

Wellness Pods

Assembly Instructions (with aluminium base rail)



The following instructions show the installation procedure for a typical wellness pod with a barrelled ceiling however as our wellness pods are manufactured in many different designs, the installation procedure for your specific pod may vary slightly.

Throughout the installation of your PCS pod it will be necessary to install plumbing, electrical services and hardware and therefore correct planning is important prior to starting the installation.

Solvent based adhesives can damage the foam components and therefore must not be used at any time.

Note: Illustrations are indicative and are not a true representation of the finished wellness pod.

A DeltaBoard Ceiling Panels

(supplied as a barrelled or pitched profile)

B DeltaBoard Wall Panels

C PCS Seating Profiles

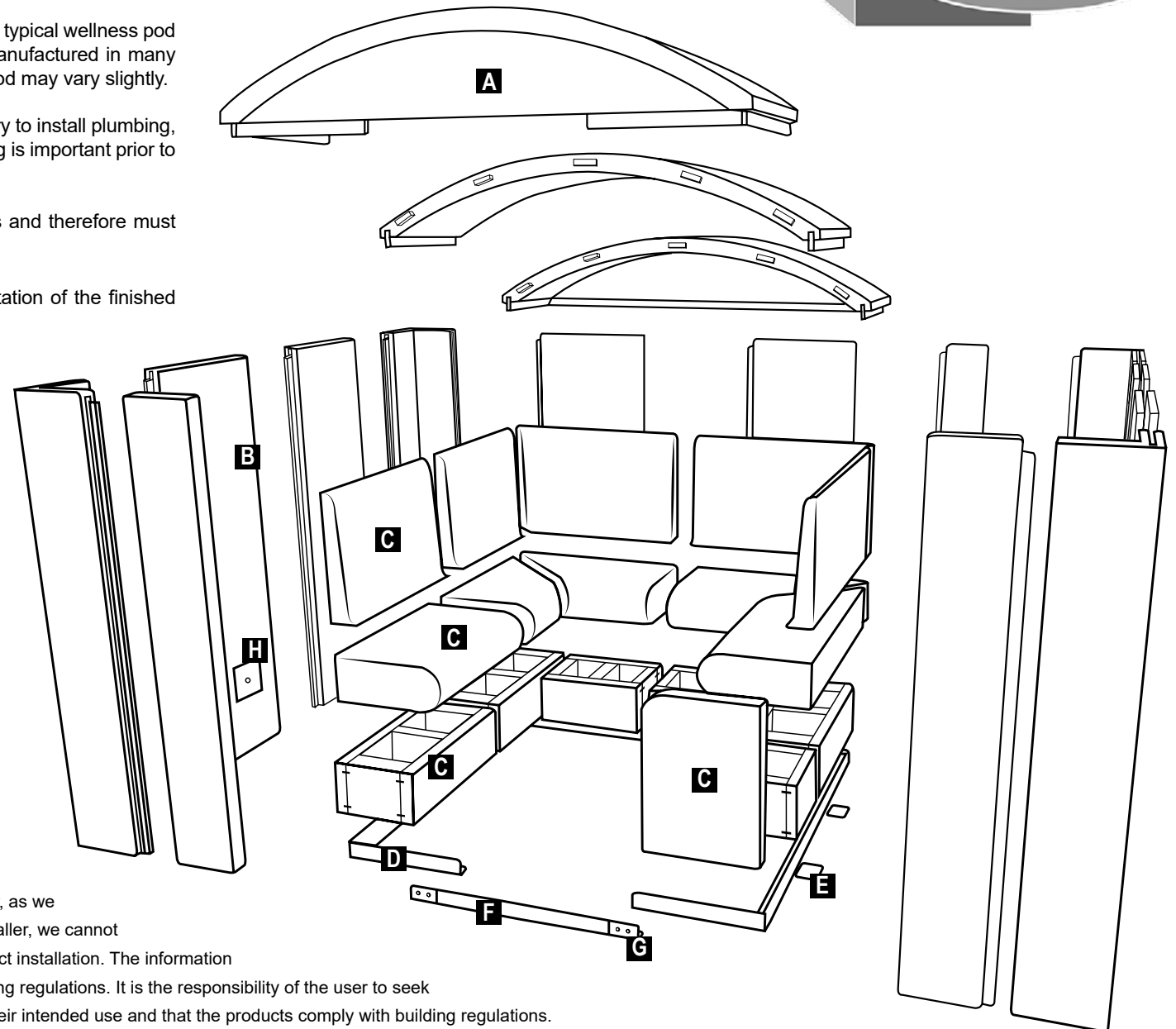
D Aluminium Base Rail

E Packer

F Door Location Bar *(temporary)*

G Fixing Cleats

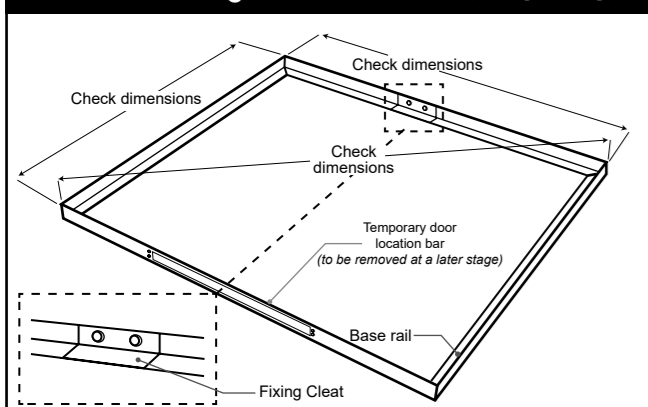
H Steam Diffuser Box



Building Regulations

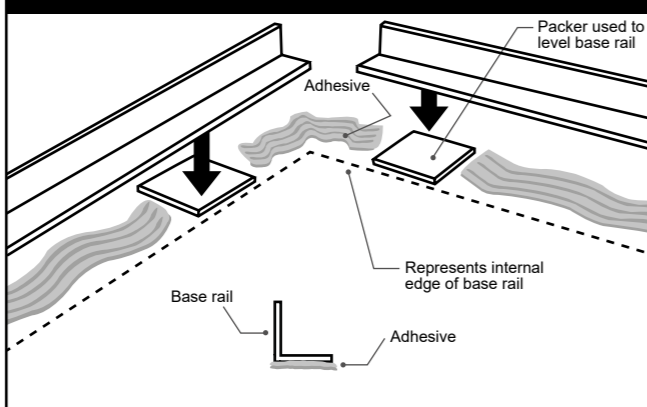
