERGLASS REBAR		



What's the Outcome?

The desired outcome of this manual is for you and your team to have an efficient, hassle-free experience installing SuperForm ICF. We understand that there are numerous personal preferences in the way ICF can be stacked. The following content is our best recommendation. At SuperForm, one of our values is quality, and ultimately, straight, square, plumb and level SuperForm walls are the desired result.

Following this manual is important for maximizing efficiency.

Wall Layout

The layout of the wall is very important. It sets the standard for a square home. In this exercise, you will snap your building lines on the floor.

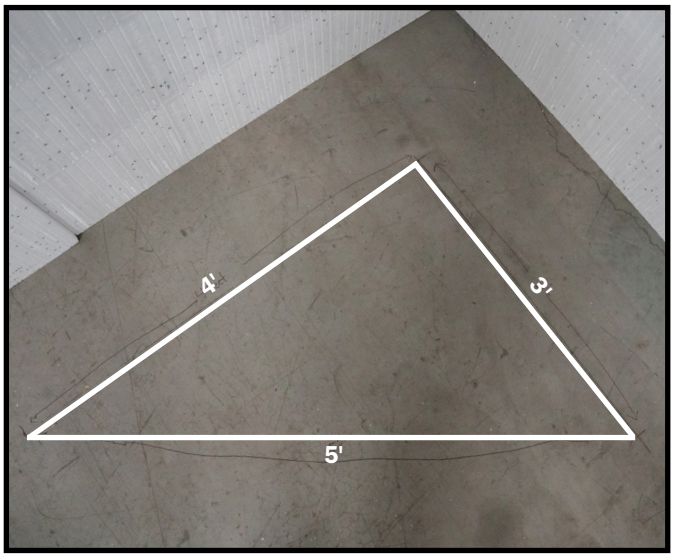
1. A surveyor is a good option to perfectly transfer building lines onto the footing. Or you can do it by measuring lines onto footing according to plans. Layout accurate and precise 90-degree corners.

2. Start laying out a wall with strict setback requirements or on the longest wall.

3. Only apply chalk lines (or tape) once you are confident that the measurements and layout are square.

4. Layout door openings and mark them on the footing so you know where they are when stacking blocks.

- The 3-4-5 method is an option to check square. Or a perfect rectangle or square is to check your diagonals. A and B will always be the same measurement.
- Another option with a perfect rectangle or square is to check your diagonals.



Scan to watch the SuperForm ICF Video First & Second Row

SuperForm ICF – First Row

In this chapter you will learn all about stacking the ICF. Let's get started, this is where the fun begins.

1. Always start laying ICF with a 90-degree corner block.

2. Ensure there are an equal amount of left and right corners on the first row.

- Avoid cutting corner blocks unless necessary for short jogs
- Kickers or foam are not required with SuperForm ICF due to our maximum bearing footprint sitting snug and stable on the footing if they are level.

3. Proceed to lay standard blocks stacking on the chalk line.

4. At some point in the wall, the blocks from either corner will meet, and a block must be cut. This is called a filler block.

5. The filler block section should be at a door if there is one. If none, then it is located middle of the wall or at a window.

6. The filler block should not be cut until the second row is stacked. The second row tightens up all the joints in the first row.

- Due to the strength of SuperForm ICF Blocks and our interlocking systems, no clips, zip ties, foam adhesive, or form lock is needed until the top ICF row. This will save you significant time and money. If using other brands other than SuperForm, check the install guide for the accessories required.

Scan to watch the Why SuperForm ICF Video

SuperForm ICF – 2nd Row

1. Always start the second row at the corner Stack the opposite (left/right) corner, then the first row to maintain a 12” offset.

- Always alternate corner blocks (left or right) to maintain a 12” offset throughout the build.

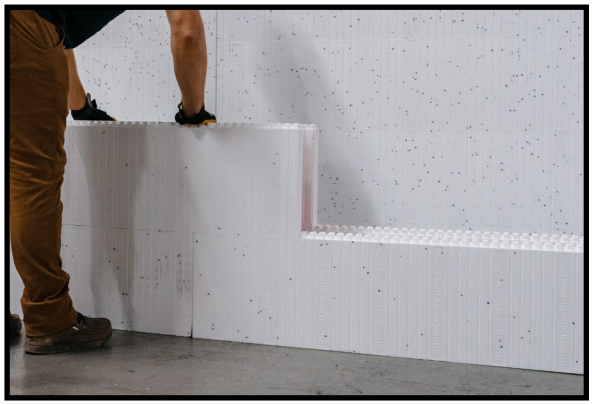
2. Proceed to lay the second-row standards toward the middle of the wall.

3. When you’ve stacked the 2nd row up to the filler block area, a filler block will need to be cut. Stacking the 2nd row tightens all the loose standards up on the first row ensuring you get an accurate cut dimension for the filler block on the first row.

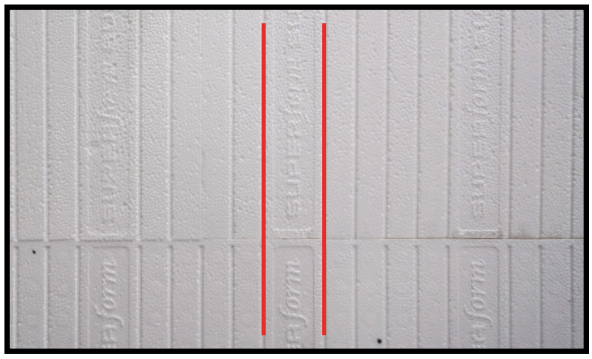
4. Make sure blocks are firmly seated and compressed together.

5. Make sure there is a 12” offset locking the rows together.

- Remember horizontal bar may be required on the first row and needs to be set before the 2nd row of ICF is stacked.



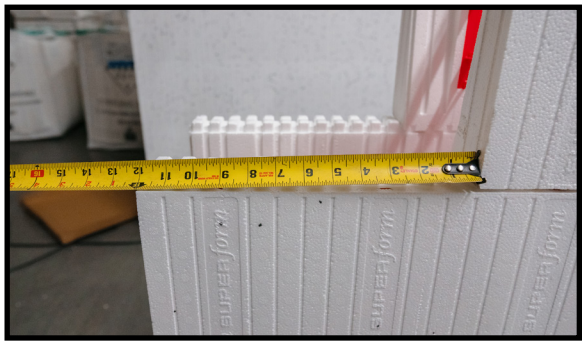
IMPORTANT – Ensure ties line up for a consisitent stud all the way up the wall.



