

# Insulated Concrete Forms.

## The building blocks of strength.

Insulated Concrete Forms (ICFs) are quickly becoming a fundamental building technique for multi-family residential, school and commercial buildings due to their strength, energy efficiency and ease of use. Take a look at how ICFs work—and find out what makes them the best choice for your next building project.

### SETTING THE STAGE

The outer shell consists of foam insulation blocks that are stacked together like legos.

### ADDING STRENGTH

Concrete is poured throughout the block structure, making it strong, safe, soundproof and energy efficient.

### SMOOTHING IT OUT

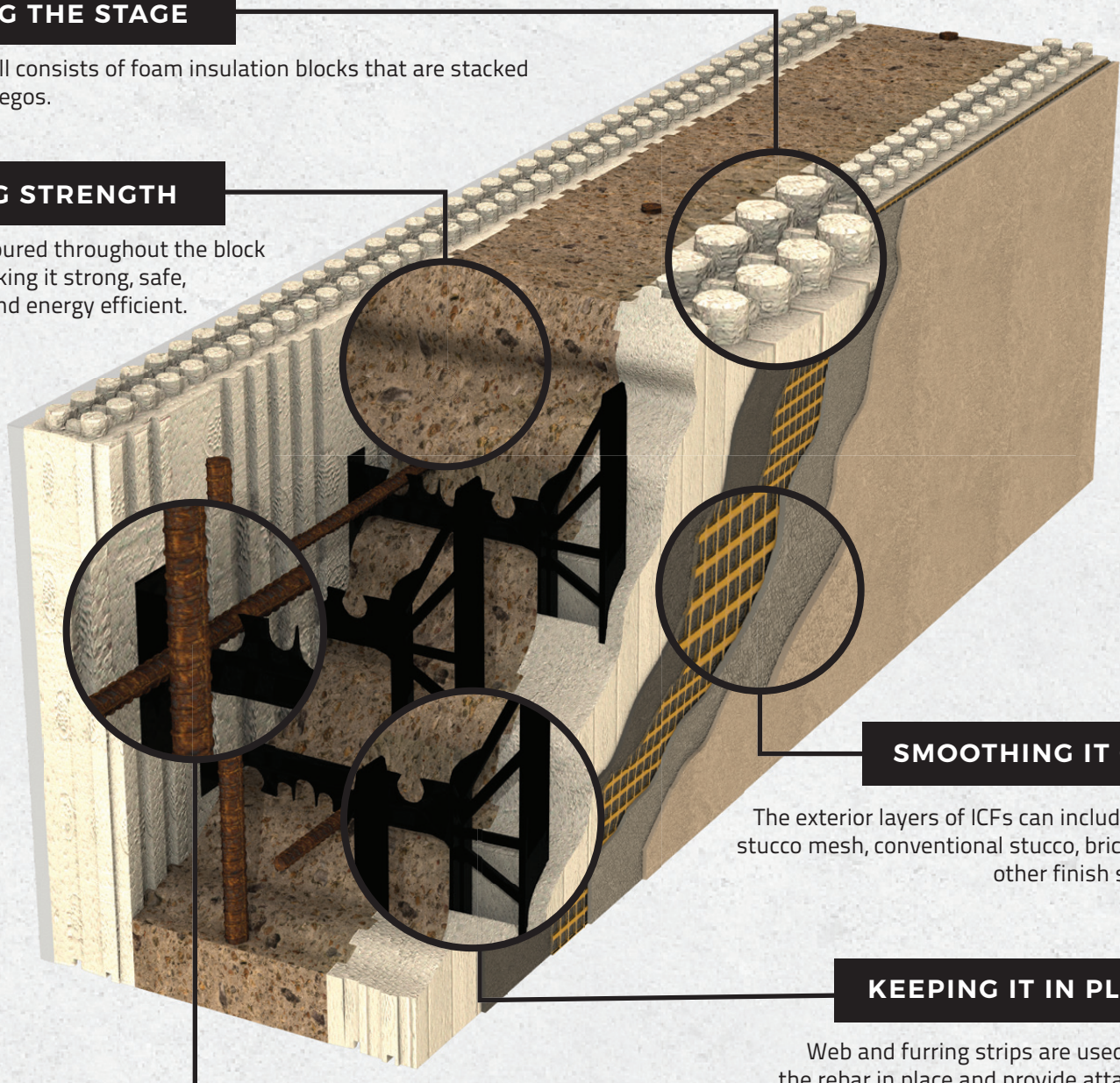
The exterior layers of ICFs can include acrylic stucco mesh, conventional stucco, brick or any other finish system.

### KEEPING IT IN PLACE

Web and furring strips are used to hold the rebar in place and provide attachment points for interior and exterior finishes.

### REINFORCING THE STRUCTURE

Steel rebar runs through the middle of the insulated concrete form, acting as the backbone.



If you're not building with ICFs, it might be time to start.  
Learn more at [BuildWithStrength.com](https://BuildWithStrength.com).