All information is given as guidance and if adhered to will perform as intended. We fully guarantee the quality of our products, however, as we do not have knowledge of site conditions or the capability of the installer, we cannot accept liability for damage which may arise due to a result of incorrect installation. The information and advice provided by PCS does not override nor supersede building regulations. It is the responsibility of the user to seek professional guidance to ensure PCS products are compatible for their intended use and that the products comply with building regulations.

STAGE 1 - Setting out the base rail (temporary)



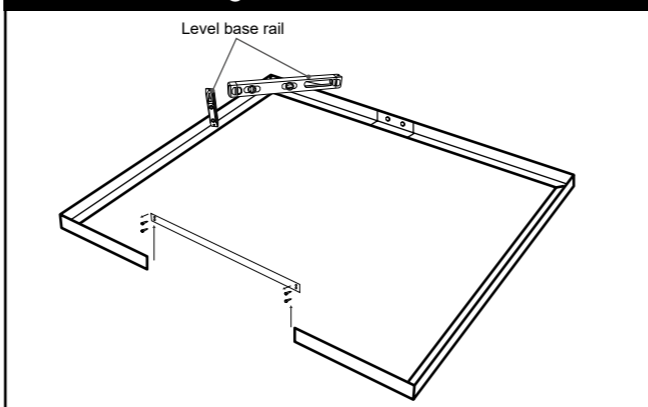
- Fix the aluminium base rail to the fixing cleats and door location bar.
- Place the base rail in the position (do not fix at this stage)
- Use packers to level the base rail if the floor is uneven.
- Check dimensions of the base rail and make sure that the measurements are the same as the base rail plan supplied.
- Mark the floor using the inside edge of the base rail as a guide.