Filler Block

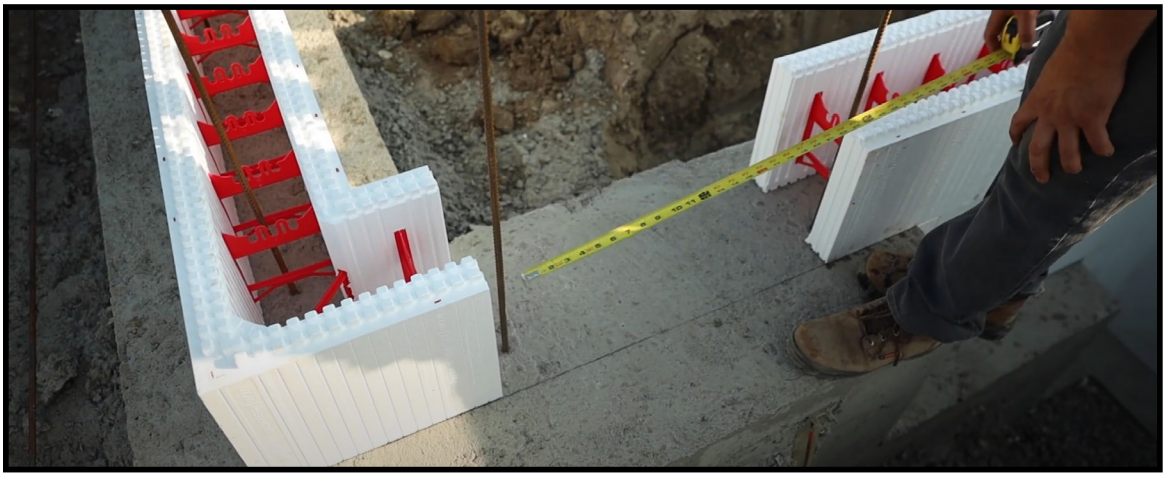
1. At some point in the wall, the blocks from either corner will meet, and you will need to cut filler blocks to complete the 1st and 2nd rows.

2. The filler section should be located at a door. If there is no door, then it is located middle of the wall or at a window.



3. Check the following before cutting this filler block.

- Both corners are on the chalk line.
- Be sure the second row is stacked up to the filler block to tighten up all joints.
- Make sure your standard blocks are on the chalk line.



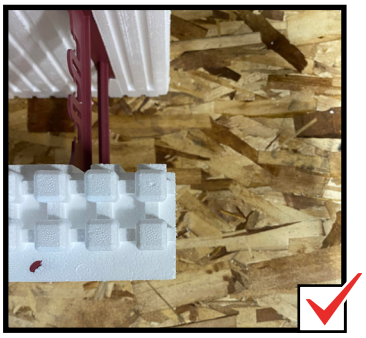
Discuss: Common Joint vs. Overlapping Joint

Filler Block

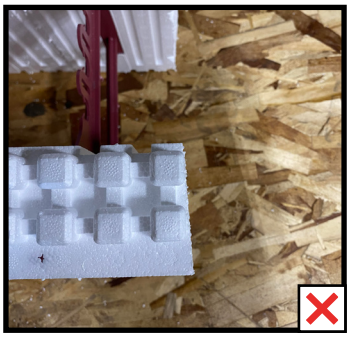
Angle of Block

When cutting filler blocks, it is important that your cut is 90 degrees. If it is over 90 degrees your filler block will start to push your walls out of level, causing you stress and significant problems as you continue. All blocks should always be cut at 90 degrees so the cutoff piece is usuable and you don't have to recut when you use the leftover piece.

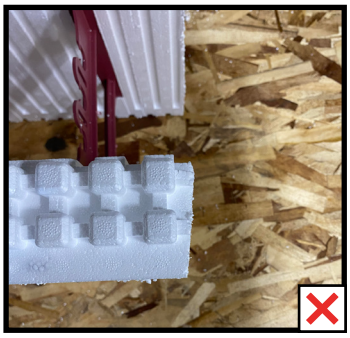
At this point in the course, each student needs to cut a block. Ensure everyone understands the importance of accurately cutting the ICF block and the method below to get measurements without using a tape measure.



90 degrees



Less than 90 degrees



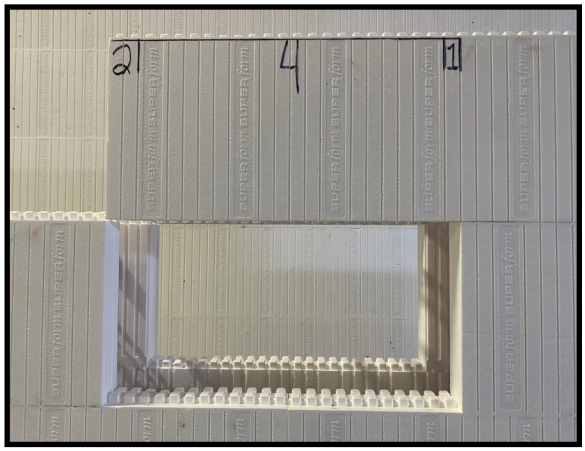
Over 90 degrees

Filler Block Measurement

This is a quick and accurate measurement option to use on the job site without having to use your tape measure.

Refer to this as a **2 - 4 - 1**

- 2 bars of foam
- 4 ties
- 1 bar of foam

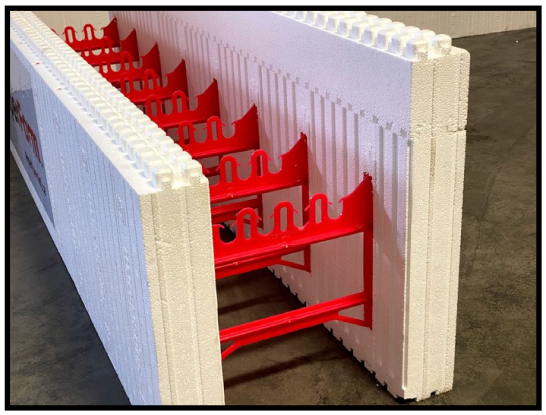


3" Height Adjuster

- 3" height adjusters work good if you need to get an extra 3" of height on your wall. Or they may work well to put above or below a window instead of cutting blocks.

1. Foam the 3" height adjuster both at the bottom as you put them down and on top as they set the final row of ICF down. Always place them as high in the wall as possible, installing them just below **the top row**.

   Refer to drawing 7.1.1



One-Sided Block

Applications:

- Commercial Buildings
- Pools
- Retaining Walls
- Elevator Shafts

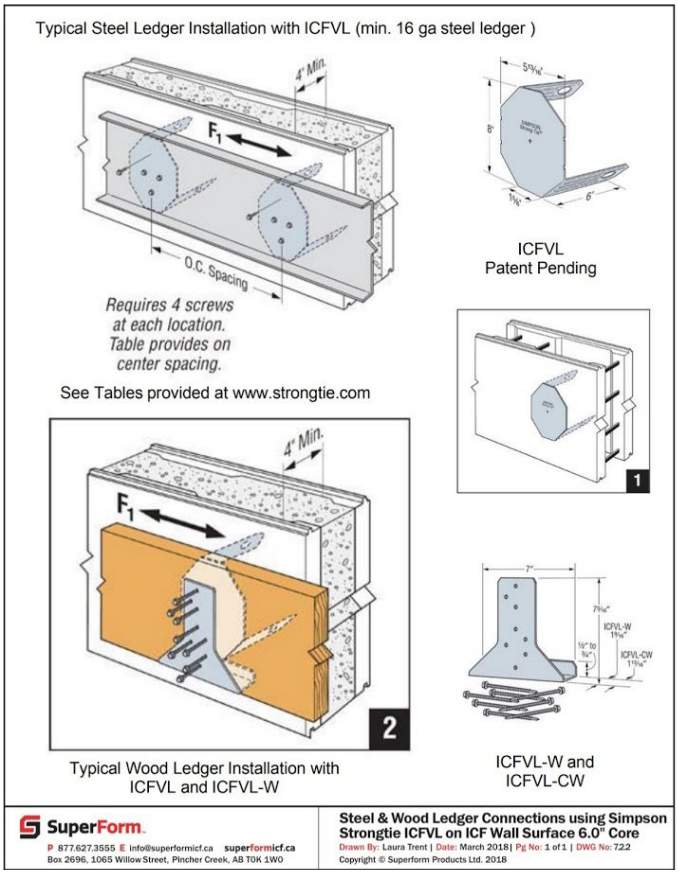
Scan to visit the One-Sided ICF Web Page

ICFVL Floor Connections

Depending on the building plans and customer desires a couple different options are available to attach your floor to. It is very important to always check plans and make sure beam pockets and all framing/ floor requirements are in place and manufacturers floor connections manuals are followed.

