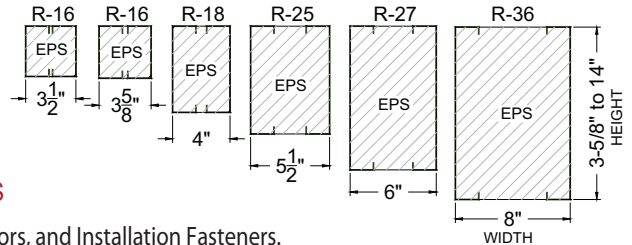


# “R” Header

INSULATED HEADERS FOR WOOD AND METAL FRAMING



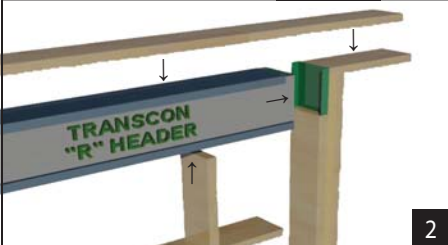
## “R” HEADER ACCESSORIES

Pre-Installed Tracks, Stud Connectors, and Installation Fasteners.



Install Stud Connector Track to Side Stud. Screw or Nail Fasten.

1



2



3

“R” HEADER is the perfect solution to insulating door and window headers. The engineered headers are designed for both wood and metal framing systems. Each header is injection molded with fire-retardant Expanded Polystyrene (EPS).

Installation in 3 easy steps:

- 1 Screw or Nail Stud Connectors to Wall Opening Jamb
- 2 Cut “R” Header to fit opening
- 3 Slide “R” Header between Stud Connectors and screw fasten

- Lighter and Stronger than Wood.
- No Rot, Warpage, or Food Value.
- 100% Green and Fully Recyclable.
- Quick Installation.
- All Accessories Provided.
- LEED Compliant.

## ORDERING INFORMATION

Standard “R” Headers are available online at [Shop.TransconSteel.com](http://Shop.TransconSteel.com)

### Ordering Steps:

1. Select Header Type
2. Select Width
3. Enter Qty
4. Check Out

PART CODE EXAMPLE: 800RHDR162-33-6

	A	B	C	D	E
A- Header Depth: 8"					
B- “R” HEADER Designation					
C- Flange Width: 1-5/8"					
D- Gauge/mils: 20ga					
E- Header Width: 6"					

### MEMBER OPTIONS

- A- Depth: 3-1/2", 3-5/8", 4", 5-1/2", 6", 8", 10", 12", 14"
- C- Flange: 1-5/8", 2", 2-1/2"
- D- Gauge: 20ga, 18ga, 16ga, 14ga, 12ga
- E- Width: 3-1/2", 3-5/8", 4", 5-1/2", 6", 8"

See Back For Load Tables

### Use “R” HEADER for:

1. Residential Projects
2. Commercial Structures
3. High-Rise Buildings
4. Institutional Facilities

### Customization & Large Orders:

Please contact Transcon Steel or a Licensed Distributor for customized lengths and large volume orders. Custom “R” Headers can be produced within five days and shipped worldwide.



Manufactured by:



TRANSCON STEEL

FRAMING THE FUTURE

PO Box 113  
Georgetown, TX 78626  
+1-512-930-0066 office  
+1-512-930-0061 fax  
[www.TransconSteel.com](http://www.TransconSteel.com)  
[Sales@TransconSteel.com](mailto:Sales@TransconSteel.com)

DISTRIBUTORSHIPS AVAILABLE



"R" HEADER - SPAN LOAD TABLES

Section	Depth	Flange	Gauge	Yield Strength	SPAN						AVG LBS/LF	
					3(ft)	4(ft)	5(ft)	6(ft)	8(ft)	10(ft)		12(ft)
550S162-33	5-1/2"	1-5/8"	20	33	931.4 e	698 e	539 e	374 e	210 e	127 e	73 e	2.70
550S162-43	5-1/2"	1-5/8"	18	33	2066 e	1232 e	789 e	547 e	308 e	164 e	95 e	3.27
550S162-54	5-1/2"	1-5/8"	16	50	3679 e	2238 e	1432 e	940 e	396 e	203 e	117 e	4.01
550S162-68	5-1/2"	1-5/8"	14	50	5177 e	2912 e	1863 e	1157 e	488 e	250 e	144 e	4.98