STAGE 2 - Remove base rail



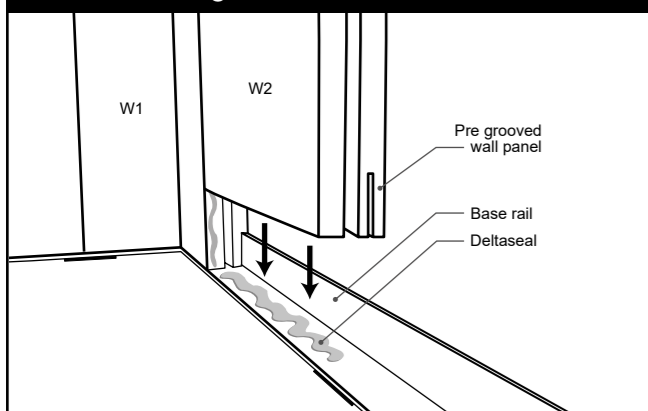
- Remove base rail and apply adhesive to the pre marked floor area where the base rail is to sit.
- For flat level floors Deltaseal adhesive can be used.
- For uneven floors flexible cement based tile adhesive should be used

STAGE 3 - Setting out the base rail (permanent)



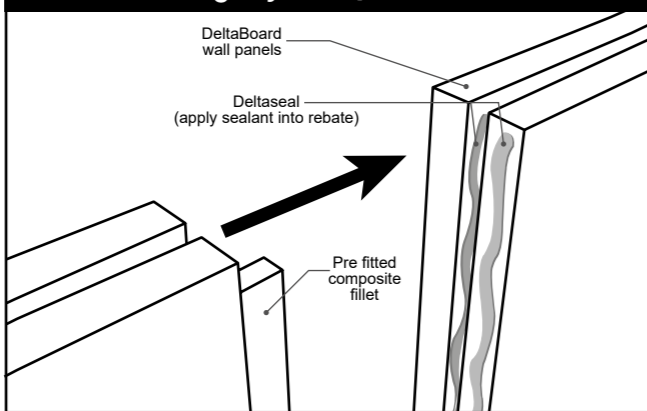
- Set the base rail onto the foam adhesive, aligning the internal edge of the base rail with the pre marked lines.
- **IMPORTANT NOTE:-** Check the base rail to ensure that all sides are plumb, level and that the dimensions of the base rail are the same as the fixing plan. *(The wall panels will not fit if the base rail is fitted incorrectly)*
- It is important to remove the door location bar before permanently fixing any panel that may restrict this bar from being removed later.

STAGE 4 - Fixing the wall panels to the base rail



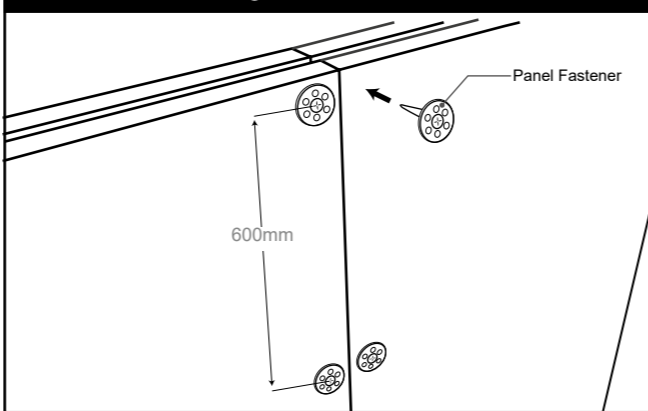
- With the base rail correctly positioned and secure, the wall panels can be fitted.
- The wall panels are numbered and must be placed in the correct position and correct order as shown on the floor plan supplied. Begin by fixing W1 panel first followed by W2 etc. The panels are pre grooved and are designed to sit onto the base rail.
- Apply a bead of DeltaSeal to the base rail to fix the wall panel

STAGE 5 - Fixing adjacent panels



- The panels are supplied with a fitted composite fillet. The panels are designed to slot together and are fixed by placing a bead of DeltaSeal to the edges of the panels and into the adjacent rebate.