Simpson Strong Tie ICFVL

1. If you are continuing on with ICF this is a great option. Put the ICFVL through the foam into the concrete void before the pour. Spacing of this ICFVL is per manufacturer's tables. Also see drawing 7.2.1 and drawing 7.2.2 in our technical drawings.



Scan the QR Code to watch Floor Hanger System Part 1 Video

Scan the QR Code to watch Floor Hanger System Part 2 Video

Scan the QR Code to visit our Manual Section

Floor Connections

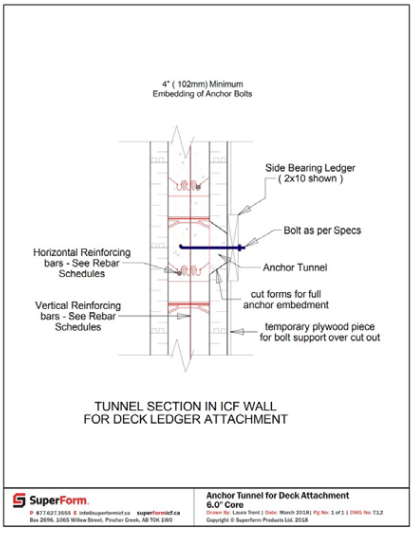
Depending on the building plans and customer desires a couple different options are available to attach your floor to. It is very important to always check plans and make sure beam pockets and all framing/ floor requirements are in place and manufacturers floor connections manuals are followed.

Beam Pockets

Beam pockets may be necessary for porch, roof, or deck beams. Always check your plans.
Our foam bucks work well for this or wood can be used to block out for a beam to sit in later.

Anchor Bolted Ledger

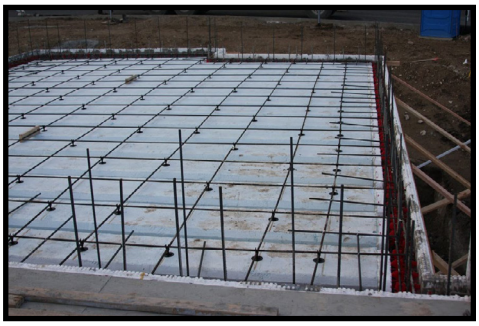
A 4" hole needs to be cut out of the foam to make this option work. **Sufficient concrete must encapsulate the anchor bolt.** The ledger board can be permanently screwed **(the screws are not structural they only hold the ledger board on strait and keep concrete from coming out)** on with anchor bolts at the required locations, however often the vertical bracing is in the way of accomplishing this so some planning must be involved. See drawing 7.1.1 and 7.1.2 in our technical manual.



Floor Connections

Concrete Floor

The exterior ICF panel should continue through with the interior one being cut off the thickness of the floor. There are numerous types of concrete floor systems. All systems must bear on the concrete.



For ICF not continuing on anchor bolts are placed in level concrete. A sill plate will be installed and trusses will be attached.

Scan to watch the Windows & Door Openings Video

Window and Door Bucks

Window and door bucks provide a means in which to create an opening where a door or window may be installed. Window bucks can be built with numerous different materials however one of the most common methods is still wood.

Building Bucks

1. Door bucks should be laid before you start stacking first row.
2. Ensure you have the correct RO's from the manufacturer.
3. Make sure your door bucks account for the floor thickness!
4. Run the taught piece of your buck over the side pieces. This helps handle the weight of the concrete.
5. When building window bucks run 2x4s for the sill at the bottom for room to fill with concrete and vibrate confirming sufficient consolidation. Have some 16" plywood ready to attach to sill to prevent concrete from continuously bubbling up.
6. Nails or screws should be put through the wood buck into the concrete void before the pour to hold the buck securely in place afterwards.
7. Wood bucks should be PWF or wrapped with poly if they are in contact with concrete. They should be attached to the SuperForm ICF using additional support. **See page 50.**

- **Efficiency Tip** - Bucks can be prebuilt by a crew in the shop or onsite with internal bracing so they are ready to go when needed.

1. Openings need to be braced internally approximately every **2 - 2.5'** to keep bucks straight because of the weight and pressure of concrete. These can be removed after the concrete has sufficiently cured.
2. Run a long 1x4 or 2x4 or 2x along the top of the opening if possible.
3. Window bucks are held in place with additional support/cleats both inside and outside.

Window and Door Bucks

1. Blocks may need to be cut horizontally above or below openings, a skill saw works good for this.

- For sake of efficiency always try to only cut blocks either on the top or bottom of your opening. If you cut the bottom row of ICF, the top row should run over the window buck. If you cut the block above the window buck, the buck should sit on the 4th/5th row etc.

- **TIP!** Order the right size of windows, so no blocks need to be cut horizontally. This is an option to maximize efficiency.
- **TIP!** In between windows is a great place to use cutoff pieces. Any cut off block 6" long can easily be used in the wall. Right below the top course is another great option as the pressure is the least at the top of the wall. A 6" overlap to get rid of waste is acceptable especially close to the top of the wall. A good installer will leave a jobsite with only a garbage bag full of waste!!

Installing Window / Door Bucks

1. Once window and door bucks are built and the ICF is ready, set your bucks in place. It is easier to do this sooner than later.

2. Glue and tape the bottoms of your window buck down to the ICF. 2 to 3 strands of tape are sufficient.

Window and Door Bucks

Here is a few options to prevent thermal bridging through the buck if that is a concern.

Half Buck

The half buck is great for fastening interior trim to take out in this practise. The inside EPS panel is cut 1.5” bigger all the way around the opening and butted into the exterior foam panel. Cut 2.5” off of the buck from the overall block thickness and use devil washers and 4” screws to attach it through exterior foam.

Pictures from the outside

Pictures from the inside

Inserted Buck

The window buck is inserted in between the EPS panels and the buck is flush with the foam. The EPS on the inside and outside is the actual RO. Attach 2x4s blocks to the sill the to hold the window buck in place. Devil washers with 4” screws are used to secure the buck to the foam. Internal brace as normal.

Both options are easier to apply exterior stucco.

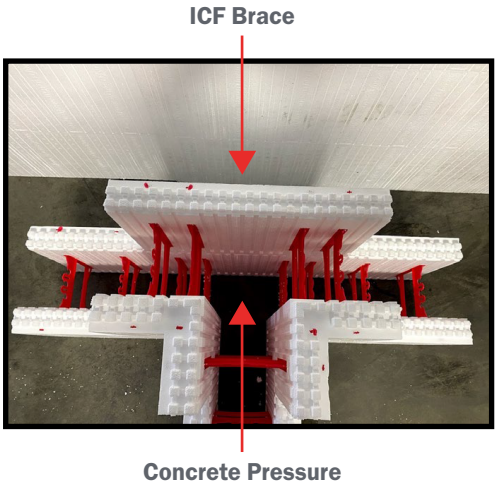
T Walls

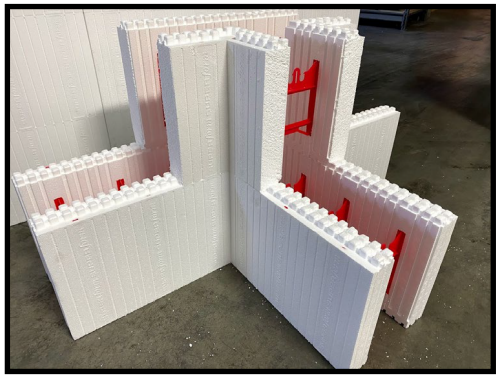
T walls are quite common in foundations especially going from the basement into the garage etc. SuperForm T blocks make this very easy to accomplish.

