

Kickboards

How to Install Kickboards



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Mitred OR Butt-Jointed Kicks

The first question you need to ask yourself is do I want a Mitred looking Kickboard or a Standard Butt-jointed kickboard.

What's the difference?

Basically a Mitered Kickboard looks better (if done correctly), but it is more labour intensive and requires a miter saw (typically a Drop saw or Panel Saw). I wouldn't recommend the Mitered kickboard approach for the D.I.Y novice, but the choice is yours. In this document I will endeavour to explain the differences between the two in easy to follow steps..

- * Looks good -if done correctly.
- * Needs specialized machinery (Drop Saw).
- * Traditional method.
- * Looks terrible if Mitres not precise cut and joined.
- * Can leave a sharp edge when finished.

Mitred kickboard:





- * Simplest & Quickest method.
- * No specialized machinery needed.
- * Great for the DIY'er.
- * Most commonly used today.

Butt-Jointed kickboard:



Ordering Face Kickboards:

Which ever system you decide, in most cases you should order your kickboards slightly longer than needed (say 10 or 20mm), that way you have something to cut or scribe down later (should you need to).

With Mitred kickboards you must order it longer, as you will be cutting (mitring) on-site. With the Butt-jointed approach, most of the time you can order it the exact size you need. Below I will demonstrate the size you need: based upon a typical scenario:

Example:

The picture on the right shows 3 base cabinets screwed together to make a vanity. The cabinet is between walls and there is a 30mm filler on the Left cabinet. The left cabinet is 700mm, the middle drawer cabinet is 487mm and the Right cabinet is 700mm. There is also a 30mm filler on the right side, as it abuts a wall. The total distance is $30 + 800 + 487 + 800 + 30 = 1947\text{mm}$. Because the kickboard is going in-between 2 walls, I would add an extra 10mm and cut/scribe it accurately on-site. Better slightly too long than too short!



Now lets say that the Right side was 'seen', therefore there would be no filler required, but there would be an 'applied' panel added (18mm thick as it's a poly cabinet),. So the new kickboard size would be $30 + 700 + 487 + 700 + 18 - 2 = 1933\text{mm}$. The minus 2mm is just to creep the kickboard in from the end of the cabinet. The last thing that you want is to have the kickboard just 1mm past the cabinets, as it looks terrible as it is visible.



Now lets say that the Right and Left side were 'seen', therefore there would be no filler required on either side, but there would be an 'applied' panel (18mm as it's a poly cabinet) on both sides, so the new kickboard size would be $18 - 2 + 700 + 487 + 700 + 18 - 2 = 1919\text{mm}$. This kickboard I would order as the exact size on 1915mm, as there is nothing to 'trim' off to fit against a wall. I would order both the Left and Right ends of the Kickboard as finished (edged), as it is visible.

Some people don't like the fact that the kickboard 'extends' past the return kick, so instead of the minus 2mm either side, I would minus 8mm either side. As the return kickboards are set in 10mm, the additional 2mm left allows for the round on the edge tape + some variance. You can always 'pack' the return kick out a mm to achieve a near perfect fit.

In saying all of this, if adj leg bases are screwed on (rather than traditional 'knocked in'), you can move the legs base anywhere you want -thus having total flexibility in the final position. In this case the holes of the leg bases are just 'pin-pricked' for you to use as a general guide. You have complete flexibility with this method, which is especially useful if you are working around an existing flooring and need to match the 'foot print'.



Ordering Return Kickboards:

As a 'standard' the kicks are set-in 35mm from the face of the carcass (excluding overall door thickness). So, if the cabinets are 580mm deep overall, the return kicks would be 580mm less the door thickness (18mm for a Poly door) less 2mm (door buffer) less 35mm kick set-in from the carcass, less 18mm Poly kickboard thickness (note: a Laminated/ melamine kick is only 16mm thick).



I would personally order the return kicks at $507 + 10\text{mm}$, (517mm) as often the cabinet is slightly off the wall (due to the wall being not plumb or true), therefore I have 10mm to scribe off on-site for a perfect fit.



Height of Kickboard:

What is the height of the kickboard?

Well, it's up to you. Some basic 'rules' to follow (if you like) is no less than 90mm and no greater than 165mm in height.

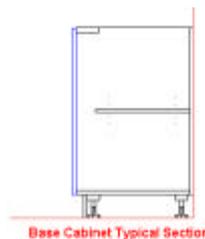
Anything less than 90mm high really defeats the purpose of a kickboard, as a kickboard is designed to fit a shoe/boot under a cabinet, without hitting/damaging the door face.