STAGE 6 - Securing adjacent panels

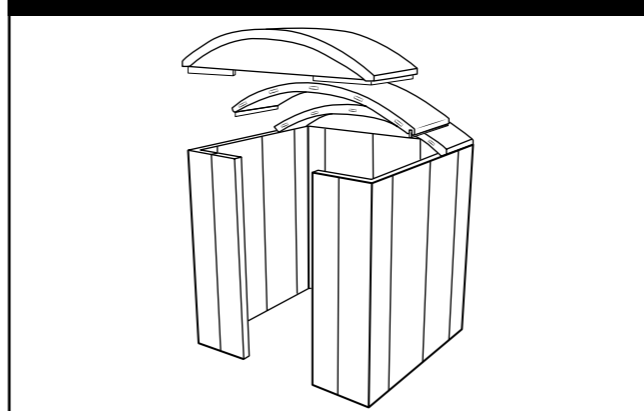


- All panels must be secured to each other using the PCS stainless steel fasteners provided. The fasteners are designed to grip the composite fillet. The fasteners should be fixed at approx. 600mm centres.

Ceiling panel installation

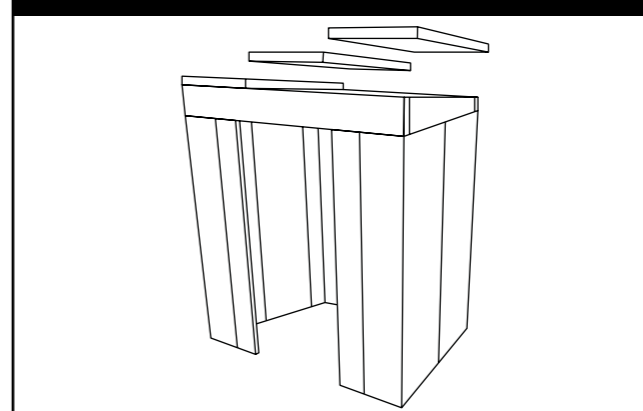
Ceiling structures can vary greatly in design from flat self-supporting, non-load bearing ceiling panels that are placed directly onto the wall panels, through to highly complex structures that require a full supporting timber or aluminium structure designed to carry loading. If the ceiling structure is self-supporting and is not supplied with a timber structure then proceed with fixing the ceiling panels in the same way as the wall panels, remembering to start the installation in numerical order (Panel C1 to be fitted first). We recommend that you temporarily fit the ceiling panels to familiarise yourself with the fitting layout, before DeltaSeal and fasteners are used to permanently fix the ceiling. For complex ceiling structures refer to the specific ceiling plan supplied with your pod.

STAGE 7



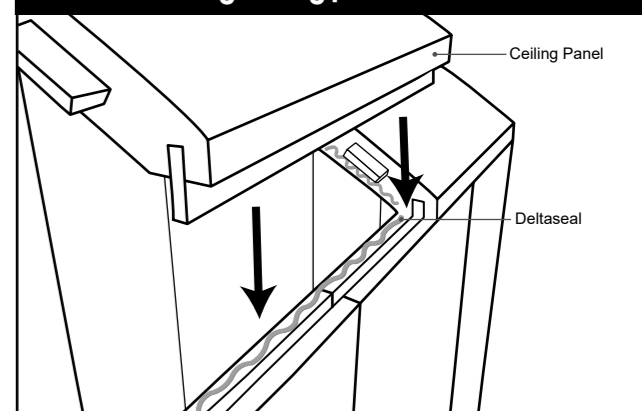
- Wellness pod showing barrelled ceiling panels.