1. Cut every other T- block 12” off to maintain 12” overlap.

2. Bracing the T intersection is very important to maintain straight walls during the concrete pour. The concrete pressure will cause the T to bow out if it is not supported.

▶ **TIP!** The 12” pieces can be used as filler pieces by windows etc.





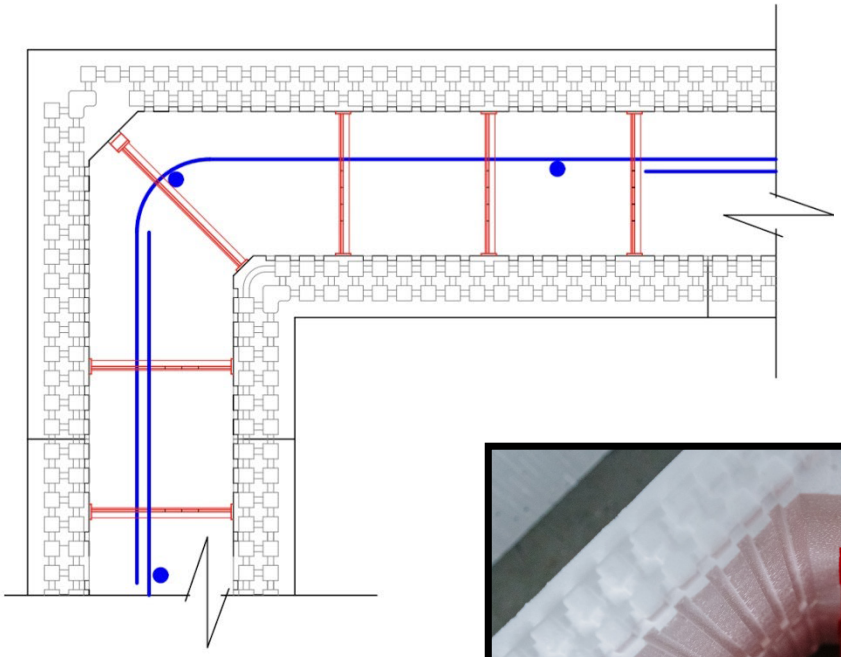
Reinforcing Steel / Bar

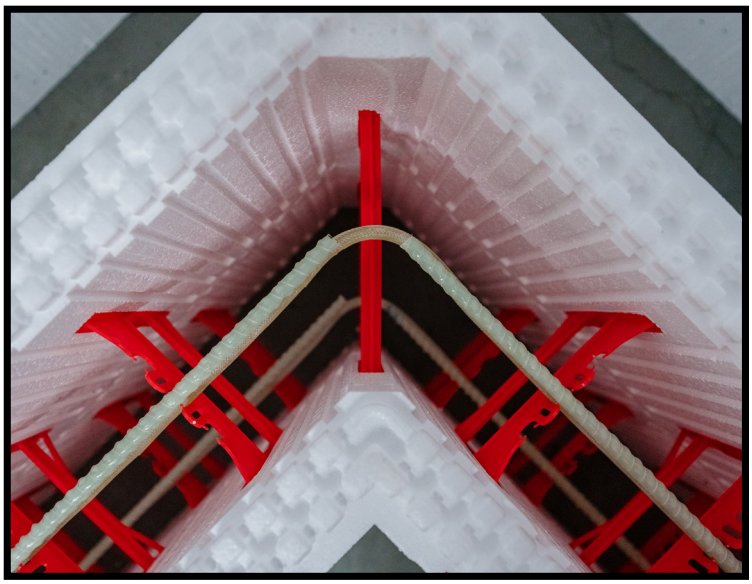
- Rebar (short for reinforcing bar), known when massed as reinforcing steel or reinforcement steel, is a steel bar or mesh of steel wires used as a tension device in reinforced concrete and reinforced masonry structures to strengthen and aid the concrete under tension. Concrete is strong under compression but has weak tensile strength. Rebar significantly increases the tensile strength of the structure. Rebar's surface is often "deformed" with ribs, lugs or indentations to promote a better bond with the concrete and reduce the risk of slippage.

- Major building codes around North America (NBCC, IBC and IRC) recognize insulated concrete forms as a method of concrete wall construction. ICF is an EPS stay in place forming system with embedded polypropylene cross ties that is filled with concrete and rebar. The engineering design and structure are all reinforced concrete walls.

- Always follow the engineering spec for rebar size and placement per specifications and/or local building code. Typical rebar sizes are 10m (½”), 15m (⅝”) or #4 and #5.

- Always do a contact lap splice.





Reinforcing Steel / Bar

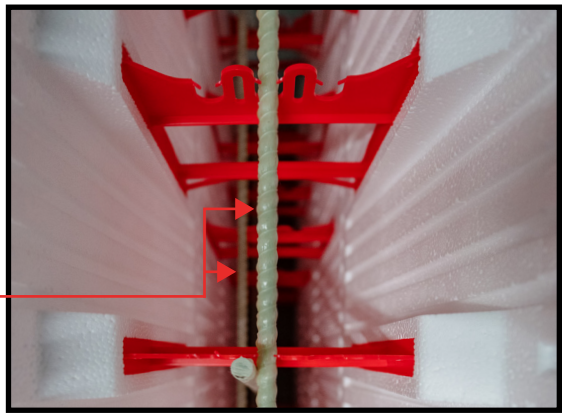
Scan to watch the SuperForm ICF Video Reinforcing Bar

Horizontal Rebar

1. Rebar snaps nicely into the rebar chairs. These chairs are placed to allow proper coverage between the rebar and the EPS foam.

2. Following building plans for specced rebar spacing. Offsetting your horizontal rebar by staggering every row of bar will hold the vertical bars in place. Because of this, vertical bars do not need to be tied at the bottom.

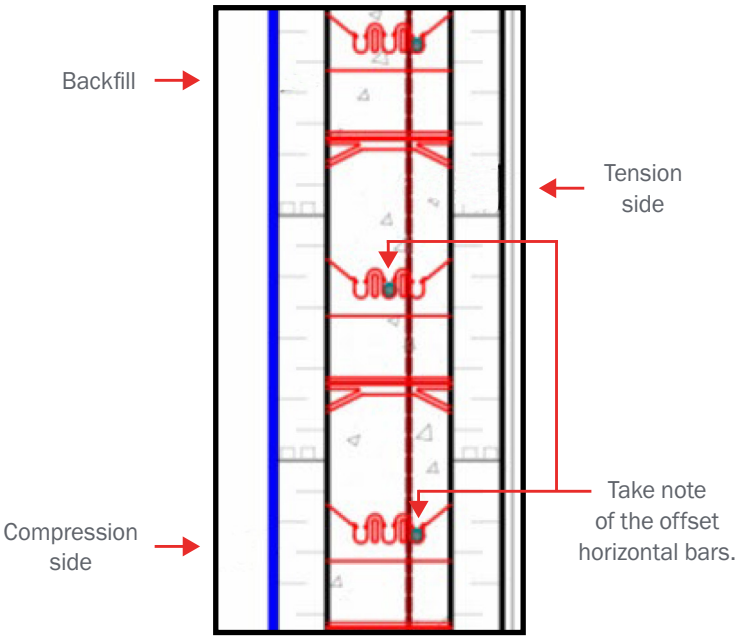
3. Take note that the horizontal bar does not touch the tie-in bar out of the footing, or it will create a bulge in your wall.



