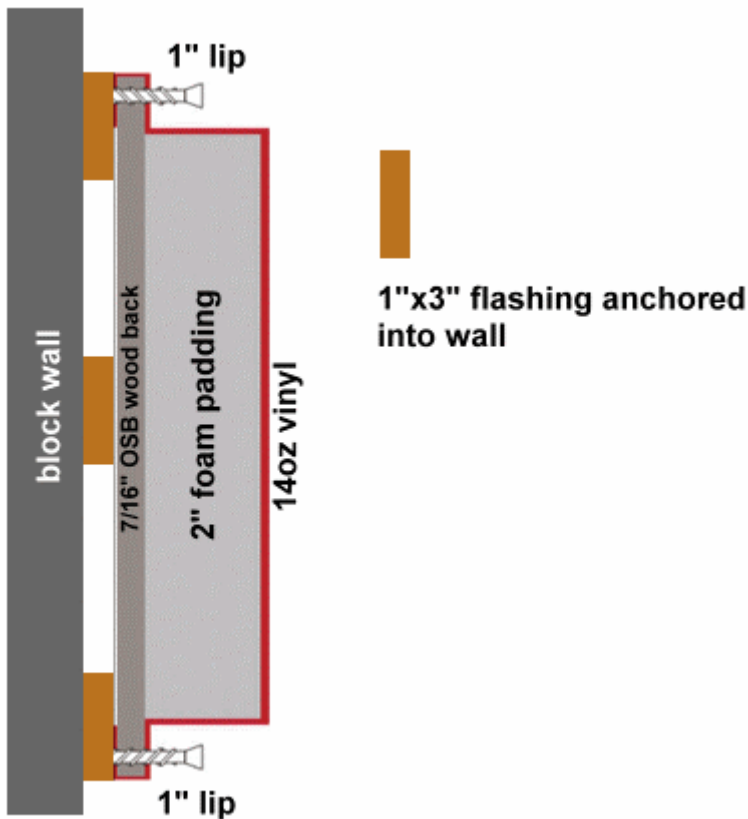


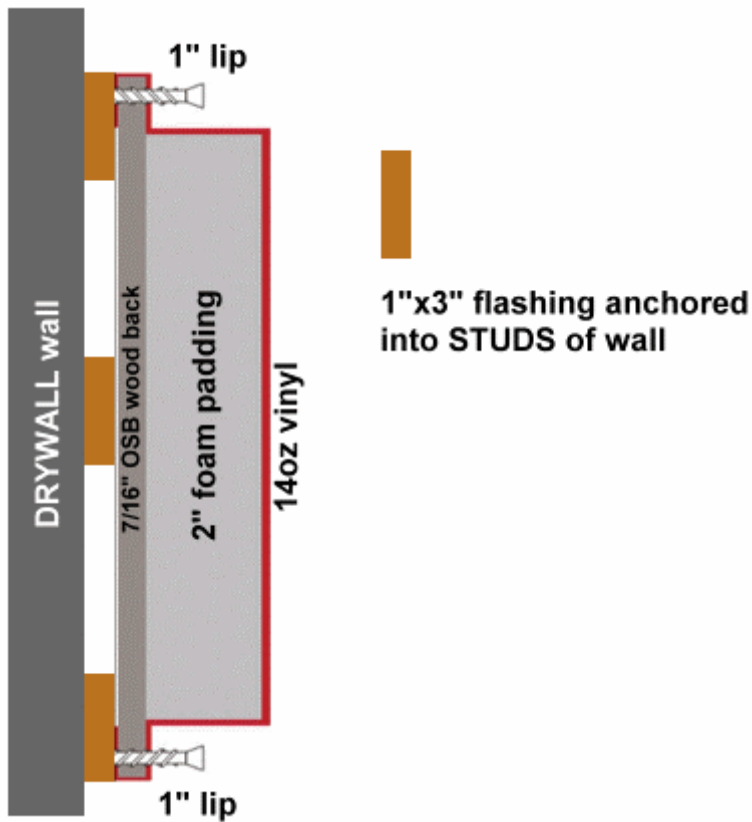
Most people opt to start the panels above the baseboard or even higher, above any outlets (if they aren't too high off the floor). If you can get them 12-14" off the floor you are generally good. You want to cover knees and heads and that gets the panel covering 1-7' on the wall, which covers all players.



Screw directly through 1" nailer lip into your wall every 8-10" for best results. Make sure you use the correct type of screw for your wall material. This process is often more difficult as screwing into your block wall every 8-10" is more difficult than the next option noted below.



Anchor 1"x3" into the wall every 3-4'. With 3/4-1" wood screw, screw directly through 1" nailer lip into 1"x3" flashing every 8-10" for best results. The middle 1"x3" just supports the middle of the panel.



Anchor 1"x3" into the STUDS of your wall. With 3/4-1" wood screw, screw directly through 1" nailer lip into 1"x3" flashing every 8-10" for best results. The middle 1"x3" just supports the middle of the panel.



Screw directly through 1" nailer lip into your wall every 8-10" for best results. Make sure you use the correct type of screw for your wall material.