

SUBJECT: EXTREME SIPS HEADER OPTIONS

When erecting structures that utilize Extreme SIPs for the wall assemblies, several header design options are available when a load needs to be carried over a window, door, or other opening. Extreme Panels provide several options, including SIPs where the SIP itself is the header, or an Insulated Header that is a factory composite of engineered lumber plus rigid insulation. Extreme SIP Headers and Insulated Headers are best suited for Extreme SIPs structures since both options provide insulation and reduce thermal bridging in the header area.

When a header is required, its load-carrying capacity must be established and determined by the designer to ensure it is suitable for its intended application. In cases where a concentrated load is placed over an opening, or the design loads exceed the capacity of an Extreme Panel SIP Header, an Extreme Panel Insulated Header should be used. If neither of the two Extreme Panel header options works for the opening condition, other engineered header assemblies will need to be considered by the designer.

Please refer to Extreme Panel Load Charts #5A, #5B & #5C to obtain the necessary design information required. Also, refer to Extreme Panel Details #EPT-407 through #EPT-411.

Extreme Details & Load Charts can be accessed at: www.extremepanel.com.