Below-grade Rebar

Below-grade rebar will go to the tension side of the wall. This is important!

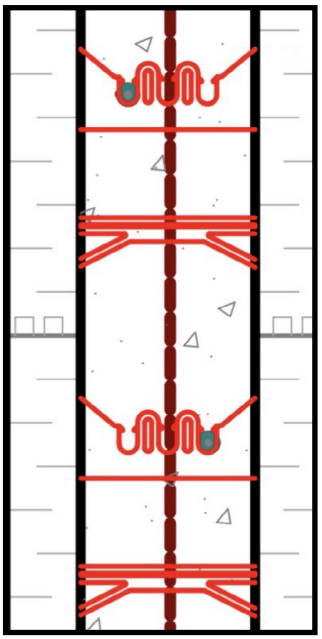
Horizontal bar-inside/middle always offset the horizontal rebar to hold the vertical bars in place.



Above Grade Rebar

Above grade rebar in the center of the wall as there is no tension side.

Horizontal bar inside/outside



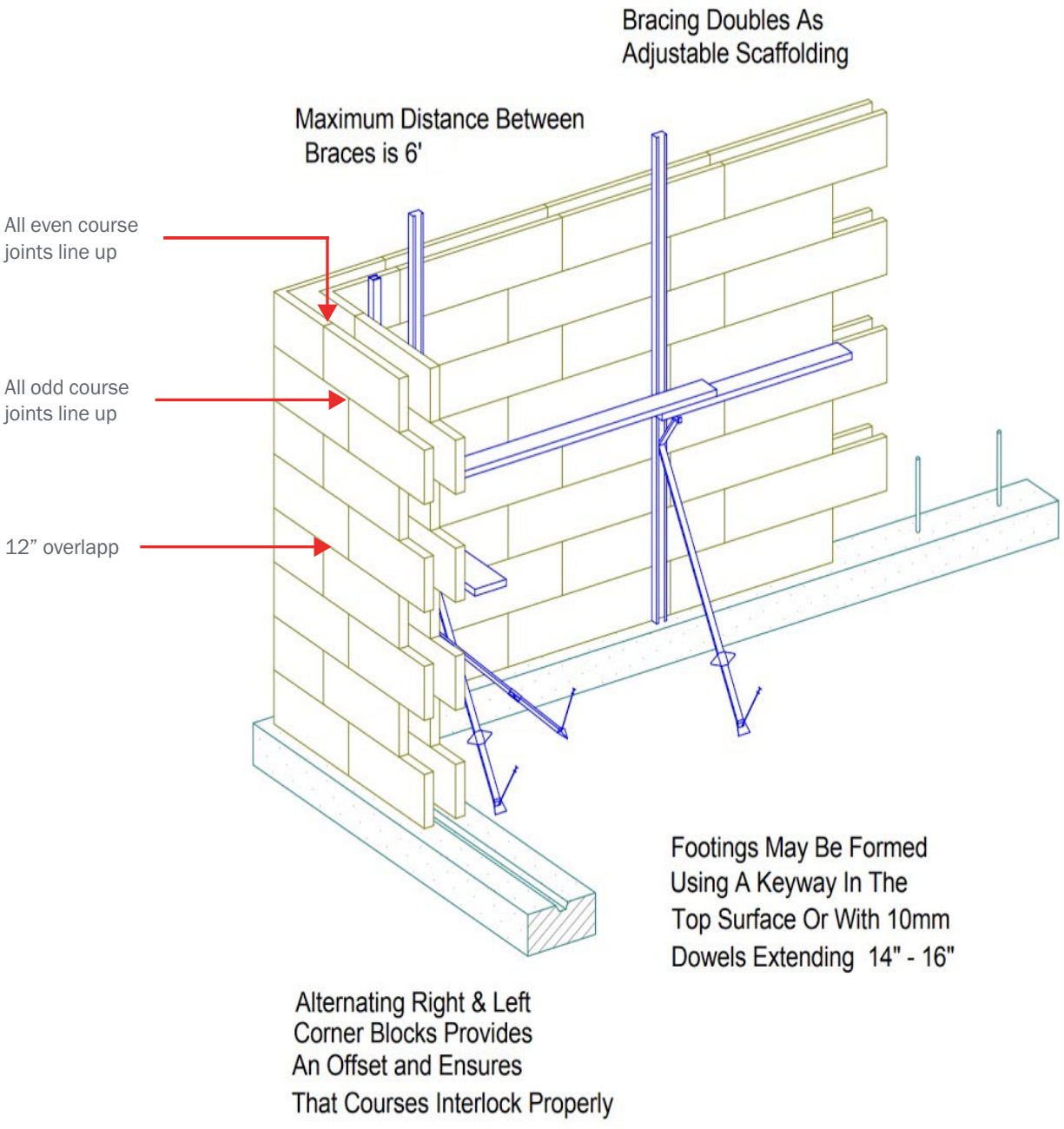
Continuing Courses

Scan to watch the SuperForm ICF Video Continuing Courses

1. It's important to understand every other row must line up. 1st row, 3rd row, and 5th row should all have the same corners and joints, and they line up. Layout the location of the bracing system on the wall with a marker every 6'.

2. By the 5th row the ICF bracing will need to be installed. However, in this exercise install it once you are 4' tall as this is as high as we will go.

3. When you are done for the day, ensure rebar is installed in your top row of ICF, ICF bracing is screwed to the wall, and all ground pins are secure. This ensures your wall will still be there when you return the next morning.



ICF Bracing / Scaffolding

Scan to watch the SuperForm ICF Video Bracing & Scaffolding

Always follow bracing manufacturer safety standards and local safety protocol. A bracing set will include a vertical channel, a diagonal turnbuckle, scaffold plank support, and handrail attachment if necessary.

1. ICF bracing should start being erected by the 5th row. (in this exercise, it is installed at 4' tall.) Layout the location of the aluminum channels starting at a corner.

2. Start your layout with the first brace at 24" from the corner, followed by the rest of the braces every 6'.

3. Screw the aluminum channel to the wall through the tie. Screws should be installed in the top of the slot and left slightly loose for some settling during the concrete pour and for straightening the wall.

4. Attach the diagonal to the aluminum channel using a manufacturer-approved connection.

5. A steel stake/bent rebar or a couple of screws can be put through the foot of the brace to secure it.

IMPORTANT - make sure the turnbuckle threads are halfway before securing the foot so you can easily push it out or pull it in without running out of thread.

Waterproofing / Dampproofing

Keeping water out of your below grade wall cannot be overemphasized and must be used below grade. Waterproofing must be compatible with EPS. Below are a few options.

