INSTALLATION INSTRUCTIONS LIFE STEPP Metro™

DEAR CUSTOMER,
You have purchased a high quality **LIFE STEPP Metro™ Floor**, well suited for all residential rooms including bathrooms.* Please take a moment to review the installation instructions and plan your installation carefully.

Please note that IMPROPER INSTALLATION CAN VOID WARRANTIES. Installation of 100 square feet (9 m^2) of flooring is enough to verify quality and acceptance.
LIFE STEPP Metro™ flooring is not suitable for use in SAUNAS or other abnormal use or conditions including, but not limited to, water damage from plumbing, storms, floods and water saturation on the surface or trapped between subfloor and floor.
Metro™ is waterproof, however moisture issues should be rectified at the jobsite before installation to prevent damage to the substrate and surrounding structure, and to discourage the growth of mould and mildew.
If encountering difficulty during installation, STOP and contact LIFE STEPP Customer Service at: 1-833 534 1256 and ask for the Technical Department.

IMPORTANT * In bathroom installations, the expansion gap must be filled with flexible silicone sealant.

LIFE STEPP Metro™ can be installed in 3-season homes (from -22°F to 122°F / -30°C to 50°C). Thermal shock - very rapid and extreme changes in temperature - may cause damage to the floor. The use of a continuous vapour barrier and proper insulation is mandatory in the crawl space.

Installation in areas exposed to temperatures in excess of 122 degrees Fahrenheit (50 degrees Celsius) are not recommended.

Closed-in porches, solariums, screened in gazebos - ALL of these can experience rapid and unbalanced changes in the interior environment that cannot be properly controlled. Installation under these conditions is NOT recommended.

SET UP
To ensure you have sufficient material on hand, calculate the total area of the room and add 5% of material to allow for custom cutting. Forty-eight hours prior to installation, place the closed packages in the middle of the properly conditioned room **(see Layout section)**, NEVER against a wall or in a corner, nor near hot or cold air-vents or in direct sunlight. Do not open the packages until you are ready to begin installation. Flooring is to be stored on a flat floor to prevent distortion. **Do not install LIFE STEPP Metro™ until it is acclimatized to the required room temperature of 60°F - 70°F (16°C - 21°C).** Inspect each tile before installation. If you find any defects, do not use the tile. Contact your supplier immediately.

Please Note: The LIFE STEPP Warranty does not cover labour for installation of tiles with visible defects.

PREPARATION
Remove existing carpet, baseboards, quarter-rounds and thresholds and undercut door jambs, using a piece of flooring material as a guide. Repair all defects in the sub-floor. Additional expansion and contraction can be achieved by undercutting drywall.

CHECK THAT:
• The job-site has been cleaned and cleared of debris that could potentially damage the finish of your LIFE STEPP floor.
• The doors can still open and close after installing the floor.
• Doors may have to be cut to supply sufficient clearance.
• The door jambs may need to be adapted to install the floor under them
• For aesthetic appearance we suggest that you measure the width of the room to ensure that the width of the pieces of the first and last row is approximately the same and not less than 3" (7.5 cm). Cut the width of the pieces of the first and last row as needed.

SUBFLOORS
Repair any defects in the subfloor. Installation over an uneven subfloor will cause premature damage to floor and make the floor feel unstable. All subfloors must be clean, firm, flat (within 3/16" - 4.8 mm in 10 ft – 3 m), smooth and dry. The moisture on concrete slabs must be equal or less than 80% Relative Humidity with an *in-situ* probe as per ASTM F2170 , 12% or less on plywood). You can lay the tiles over a solid and stable subfloor material that meets these requirements. It is essential that the crawl space under subfloors is sufficiently ventilated. Remove any obstacles and provide sufficient ventilation. A 6 mil (0.15 mm) poly vapour barrier must be installed on crawl space floor.*

** In construction terminology, a crawl space is defined as: "a shallow space below the living quarters of a house, normally enclosed by the foundation wall...".*

LAYOUT
The floor should be installed from several cartons at the same time, shuffling tiles to insure colour and shade mix. If possible, lay the tiles parallel to the source of light. The ideal environment is a temperature of 60°F - 70°F (16°C - 21°C).

The flooring joints must be staggered minimum of 1/3 of the tile. **Very Important: Four corner installation is not recommended or warranted.** Due to the characteristics of floating floors expanding and contracting, the corners will not remain aligned and could be damaged. A minimum of 1/8" (3.2mm) expansion wedges must be used at all walls and vertical obstructions to allow for proper expansion/ contraction space. The wedges should be removed after the flooring installation has been completed, and the expansion/ contraction space should be covered by baseboard, quarter round, and/or drywall (if wall is undercut).

Note: Never hit the tiles directly with your hammer or rubber mallet. Always use a **L Tapping Block** to protect the edges of the tiles. Make sure the Tapping Block is in good condition. Hold Tapping Block down when using it. Gently tap all tiles into their final locking position.