STAGE 7a



- Wellness pod showing sloping ceiling panels.

STAGE 8 - Fixing ceiling panels

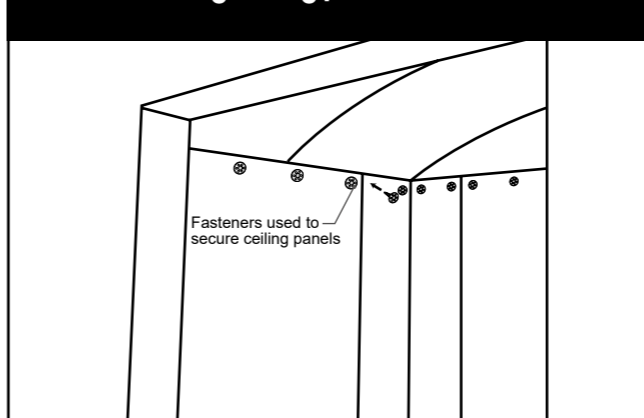


- Fix ceiling panels to wall panels using DeltaSeal and panel fasteners.

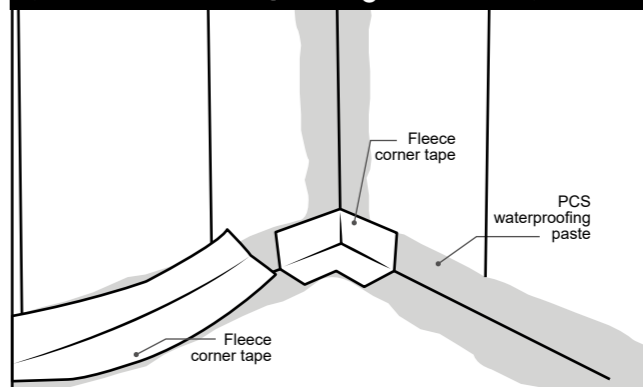
Waterproofing wall panels, ceiling panels and seating units

With the wall and ceiling panels fitted, it is important to waterproof all joints of the Delta Panels including the floor to wall abutment prior to the installation of the seating units. (Refer to PCS waterproofing instructions)

STAGE 9 - Fixing ceiling panels

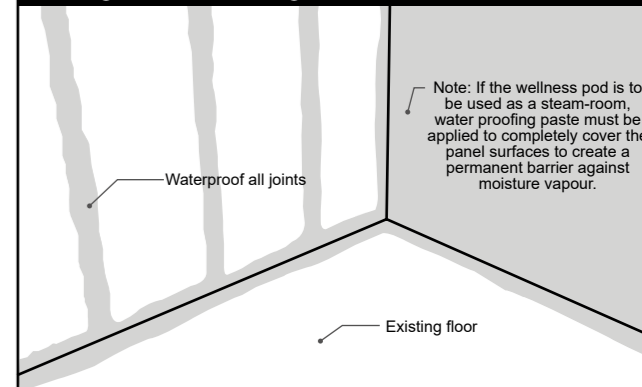


STAGE 10 - Waterproofing joints (refer to PCS waterproofing instructions)



Although DeltaBoard panels are waterproof elements, moisture vapour can filter through when subject to high humidity environments such as steam rooms. To protect the panels against moisture vapour, prior to fixing tiles it is necessary to apply PCS waterproofing paste to completely cover the surface of the panels creating a tile ready vapour proof barrier.

STAGE 11 - Applying vapour barrier (using waterproofing paste)



Seating Installation

PCS seating profiles can be supplied as a single unit or as separate components depending on the style of seating profile required. It is important to temporarily place the seating units into position following the seating layout plan to familiarise yourself with the parts that make up the seating. The fixing materials required to fix the seating profiles will depend on the condition of the supporting floor and wall.