"e" Web Stiffeners Required at Each Support

600S162-33	6"	1-5/8"	20	33	850 e	638 e	510 e	422 e	237 e	152 e	90 e	2.86
600S200-33	6"	2"	20	33	850 e	638 e	510 e	425 e	255 e	163 e	104 e	3.11
600S162-43	6"	1-5/8"	18	33	1887 e	1390 e	889 e	617 e	347 e	202 e	117 e	3.45
600S200-43	6"	2"	18	33	1887 e	1415 e	919 e	638 e	359 e	229 e	135 e	3.77
600S250-43	6"	2-1/2"	18	33	1887 e	1415 e	967 e	671 e	377 e	241 e	155 e	4.08
600S162-54	6"	1-5/8"	16	50	3763 e	2527 e	1617 e	1123 e	488 e	250 e	144 e	4.23
600S200-54	6"	2"	16	50	3763 e	2532 e	1621 e	1125 e	566 e	290 e	167 e	4.63
600S250-54	6"	2-1/2"	16	50	3763 e	2666 e	1706 e	1185 e	642 e	329 e	190 e	5.02
600S162-68	6"	1-5/8"	14	50	5846 e	3288 e	2104 e	1426 e	601 e	308 e	178 e	5.26
600S200-68	6"	2"	14	50	6475 e	3642 e	2331 e	1618 e	700 e	358 e	207 e	5.75
600S250-68	6"	2-1/2"	14	50	6146 e	3457 e	2213 e	1536 e	806 e	412 e	239 e	6.25
600S162-97	6"	1-5/8"	12	50	8403 e	4727 e	3025 e	1941 e	819 e	419 e	242 e	7.36
600S200-97	6"	2"	12	50	9560 e	5377 e	3441 e	2270 e	958 e	490 e	283 e	8.07
600S250-97	6"	2-1/2"	12	50	10278 e	5781 e	3700 e	2569 e	1109 e	567 e	328 e	8.78

"e" Web Stiffeners Required at Each Support

800S162-33	8"	1-5/8"	20	33	632 e	474 e	379 e	316 e	237 e	187 e	129 e	3.48
800S162-43	8"	1-5/8"	18	33	1401 e	1051 e	840 e	700 e	419 e	268 e	186 e	4.2
800S200-43	8"	2"	18	33	1401 e	1051 e	840 e	700 e	525 e	340 e	236 e	4.51
800S250-43	8"	2-1/2"	18	33	1401 e	1051 e	840 e	700 e	525 e	346 e	240 e	4.83
800S162-54	8"	1-5/8"	16	50	2788 e	2091 e	1673 e	1362 e	766 e	489 e	283 e	5.13
800S200-54	8"	2"	16	50	2788 e	2091 e	1673 e	1362 e	934 e	574 e	332 e	5.53
800S250-54	8"	2-1/2"	16	50	2788 e	2091 e	1673 e	1362 e	951 e	608 e	373 e	5.92
800S162-68	8"	1-5/8"	14	50	5627 e	4150 e	2565 e	1844 e	1037 e	617 e	357 e	6.37
800S200-68	8"	2"	14	50	5267 e	4220 e	3376 e	2415 e	1358 e	711 e	411 e	6.87
800S250-68	8"	2-1/2"	14	50	5267 e	4220 e	3288 e	2283 e	1284 e	807 e	467 e	7.36
800S162-97	8"	1-5/8"	12	50	10771 e	6058 e	3877 e	2692 e	1514 e	849 e	491 e	8.9
800S200-97	8"	2"	12	50	14314 e	8052 e	5153 e	3578 e	1912 e	979 e	566 e	9.61
800S250-97	8"	2-1/2"	12	50	14513 e	8558 e	5477 e	3803 e	2139 e	1117 e	646 e	10.32