1. Soprema is a high-quality, self-adhesive, rubberized peel and stick sheet designed for dampproofing SuperForm ICF construction. Benefits include high tensile strength and puncture resistance, greater flexibility and consistent thickness, ensuring the high-end waterproofing required to give you peace of mind that your below-grade builds won't leak.

2. Dimple Wrap. A permanent moisture barrier that prevents the exterior backfill from touching the foundation wall. Dimple wrap also provides an air gap allowing the foundation to breath and transmit moisture to the footing drainage. It is fastened with special fasteners through the raised dimples.

3. Liquid spray on or roll tar is acceptable if it is EPS compatible.

Installing Soprema

Installation guidelines as per Soprema.ca guidelines. Typically you will need at least 2 people to install the peel and stick and it usually works best installed vertically. **It is extremely important to follow manufacturer's instructions to receive warranty if product fails.**

1. Cover all small projections (pipes, etc.) with a detailed membrane and seal the ends. Make sure EPS is clean.
2. All interior and exterior angles and the footing at the corner must first be covered with a 300 mm (12 in) wide strip of detail membrane centered on the corner. This strip must be applied directly on the surface, with no gaps between the surface and the membrane. Outside corners should be double lapped. On a clean, dry surface, COLPHENE ICF membrane does not usually require primer. Use water-based ELASTOCOL STICK H20 primer when the surface is really dirty; solvent-based primers could damage the polystyrene and must not be used.
3. Install the membrane vertically by gradually removing the silicon paper while pressing on the membrane to promote bonding.
4. Continue to install the COLPHENE ICF membrane on the entire foundation wall, making sure it is aligned with the previous roll. Longitudinal overlaps must measure at least 75 mm (3 in.), while transversal overlaps must be at least 150 mm (6 in.) Use the dotted lines on the Soprema for guidance.
5. Apply uniform pressure over the entire protective membrane **using a roller**.
6. Tears and holes must be repaired using the appropriate membrane. The patch must be at least 100 mm (4 in.) larger than the affected surface. The edges of the patch will be sealed with waterproofing mastic.
7. Apply a bead of sopraseal on the top termination of the membrane to keep it from peeling down.
8. Any waterproofing membrane that can be seen after filling must be protected from UV rays and mechanical damage.

More Tips

- Make sure the waterproofing wraps around the footing and comes down the vertical wall of the footing.
- Soprema can be precut for efficiency once desired length is attained.
- Once the back wrapper is off be very careful not to let the soprema stick together as it's almost impossible to pull apart once it does. For this reason Soprema should be applied to the ICF and the brown backer paper should be pulled off simultaneously.

If specified a combination of both can be used soprema and dimple board can be used.

For full detailed instructions visit our website

Prepour Inspection Checklist

Scan to watch the SuperForm ICF Video Concrete Pour

Pre pour inspections are very important. They ensure you are 100% ready for concrete.
If you are in doubt add additional support.

- [ ] Quick visual check to confirm block is still on the chalk line.
- [ ] All walls are level and plumb.
- [ ] Wall dimensions are correct.
- [ ] String line is ready to straighten top of wall.
- [ ] All joints, windows, and doors are additionally supported if necessary.
- [ ] Anchor bolts are ready if needed.
- [ ] Short wall sections are strapped.
- [ ] Beam pockets are in place.
- [ ] Floor embedments are in place.
- [ ] Concrete placing equipment is ready.
- [ ] Bracing/ICF wall is leaning slightly inward for concrete.
- [ ] Concrete placement plan with crew.
- [ ] Openings are braced and framed.
- [ ] Spray foam can be used to fill any gaps that are left. Any gap bigger then ¼" should be spray foamed.
- [ ] If you are going up with a second level of SuperForm cover all knobs with the 4" SuperForm Tape. 4" tapes keep everything clean and tidy for the next level.
- [ ] If this is your last pour of ICF, SuperForm recommends trimming off all knobs.
- [ ] Vertical rebar is extended through the pour or pieces are cut to wetset in if ICF is continuing.

Post Pour Concrete Checklist

- [ ] All areas are consolidated
- [ ] Ensure all embedments are in place and haven't moved.
- [ ] Walls are straight, plumb and level. Limit scaffold activity after this.
- [ ] Double check that walls are straight, plumb and level.
- [ ] Bucks for openings have not moved.
- [ ] Service penetrations have not moved.
- [ ] Concrete is protected on top from freezing if needed.
- [ ] Anchor bolts are in or rebar is in for continuing ICF.
- [ ] Beam pockets are in place for any beams needed for framing etc.
- [ ] 4" SuperForm tape is removed

Installer Training Checklist

- [ ] **1.** A clean jobsite is a safe money making jobsite
- [ ] **2.** Step footers in 1' increments
- [ ] **3.** Clean footers or footings off
- [ ] **4.** It's very important to get flat footers
- [ ] **5.** Staging material, bracing, etc
- [ ] **6.** Layout, snap lines
- [ ] **7.** First row
- [ ] **8.** Which rows do rebar go in?
- [ ] **9.** Bar overlap 40x bar diameter (US)
- [ ] **10.** Establish filler size after 2nd row
- [ ] **11.** How to cut
- [ ] **12.** Write cut sizes on the wall
- [ ] **13.** Block sizes without a tape measure
- [ ] **14.** Webs need to line up
- [ ] **15.** What if a cut comes right on a web?
- [ ] **16.** Mark areas that need extra reinforcement
- [ ] **17.** Eliminate waste
- [ ] **18.** 12-in offset
- [ ] **19.** Minimum offset 8 in
- [ ] **20.** Bracing installation
- [ ] **21.** Vertical rebar schedule
- [ ] **22.** Reinforce common seams, short offsets, beside windows and doors, windows and doors close to corners, less than 8-in overlaps
- [ ] **23.** String lines before pour
- [ ] **24.** Lean bracing in prior to pour
- [ ] **25.** Check that the wall is still on the building line
- [ ] **26.** Gaps beside window bucks (don't make it tight)
- [ ] **27.** ACI 318 says 4 ft of lift per hour
- [ ] **28.** Beam pockets
- [ ] **29.** Floor ledger systems
- [ ] **30.** Waterproofing / Dampproofing
- [ ] **31.** PrePour checklist
- [ ] **32.** Watch the wall when pouring
- [ ] **33.** Concrete consolidation
- [ ] **34.** Don't pour directly in corners
- [ ] **35.** Postpour checklist
- [ ] **36.** Cover the top of the wall to protect interlock or to keep concrete from freezing
- [ ] **37.** Waterproofing options
- [ ] **38.** Floor system should be installed before backfilling

Scan the QR codes to watch the SuperForm ICF Installation Videos.