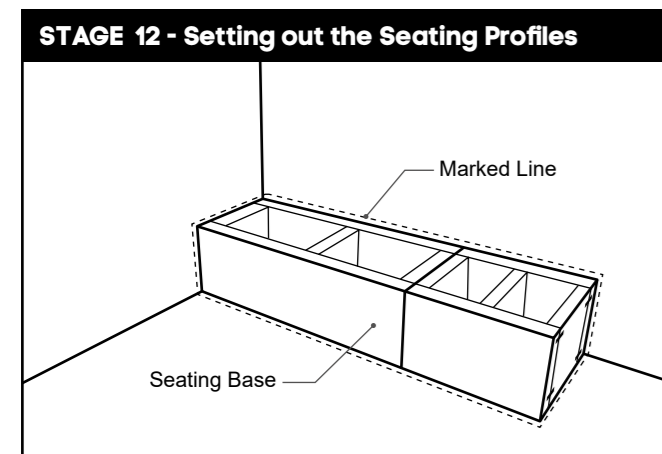
For flat and level floors DeltaSeal adhesive can be used.

For uneven floors and walls flexible cement-based tile adhesive should be used.

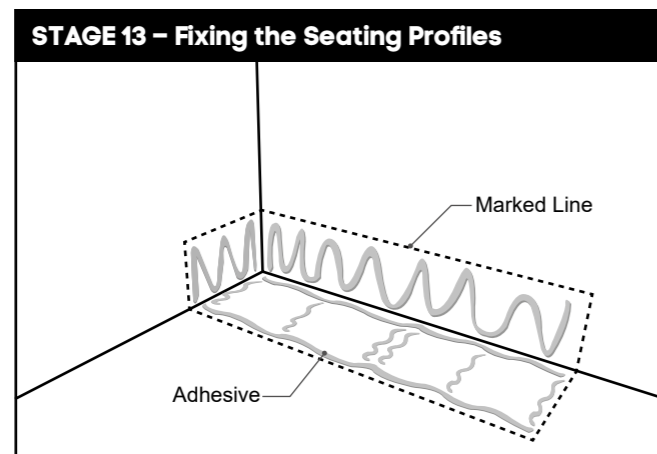
Ensure a full bed of adhesive is achieved between the floor and the seating profile base.

Expanding PU foam is not suitable to fix the seating profiles to the floor.

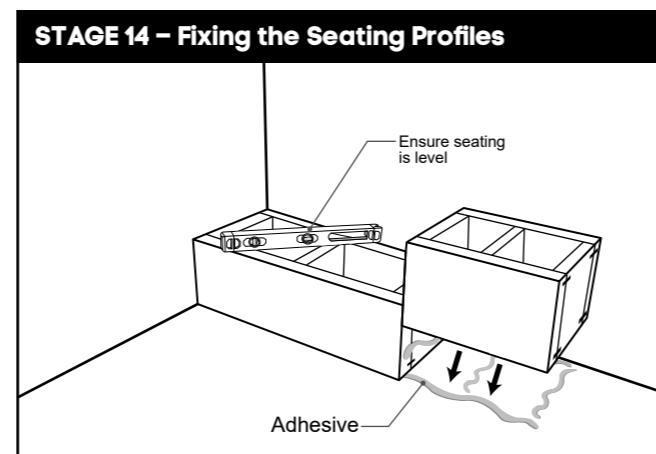
Solvent based adhesives MUST NOT be used.