TOOLS

- Hammer (1 lb.)
- Tape Measure
- Pencil
- 3/8" (10mm) Wedges*
- Tapping Block*
- Last-Board Puller *
- Saw, Utility Knife





When sawing pieces off the tiles, use a fine-toothed hand saw, jigsaw, chop-saw, guillotine or utility knife.

**Note: available in a LIFE STEPP Installation Kit*
***OPTIONAL for ease of installation and repairs use LIFE STEPP Bulldog™ Tool.*

Note: even when using care to disengage tile using the , some minor joint damage may occur. This can be repaired by using a good quality PVA Type II tongue and groove adhesive.

FLOATING METHOD

Prepare the subfloor.

LIFE STEPP Metro™ has a built-in Rubber backing and therefore no additional underlayment is required. The use of 6 mil poly directly under the flooring is recommended for all installation; in case a repair is needed, the poly will make it easier to disassemble the floor with the Bulldog Tool.

Do not glue tiles together.

Note: While floating is the primary form of installation of LIFE STEPP Metro™, it can also be glued-down. Please visit our website at: www.LIFE STEPP.com, for detailed information on these installation instructions.

PREVENTATIVE MAINTENANCE

To ensure the full benefit of your **LIFE STEPP Metro™ Premier/Elite** floor and to extend its beauty for years to come, we recommend the following preventative maintenance suggestions:

- **Install floor protectors** on furniture legs to protect against scratches and dents. These furniture pads should have no wrinkles and be made of soft, non-staining material (e.g. felt pads); the felt pads should be of adequate size to support the weight of the furniture and a minimum of 1" (2.5 cm) in diameter. The floor protectors should sit flat on the floor and be inspected periodically for cleanliness and wear. For heavy pieces of furniture (e.g. couches) the use of coaster-cups is recommended.
- **Do not drag furniture** or other heavy objects on the floor. Avoid high heels or shoes that need repair. Some types of high heel shoes can severely damage the surface of any floor covering. For damages that require tile replacement, a tool, the LIFE STEPP Bulldog™ Tool, is available through your dealer.
- **Close your curtains or blinds** where continuous or extreme sunlight will shine on your floor. Also UV protection in windows will help with the performance of your furnishings. A combination of heat and sunlight can cause most furnishings and flooring to fade or change colour.
- **Sweep and vacuum floor regularly.**
- **Avoid sand and grit build up.**

At doorways and areas of heavy wear, use protective mats or rugs that are marked "non-staining". For dry maintenance, use a dust mop, vacuum cleaner or dry cloth. For damp maintenance, **use the LIFE STEPP EcoCare Cleaning Kit**, available from your Authorized Dealer, and follow the maintenance instructions on the container. **Basic cleaning is with a damp cloth. Excess water can cause a slip and fall hazard.**

IMPORTANT: To keep your warranty valid, use LIFE STEPP recommended maintenance products and follow LIFE STEPP maintenance instructions. For more information on Maintenance products and instructions go to: www.LIFE STEPP.com

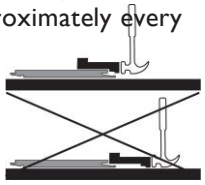
INSTRUCTIONS

1) GENERAL

LIFE STEPP Uniclic Metro™ is a revolutionary system for installing flooring using an ingenious tongue and groove system to "lock" the tiles together.

IMPORTANT Use a hammer and the special LIFE STEPP Tapping Block. Never use any other tapping block, as it may damage the edges of the flooring.

Use a **LIFE STEPP "Last-Board Puller"** to pull exposed joints tight, where a tapping block and hammer will not fit. For the short edge, angle the tile in place, and use several small taps until the tiles click together completely. For a long edge, and if you cannot **angle-click the tiles** (e.g. when installing final row) tap tiles together gradually. Begin by pressing down on the joint of the tile you are installing, lightly tapping at the corner of the tile until the joint has clicked together. Repeat the process approximately every 12"
(30cm) until the entire long edge of the tile has clicked in with the next tile.



Never attempt to knock the joint into place with one hit.

For the best results, follow the installation instructions and use only:

A) **LIFE STEPP INSTALLATION KIT**
(Wedges, LIFE STEPP tapping block and last-board puller)

B) **LIFE STEPP MAINTENANCE PRODUCTS**
(pH Neutral) Cleaner]

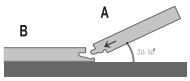
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2) CORRECT INSTALLATION

A minimum of 1/8" (3.2mm) expansion/contraction space must be provided at all walls and vertical obstructions (e.g. around pipes and at thresholds).

These gaps may be covered by a moulding that is not fixed to the **Metro™** floor, but to the wall.

