1. 19mm Gyproc plasterboard cut to fit between floor channels with 3mm gap to vertical flange of floor channel
2. Minimum 21mm chipboard or softwood flooring fixed through plasterboard to one side of channel with GypFloor SIF5 Floor Screws
3. Isover insulation
4. Timber joist
5. Gypframe SIF1 Floor Channel located centrally on joist (SIF4 for joist width 64-75mm or 2 no. SIF2 for joist width greater than 75mm)
6. Gypframe SIF2 Floor Channel in place of SIF1 where joist is within 30mm of wall
7. Glasroc specialist board bridge laid on 100mm wide strips of Glasroc specialist board fixed to sides of joists with suitable British Gypsum Screws at 300mm centres
8. Existing lath & plaster ceiling