ICF Installation Videos

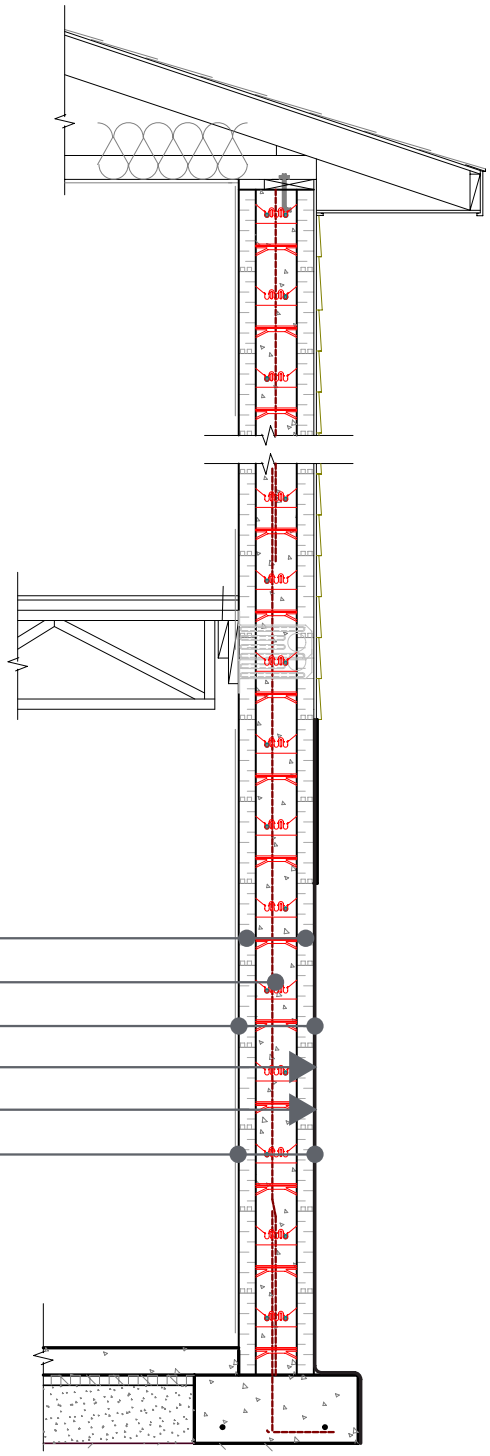
- Rules, Tools & Materials
- Jobsite Preparation
- Footings
- First & Second Row
- Reinforcing Bar
- Continuing Courses
- Bracing & Scaffolding
- Windows & Door Openings
- Top Row ICF
- Floor Connections & Wall Penetrations
- Additional Support
- Concrete Pour
- Floor Hanger System Part 1
- Floor Hanger System Part 2
- How to Reduce Waste on Your Project

Scan to download the SuperForm Install Manual

A Complete Package

SuperForm Products offers the complete package: a premium wall system, rigid insulation, and premium accessories to enhance your SuperForm building experience. Get your full insulated package on one truck from one vendor, maximizing every project. 100% of SuperForm ICF components are manufactured in-house in Canada and USA, meeting all international building codes.

SuperForm ICF gives you confidence that your investment will stand the test of time by completing all major building steps into one simple process, saving significant time and resources



6 Building Steps in 1

- Forming System
- Wall Structure (rebar & concrete)
- Continuous Insulation
- Air Barrier
- Vapour Barrier
- Interior & exterior attachment points

ICF Building Types

- Schools
- Churches
- Root Cellars
- Agricultural
- Commercial
- Swimming Pools
- Office buildings
- Multistory
- Retaining Walls
- Industrial
- Houses
- Dog Houses
- Green Houses

Benefits of ICF

Fire Resistant

SuperForm ICF withstood exposure to intense flame without structural failure in firewall tests. Extremely low flame spread and smoke development result in a **fire protection rating of up to 4 hours. ASTM E119.** Conventional wood walls have a fire rating of under 20 minutes.

Rot/Mold Free

SuperForm is 100% rot and mold/mildew free with absolutely no food source available for anything to grow.

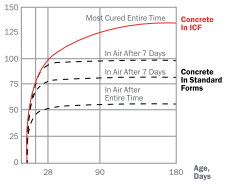
Net Zero Green Construction

Ongoing laboratory and site testing proves a home or commercial building built with SuperForm ICF can meet net zero requirements. SuperForm ICF achieves **a thermal transmittance of 0.260 m^2K/W (0.046 $ft^2 \cdot hr \cdot °F/BTU$) and thermal resistance of 3.70 W/m^2K (21.0 $BTU/ft^2 \cdot hr \cdot °F$)**. SuperForm ICF's superior energy performance results from our wall system working in conjunction with the thermal mass of a solid concrete core to provide one of the strongest, most energy-efficient, and airtight wall systems available today. **Effective R-value performance of over R40.**

Long Term Value

SuperForm insulated building solutions are designed to be cost-effective and competitive, providing maximum value for every dollar. SuperForm ICF is designed as an all-in-one system with unique design features facilitating a quick, easy build, saving you significant time and labour. Since the structure is built with concrete and an Insulation that doesn't break down, off gas, or lose R-value over time, your building will have infinite durability and lower maintenance during its lifetime.

Disaster Resilience



The strength of SuperForm ICF is derived from a solid concrete core. In our forms, concrete is cured in a perfect environment, making it 30% stronger than conventional concrete walls. Combining our 12” high block, which gives engineers and builders more rebar options, creates one of today’s strongest walls. SuperForm provides high-impact resistance and **withstands up to 400km/h (250 mph) winds**, ensuring safety within a building.

Unmatched Comfort

SuperForm ICF brings you **confidence and peace of mind** knowing you are creating a home or space with unmatched comfort. With **continuous dense insulation and a solid concrete core, you receive the most air-tight building envelope available.** This **eliminates drafts or cold spots** resulting in a uniform temperature in your home all year round, no matter what mother nature throws at you.

Energy Efficiency

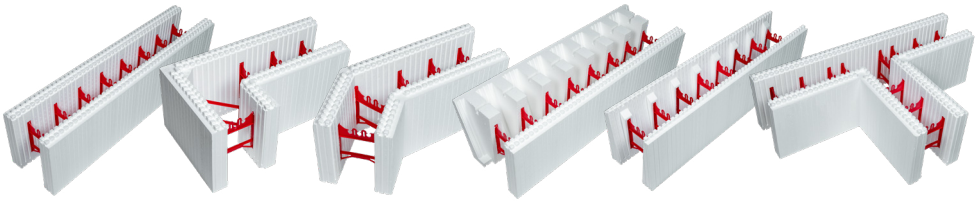
The building industry demands tighter, more energy-efficient buildings with effective R values of 40 and above. SuperForm ICF offers better energy solutions for any structure. Studies show that SuperForm ICF has a 58% better R-value than conventional wall systems, resulting in energy savings of up to 60% per year. This is achieved by the concrete's thermal mass, superior air tightness, and continuous insulation on both sides of the wall assembly, reducing the size of heating and air conditioning equipment.

Improved Indoor Air Quality

Maintaining a healthy environment is essential in any indoor space and SuperForm ICF provides a wall system that greatly enhances air quality. **Our walls reduce air infiltration by 75%, increasing the air quality in your home.**

For more information on tests, check out our website.

Why SuperForm ICF?



12" Tall Block

Due to the size of our block, our tie size is only 1' high. With more tie hold and less square footage, our block is stronger than competing blocks (16-18" tall) and avoids vertical and horizontal bulging. This design gives engineers more options, giving you the option of a 12" rebar grid, and makes for a stronger, flatter wall.

6" Tie Spacing

Our 6" tie spacing provides up to 33% more tie per block. This spacing means that each tie needs to hold just 0.5 square foot, making for the strongest block on the market. 4" of foam between ties and 2" on the end of the block eliminates vertical and horizontal bulging along block planes and provides a flatter, straighter, stronger wall. The 6" tie spacing also allows for more attachment points in your wall, giving you more options. Combined with our 12" tall block, 6" tie spacing gives builders the strongest block possible.

1" Repeating Cut Lines

We designed SuperForm ICF's with maximum design flexibility in mind. This flexibility allows a builder to match any plan you provide on the job site.