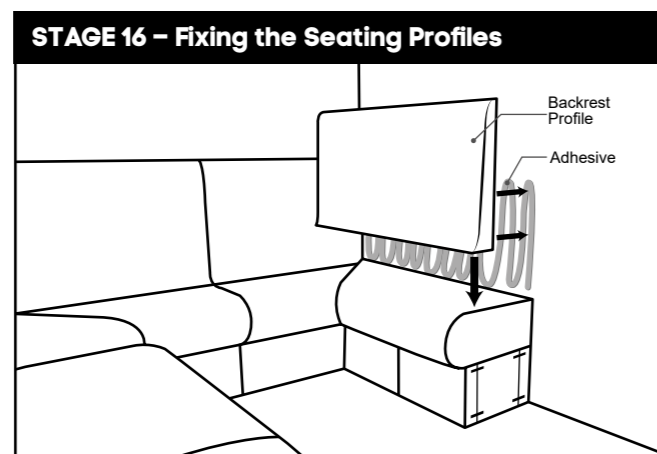
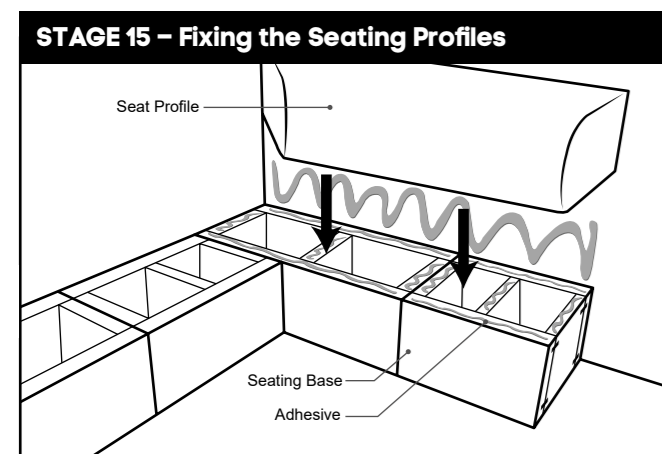
- Check the floor for level. If the floor is not level, it will be important that you identify the highest part of the floor as you may need to allow for this when fitting the seating base unit.
- Temporarily place the seating units into position according to the seating layout plan and mark the floor and wall following the line of the base unit as a guide.
- Remove the seating so that adhesive can be applied to the pre marked floor and wall area.



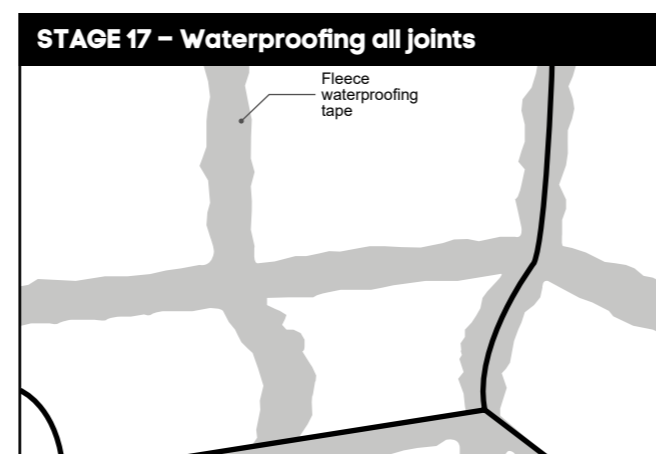
- For flat level floors apply DeltaSeal adhesive to the marked area. For uneven floors apply cement-based tile adhesive. Ensure that each unit is level before continuing.



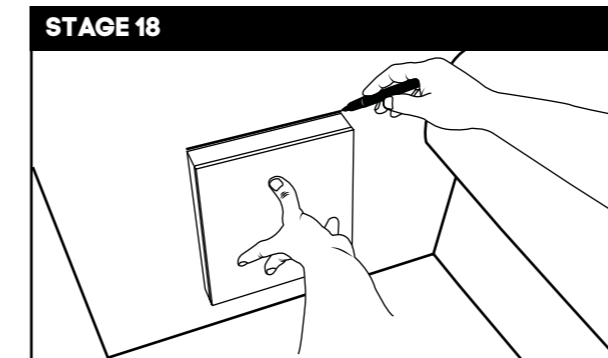
- Repeat this process for all seating parts remembering to apply adhesive to the sides of the seating profiles so that they are bonded to each other.