Begin installing the floor from the left corner of the room. Always remember that the easiest way to install the floor is by placing the tongue **(A)** into the groove **(B)**. Lift tile being installed to 20-30 degree angle and keep tongue of the tile in the groove of installed tile. With gentle pressure and a gentle rocking motion push the tile down. Finish locking the tile with a tap into place using a tapping block or Bulldog Tool.



TRANSITION MOULDINGS

Installation can not exceed 80' (25 meters) in any direction, without the mandatory use of transition mouldings. When installing without a Transition Moulding, a small bead of silicone, or similar caulking, can finish the edge. **Match Transition Mouldings (e.g. Reducers)**

For the best appearance compare the transition mouldings and flooring before installation, identify the pieces that best match the mouldings for colour and grain, set them aside and then install them as needed.

Note: If using stair nosing in conjunction with this flooring, do not commence installation before referring to the stair nosing instructions.
For details go to www.LIFE STEPP.com

3) THE FIRST ROWS



Diagram 1

For aesthetic appearance we suggest that you measure the width and length of the room, to ensure that the outside rows are approximately the same width and that the end pieces are also balanced. None should be less than 2" (5cm). Cut your first row to the calculated width and the two end pieces to the correct length **(Diagram 1)**. Saw off the tongue of the first tile, both on the short as well as the long edge. For all other first-row tiles cut off the tongue on the long edge.



Orient the first tile in the left corner of the room. Maintain a minimum spacing, from the wall and all vertical obstructions, of 1/8" (3.2mm), using wedges. Lay the tiles with the groove side facing you **(I)** in order to use the tongue/groove system. Lay the first row along the wall.



IMPORTANT



Turn the tile inclined with the end joint into the already laid tile. Click the two together. Ensure that the tiles of the first row are straight **(II)**. The cut piece from the first row may need to be cut to become the starting piece for another row. The cut pieces should be a minimum of 8" (20 cm) in length. Install the cut edge facing the wall, with the expansion wedge in place. Now angle this piece and click it into the first tile of the first row **(III)**. Continue the second row with a full piece, engaging the short ends first.

Lift both pieces to a 20 - 30 degrees angle and engage them to the previous row.

If necessary, lightly tap both the long and short sides to make sure the pieces are fully engaged. Repeat, until the row is complete.

The remaining rows are installed in the same manner.

PLEASE NOTE Cut the last tiles of each row leaving a minimum 1/8" (3.2mm) gap to the wall.

4) THE FINAL ROW

Measure and cut the tiles of the final row so that there is a minimum 1/8" (3.2mm) expansion/contraction space between the final row and the wall. These tiles will be angled and tapped into the last row using the **Last-Board Puller or Bulldog Tool.**

5) UNDER DOOR FRAMES

Saw the tiles so that after installation there is a minimum 1/8" (3.2mm) expansion/contraction space. This expansion/ contraction space can be covered by undercutting the door jamb. If you cannot rotate this tile, use the LIFE STEPP Tapping Block and hammer to tap the tiles together.

Begin by pressing down on the joint of the tile you are installing, lightly tapping at the corner of the tile until the joint has clicked together.

Do not attempt to knock the joint into place with one hit

LIFE STEPP has designed a special tool for this type of installation: the LIFE STEPP Bulldog™ Tool.

6) COMPLETING THE INSTALLATION

After installing your floor, you can immediately walk on it and begin the final touches. This is one of the major benefits of the glueless system. Remove all spacer blocks and install baseboards and/or quarter-rounds. Never attach the baseboard to the floor itself. You need to allow the floor to expand and contract underneath the baseboard. Finish around pipes with pipe collars, or flexible silicone. Where no mouldings or baseboards can be installed, or where undercutting is not an option, fill the expansion/contraction space with flexible silicone or similar caulking.

7) RADIANT HEAT APPLICATION

LIFE STEPP Metro™ floors are guaranteed for installation over radiant-heated sub-floors. For details and limitations, please check the "LIFE STEPP Flooring Warranty and Instructions for installation over radiant-heated sub-floors". Visit our website at: www.LIFE STEPP.com, for detailed information.

8) FLOOD WARRANTY

LIFE STEPP Metro™ floors are covered by a Flood Warranty. For detailed installation instructions and limitations, please check the "LIFE STEPP Flood Warranty and Installation Instructions for and Metro™".

9)KITCHEN CABINETS AND ISLANDS

IMPORTANT NEVER PLACE ANYTHING HEAVY ON A FLOATING FLOOR.

Floating floors like the Metro Tile need to have expansion and contraction gaps. Placing Any Cabinets or Island would reduce or eliminate this expansion and contraction process and **VOID THE WARRANY.**

Life Stepps recommend that the cabinets and Islands be secured to the subfloor. Maintaining the expansion clearance around all fixed objects.

Install toe kicks ,baseboards and transition strips without pinning them to the floating floor.

Visit our website at: www.LIFE STEPP.com, for detailed information on our updates.

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