Thickest Tie Flange

With the thickest flange (6.75mm- 17/64") on the market, our tie performs when fastening anything to it. The result is a strength that holds up to 330 lbs. off a one 2-inch deck screw and pullout strength that exceeds wood studs. Our product eliminates the worry over stripped screws, making it the go-to product for builders. Our fastener withdrawal tests show up to double the strength of our competitors' ties.

Virgin Tie Material

Our ties consist of virgin material, which gives a more consistent and higher tie strength. This eliminates brittle ties and results in a stronger, safer wall, giving you peace of mind knowing it will handle the pressure of concrete. Our tensile tests exceed strengths of over 850 lbs.

Why do these features matter?

Peace of Mind

The unmatched strength of SuperForm ICF provides the installer peace of mind during installation and concrete pour. While other systems require zip ties, wire ties, glue/spray foam, form lock, kickers, or even applying plywood to every corner, SuperForm simplifies installation without using extras. Our knob system, virgin tie material and tie spacing add to this ease of installation, saving significant time, effort, and money. Simply put, minimal accessories required equals less labour and faster installation for builders. You'll have confidence knowing you're speccing the highest-quality ICF product available.

Steps to Take Certified Installer Test Online

1. Scan or tap the QR Code to take the test on your mobile device, or visit the following URL and take the test on a desktop computer.

   www.superformicf.com/courses/certified-installer-test/

2. Fill out the Registration Form to create a username and password. Once registered, you'll automatically be enrolled and will be able to take the test.
3. Once the test is completed and you've passed with 80% or higher, you'll be able to download and print your SuperForm Certified Installer certificate.

Fill out our Digital Post-training Evaluation Form

Scan or tap the QR Code to fill out our digital post-training evaluation form on your mobile device.

The SuperForm Advantage | Build with confidence

Interlocking Knobs

Our unique square knob design offers 35% more surface friction fit than other systems on the market. The horizontal connection is so tight there are absolutely no vertical joint spreading.

Design Flexibility

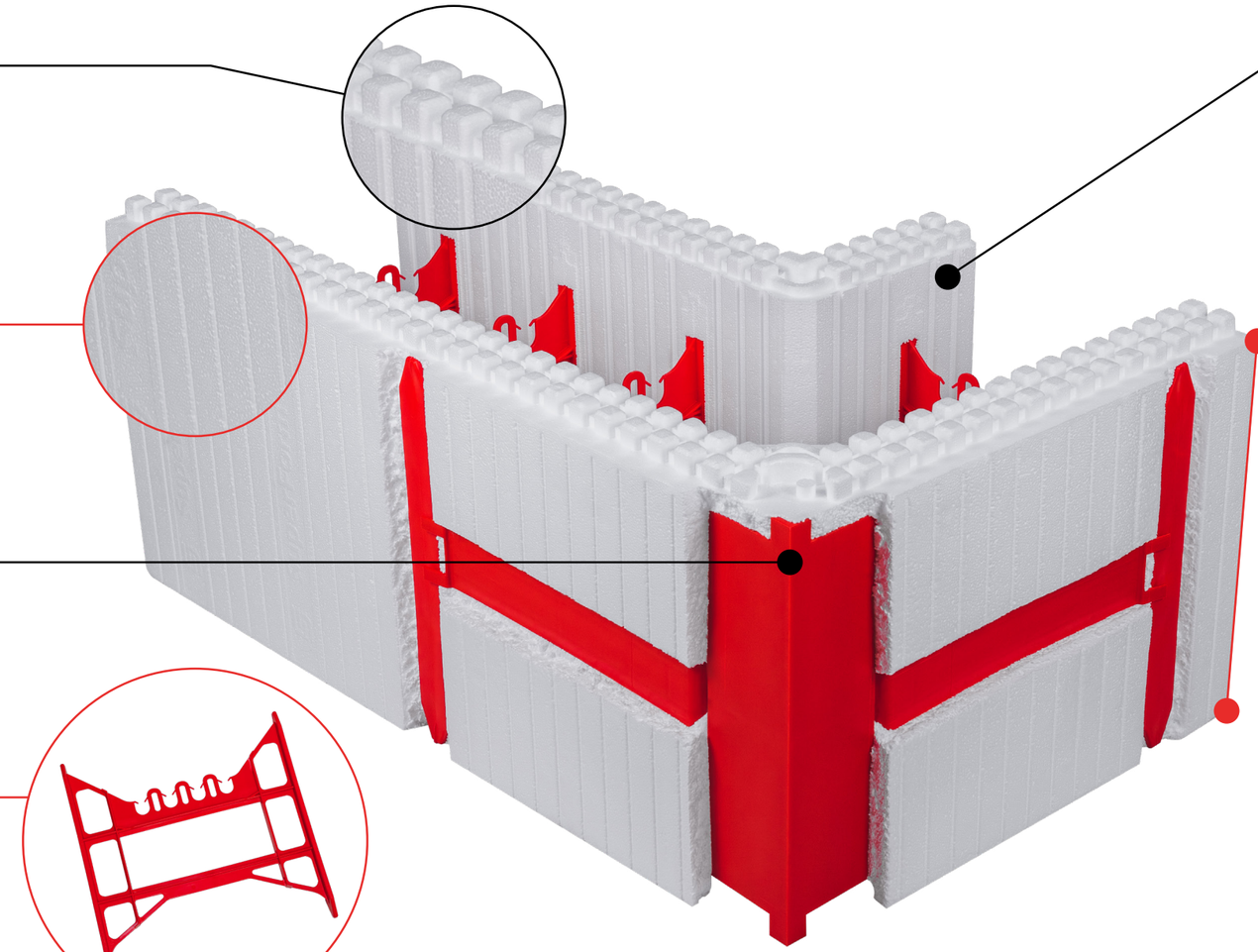
SuperForm ICFs are designed with maximum design freedom with 1″ repeating cut lines. This allows you to match any plan on the jobsite and helps reduce waste.

Bullet-proof Corners

Our newly updated corner tie and bracket solve one of the biggest challenges ICF installers face: corner blowouts. Our corner requires less additional support saving you time and money, and gives you peace of mind during the concrete pour.

Tie

The SuperForm tie stands tall with outstanding performance when compared to other systems. Our thick red tie flange (7.25mm – 5/16th) every 6” is made of virgin polypropylene resulting in a higher, more consistent tensile strength. You can have confidence that whatever you fasten to them will be secure. Our flow-through design allows concrete to flow easily and bond to all EPS surfaces.



Grooved Inside Panel

Our grooved inside panel is designed for better concrete adherence. Our panels lock the concrete and EPS together, making a connection that will not separate. The built-in anti-lift technology, locks all blocks down by concrete pressure on it. This eliminates the need to tie or lock down each row, making your installation faster.

Standard Sizing

Our standard sizing of 4’ long x 1’ high makes building and estimating extremely simple. Our light-weight block is easy to handle by yourself, making it easier to work in trenches or on scaffolding. The 12” block removes all vertical bulging in the wall giving you a flatter wall and more rebar options at 12” centers if needed.

6” Tie Spacing

Our 6” tie spacing provides up to 33% more tie per block resulting in one of the strongest blocks on the market. With only 4” of foam between ties and 2” of foam on the end of the block, this eliminates vertical or horizontal bulging along block planes and provides a flatter, straighter, and stronger wall. The 6” inch tie spacing also allows for more attachment points in your wall, giving you more options.

Notes

Notes

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