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**Next**



## Insulated Concrete Forms. The building blocks of strength.

Insulated Concrete Forms (ICFs) are quickly becoming a fundamental building technique for multi-family residential, school and commercial buildings due to their strength, energy efficiency and ease of use. Take a look at how ICFs work—and find out what makes them the best choice for your next building project.

### SETTING THE STAGE

The outer shell consists of foam insulation blocks that are stacked together like legos.

### ADDING STRENGTH

Concrete is poured throughout the block structure, making it strong, safe, soundproof and energy efficient.

### REINFORCING THE STRUCTURE

Steel rebar runs through the middle of the insulated concrete form, acting as the backbone.

### SMOOTHING IT OUT

The exterior layers of ICFs can include acrylic stucco mesh, conventional stucco, brick or any other finish system.

### KEEPING IT IN PLACE

Web and furring strips are used to hold the rebar in place and provide attachment points for interior and exterior finishes.

If you're not building with ICFs, it might be time to start. Learn more at [BuildWithStrength.com](http://BuildWithStrength.com).

**BUILD WITH STRENGTH**

A COALITION OF THE NATIONAL READY MIXED CONCRETE ASSOCIATION



More than 90% of the life cycle carbon emissions are due to the operation phase, with construction and end-of-life disposal accounting for less than 10% of the total emissions. So they are comparing a premium product like an ICF that has an insulating value of R-40 or more to a conventional new code-compliant building built to ASHRAE 90.2-2007, "the minimum energy-efficiency requirements for the design and construction of new residential dwelling units", and quelle surprise, it uses less energy. Plus, our wall assembly works with all exterior/interior finishes you choose to use, be it EIFS, traditional stucco, brick, stone, fiber cement siding, or drywall. Unparalleled Comfort and Quiet Our wall assembly provides indoor comfort and improves a building's performance characteristics for the interior environment by eliminating moisture intrusion, managing the airflow, and allowing for accurate climate control and minimizing sound mitigation. An R-value of 23.5+ plus whole-wall high performance enables Zero Energy Ready builds. In their 2004 study Insulating Concrete Forms Construction Cost Analysis (PDF here) The Portland Cement Association found that ICF walls cost double what a conventional 2x6 insulated wall cost. Our wall assemblies have a PERM rating of

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