

# Benefits of FPIS ci

## Understanding the Advantages of Using Foam Plastic Insulating Sheathing (FPIS) Continuous Insulation (ci)

04.14.21

FPIS ci is an extremely versatile product that allows users to:



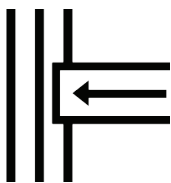
### Multitask

FPIS has a variety of applications (continuous insulation, water-resistive barrier, air barrier, etc.) for walls, floors, roofs, and foundations in both commercial and residential buildings.



### Save Money

FPIS is a cost-effective insulation due to its high R-value per inch and multiple benefits. The investment in applying FPIS as continuous insulation returns value throughout its use with reduced energy requirements and better building performance. It can even reduce construction time and related costs in applications such as frost-protected shallow foundations.



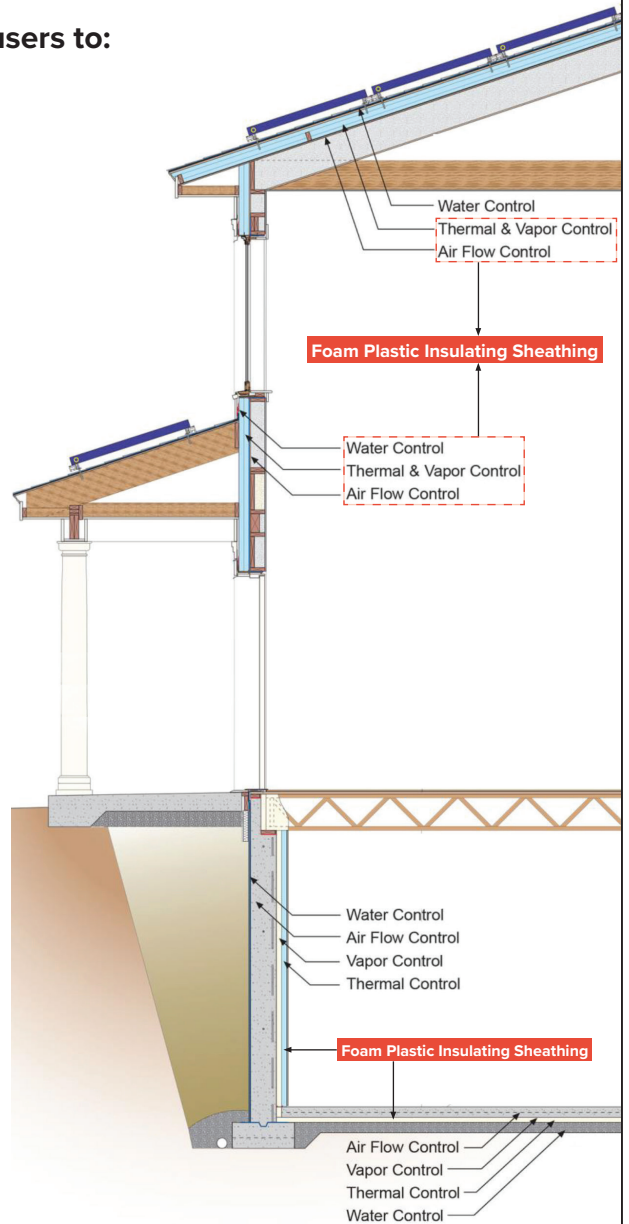
### Conserve Energy

FPIS improves building thermal performance, reduces thermal bridging, and has been approved for use as an air barrier when joints are properly sealed.



### Increase Durability

FPIS is moisture-resistant and helps defend against the damaging effects of moisture in buildings.



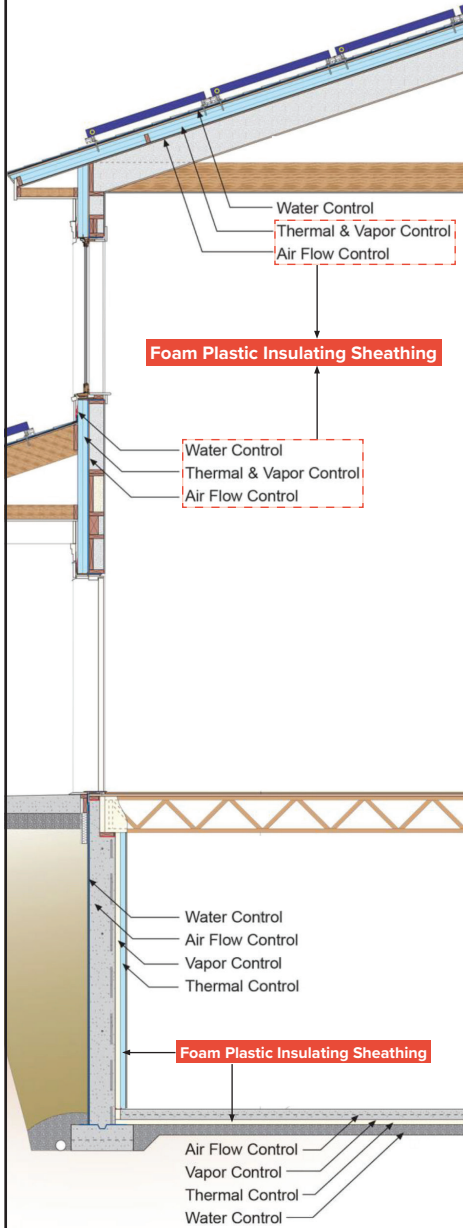
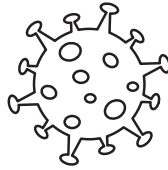
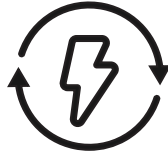


Image Source: NIST Technical Note 1847, Design Challenges of the NIST Net Zero Energy Residential Test Facility, by Betsy Pettit, Cathy Gates, A. Hunter Fanney, and William M. Healy.



### Improve Health in Indoor Environments

When coupled with good HVAC system design, applying FPIS can reduce health threats and support well-being for those living or working in the building.



### Support Renewable Energy and Net-Zero Construction

FPIS enables the efficient use of on-site (roof solar panels) and off-site renewable energy sources to reduce or eliminate dependency on fossil fuels and help enable a net zero building.



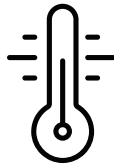
### Reduce Carbon Footprint

FPIS supports sustainability goals by significantly decreasing a building's operational carbon overall effects on the environment for the entire life span of the building.



### Boost Resiliency

FPIS helps create a building envelope that is more flood resistant and maintains provides better shelter-in-place temperatures in extreme weather conditions.



### Maximize Comfort

FPIS helps moderate the indoor temperatures to provide a more comfortable environment for those using the space.

With all of these benefits, you cannot afford not to use foam plastic insulated sheathing or at least consider it for your next building project.

For more details about the many applications of FPIS ci visit [continuousinsulation.org/applications](https://continuousinsulation.org/applications).