

## AV MAT INSTALLATION INSTRUCTIONS

AV anti-vibration mats are designed to absorb vibration from household appliances and white goods. When installed beneath the appliance the resilience of the mat isolates and decouples the appliance from the floor thereby, reducing vibration and noise from getting into the floor and being heard in other areas of the building.

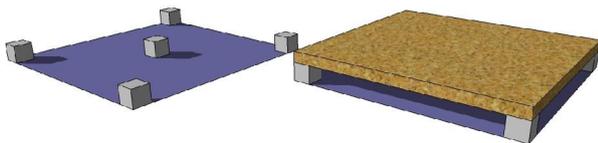
There are several ways the AV Mat can be used to give effective results which will now be described as follows.



For white goods with the weight of the average washing machine, the mat should be cut down to fit the footprint of the appliance. So if the appliance has overall dimensions of say 600 x 600mm the mat should be cut to the same size using a very sharp knife such as a Stanley type with a new blade. Because these knives are extremely sharp, care must be taken when using them being sure never to cut towards any part of the body.

Once cut to size, install the AV Mat where the appliance is to be sited then loose fit a thin, waterproof board on top such as 6mm water resistant MDF or ply. The appliance can then be mounted directly on top.

In some cases when weight is either lighter or heavier, best results are not obtained when the AV Mat is used as just described. If this is the case no apparent improvement will be noticed when the appliance is running and this is because there is too much AV Mat being used. Should this happen, simply remove the appliance and cut the mat down to five, 150mm squares. Fit one in each corner where the appliance will sit and one in the middle then replace the thin board. Once the appliance is back in position the best anti-vibration results should be achieved. In cases where heavier appliances are being used such



as treadmills, it is sometimes necessary to double the thickness of the mat from 10mm to 20mm for the large mat or the smaller squares just described.

Once you are satisfied the best anti-vibration results have been achieved, the appliance should once again be removed and the supporting board glued to the AV Mat(s) to ensure they remain in their correct positions and after gluing, replace the appliance and that should be it. Job done. You should now have a quieter environment but if airborne noise is still a nuisance from your white goods appliance, simply line the walls of the space where it is sited with our 12 or 25mm black, film faced, sound absorbing foam. Details of this can be found on our web site [www.soundservice.co.uk](http://www.soundservice.co.uk).



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