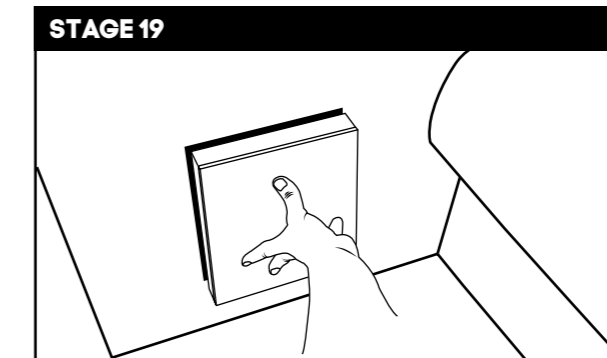
- It is important that ALL joints are waterproofed prior to tiling using PCS waterproofing paste and tape. (refer to PCS waterproofing instructions)
- Vapour Barrier protection:** remember to apply the PCS paste over the surface of the walls, ceiling and seating profiles if the pod is to be used a steam room



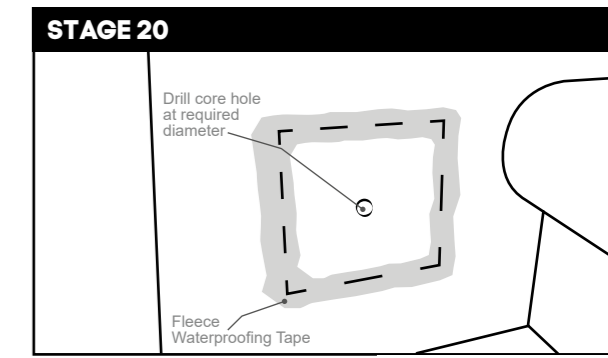
Fitting the steam Outlet box



- Mark the wall using the back plate of the diffuser box as a template. Cut a square aperture through the DeltaBoard panel following the markings.



- Glue the Diffuser body into the wall panel using DeltaSeal.



- Use a core drill to cut a hole in the diffuser box for the steam supply ducting. Fleece Tape over edges of recessed Diffuser box and seal with waterproofing paste.

Fixing the Steam Diffuser Box

DeltaBoard panels and PCS Seating Elements are composite construction panels manufactured with an insulating polystyrene core designed to withstand heat up to 75°C.

It is essential to protect the Delta panels and PCS seating profiles from direct contact with any heat source capable of producing temperatures greater than the panel's limit of 75°C i.e. steam pipes, lighting and heating elements etc. During construction of the Steam room/Hammam, it will be necessary to install steam supply pipe ducting from a steam generator into the pod unit. It is essential to ensure that the steam supply ducting, heat emitting lighting and the steam head are adequately insulated using a suitable heat resistant material to prevent excessive heat transferring from the heat source to the core structure of the Delta Panels and PCS Seating Profiles.

Protecting the Panels against pressurised Steam

Pressurised steam can enter the wellness pod at around 110 °C however when steam is expelled from the steam head and into the pod the pressurised steam immediately cools to temperatures significantly lower than 75°C. Protection of the panels against aggressive steam heat is therefore only necessary in localised areas close to the pipe ducting and the steam head. Panels and seating profiles not in close contact with a heat source do not need additional protection.

Insulating the Pipe Ducting

Steam supply ducting is usually located on the outside of the pod. The steam supply ducting must be insulated using a suitable heat resistant insulating material such glass wool insulation.

Steam Head Protection

To protect the panels and seating profiles from damage against heat and pressurised steam, it is necessary to install a steam diffuser box. The steam diffuser box is manufactured from heat resistant materials and is designed to be fixed into a wall panel. Fix the diffuser box at low level (centre of diffuser box should be positioned approx 250mm - 300mm above floor level) and in a location that has restricted access. Pressurised steam expelled from the steam head should be positioned to ensure steam isn't directed onto any adjacent panel and must not be directed onto exposed skin.

Your PCS Pod is now ready for final fixing of hardware, doors and tiles.