- R-value = The ability of a product to resist the transfer of heat.
- The higher the R-value the more effective the insulation
- R-value = Thickness of the Insulation / Thermal conductivity (k)

According to National Building Regulations 10400 XA efficiency Act, implemented 11 Nov 2011 the minimum requirement R-Value for construction walls is 0.35

LA COCK signature homes

LIGHT FRAME WALL OPTIONS 'R' VALUE

ETICS: External Wall System

Product	Thickness (mm)	'R' Value
Plaster Rhino Lite	5	0,010
Gyproc Firestop Board	15	0,071
Rancor Lightweight Steel Frame	0,8	
Anchoring to Steel Sub-Frame		
Cavity Batt Insulation - Glass Wool	102	2,68
Membrane		
Polystyrene at 20/kgm^3	60	1,875
Fischer Thermo Screw 600*600 intervals	90	
Fibre Glass mesh 5mm*5mm Aperture Weight 160kgm^2 Acylic	1	
Weber Base Coat reinforced render plaster	4	0,008
Weber Top-Coat Pigmented Render	4	0,008

Total System 'R' Value	4,652

SHIP LAP: External Wall System

Product	Thickness (mm)	'R' Value
Plaster Rhino Lite	5	0,010
Gyproc Firestop Board	15	0,071
Rancor Lightweight Steel Frame	0,8	
Anchoring to Steel Sub-Frame		
Cavity Batt Insulation - Glass Wool	102	2,68
Membrane		
Fibre Cement ship lap board	7,5	0,008

Total System 'R' Value	2,769