"e" Web Stiffeners Required at Each Support

1000S162-43	10"	1-5/8"	18	33	1114 e	835 e	668 e	557 e	418 e	334 e	238 e	4.94
1000S200-43	10"	2"	18	33	1114 e	835 e	668 e	557 e	418 e	334 e	269 e	5.26
1000S250-43	10"	2-1/2"	18	33	1114 e	835 e	668 e	557 e	418 e	334 e	278 e	5.57
1000S162-54	10"	1-5/8"	16	50	2214 e	1660 e	1328 e	1107 e	830 e	627 e	435 e	6.04
1000S200-54	10"	2"	16	50	2214 e	1660 e	1328 e	1107 e	830 e	664 e	472 e	6.43
1000S250-54	10"	2-1/2"	16	50	2214 e	1660 e	1328 e	1107 e	830 e	664 e	520 e	6.82
1000S162-68	10"	1-5/8"	14	50	4460 e	3345 e	2676 e	2230 e	1343 e	860 e	597 e	7.48
1000S200-68	10"	2"	14	50	4460 e	3345 e	2676 e	2230 e	1509 e	966 e	671 e	7.98
1000S250-68	10"	2-1/2"	14	50	4460 e	3345 e	2676 e	2230 e	1672 e	1105 e	767 e	8.47
1000S162-97	10"	1-5/8"	12	50	13151 e	8157 e	5220 e	3625 e	2039 e	1305 e	858 e	10.44
1000S200-97	10"	2"	12	50	13151 e	9333 e	5973 e	4148 e	2333 e	1493 e	978 e	11.15
1000S250-97	10"	2-1/2"	12	50	13151 e	9863 e	7500 e	5208 e	2929 e	1875 e	1104 e	11.86

"e" Web Stiffeners Required at Each Support

1200S162-54	12"	1-5/8"	16	50	1836 e	1377 e	1101 e	918 e	688 e	550 e	459 e	6.94
1200S200-54	12"	2"	16	50	1836 e	1377 e	1101 e	918 e	688 e	550 e	459 e	7.33
1200S250-54	12"	2-1/2"	16	50	1836 e	1377 e	1101 e	918 e	688 e	550 e	459 e	7.73
1200S162-68	12"	1-5/8"	14	50	3694 e	2770 e	2216 e	1847 e	1385 e	1055 e	733 e	8.59
1200S200-68	12"	2"	14	50	3694 e	2770 e	2216 e	1847 e	1385 e	1108 e	821 e	9.09
1200S250-68	12"	2-1/2"	14	50	3694 e	2770 e	2216 e	1847 e	1385 e	1108 e	833 e	9.58
1200S162-97	12"	1-5/8"	12	50	10862 e	8147 e	6517 e	4536 e	2551 e	1633 e	1134 e	11.98
1200S200-97	12"	2"	12	50	10862 e	8147 e	6517 e	5467 e	2906 e	1860 e	1291 e	12.69
1200S250-97	12"	2-1/2"	12	50	10862 e	8147 e	6517 e	5431 e	3142 e	2010 e	1396 e	13.40

"e" Web Stiffeners Required at Each Support

Ref. SSMA 2009 IBC Catalog

Header Load Table Notes

1. Deflection is L/360.
2. Allowable Loads have not been modified for wind or seismic loading.
3. Headers are made from two (2) "boxed" members.
4. Allowable moment, shear and web crippling are based on twice the capacity of a single member.
5. The moment of inertia is based on twice the value of a single member.
6. Bearing length for web crippling = 1 inch minimum.
7. Values are for unpunched members.
8. Members are assumed adequately braced for bending.
9. Allowable loads are for simply supported headers with uniform bending loads only.