However, if the kickboard is too high, it just makes the cabinetry look 'cheap', as if they were a 'modular', fixed sized basic cabinet and made to fit. Typically today kitchens are installed higher than the old 900mm benchmark – That's why the old modular 720mm height is not recommended, as it's just too low for kitchens of today.

Example:

You want a finished kitchen height of 925mm with the floor to be laid later (the floor is say 12mm thick). And the bench top is to be a Laminated rolled form top (33mm thick).

Here is how you work out the Kick height: $925 - 33$ (bench top) $+ 12$ mm (as floor laid later) $- 750$ mm (typical cabinet height) = 153mm kickboard height.



Now, if you used the old 720mm high modular size (which most Flat Pack Companies still use) and you use the above example, you end up with a whopping 183mm kick – It's just wasted space and looks 'cheap' and not custom built.

Remember that if you want a 153mm kickboard and you enter a 153mm kickboard, then that is exactly what you get.

But my Kitchen floor is not level?

This is very common.

If fact, if your kitchen was level I would be amazed, as it would be the first that I've seen! So, using the above example of the kitchen at 925mm high, the highest point of the base cabinetry (including top) would be 925. The kickboard would then start to taper down from there., from 153mm high to say 135mm.

What does this mean to the kickboard? Well, the kickboards would need to be cut (planed) to suit the floor dropping away.





The best way to trim the height of the kickboards is to use an electric planer (see the picture). It is fast, accurate and simple to do.

Lay the kickboard down and using a tape measure, measure and mark the left height, then the middle height and then the right height. Scribe a pencil line along the marks. Use this as your guide as to how much to take off. Plane down to say 2mm from the line you have drawn. Test fit the piece. Keep planning until it fits nicely.

Note: The purpose of the kickboard is not to hold the weight of the kitchen. It's a facade, a cover piece if you like. It doesn't have to fit tight between cabinet and floor, but by the same token you shouldn't have big gaps either at the top of the kick. The plastic feet are designed to hold the weight of the kitchen, not the actual kickboard face.



Why use Plastic Legs?

Plastic legs have been successfully used in Europe for a long time now. Most of Australia's kitchen design trends/ideas, hardware and good space saving solutions come from Europe. The plastic leg leveling leg is one of these.

I've now used the plastic legs for around 10 years and I would never go back to the old style 'ladder' kicks. Below are some of the compelling advantages of using the plastic leveling legs:



- * Un-paramount accuracy in leveling your cabinetry (far exceeds ladder style).
- * Wouldn't rot, rust or be eaten by termites!
- * If the house settles, you can simply remove the kick façade and re-adjust the height (should you need to).
- * Moving (sliding) the cabinets around the floor (with the leg bases attached) doesn't damaging the cabinets.
- * Should the unthinkable happen (Eg: Dishwasher floods) you won't need to remove



Installing the Kickboard:

Option: 1 -Clip-on method

1. Plastic Leg:



5. Lay the kick face down:
Mark to top of the Kick then mark the distance (35mm) from the top of the kick downwards.

2. Attach the Clip:



3. Slide on the plastic holder:



6. Now mark the centerlines of the of the Plastic Legs on the kicks. Then mark 16mm either side of this -This is the location of the screw holes.

4. Face Kick:

Measure the distance 35mm down from the top is the standard centre line measurement.





8. Attach clip mount with 5x15mm screws. A good idea it to nail punch the screw locations to make it easier to screw..



11. Return Kick:
Clip on the return clip and measure distance – This one is 45mm to the centre. Mark and measure on the return kick 45mm down (same as the Face kick)

8. Attach Clips (slide on) to the clip mount.



12. Clip on the return kick

9. Clip on to one side:



10. Clip on to the other side



13. Dry run (test) the return kick to check that it's right.





Installing the Kickboard:

Option: 2 -Screw-on method

1. Plastic Leg:



2. Cut the leg to the length of the cabinet, less 2mm if there is a finished end. Then mark the location of where the leg bases are.



3. Drill the holes 10mm down from the mark:

Note: Don't drill against the leg base, as you will just drill through the leg and it will be useless.



4. Attach the kick with screws:

Don't over-tighten, as you are only screwing into the plastic base. You could use silicon to also secure it.



5. Front kick done. Even though you may see the screws in this view, this is just because the camera is at ground level. Normally you would never see the screws standing upright.



6. Cut, mark & drill the return kick.



7. Screw on the return kick.

The plastic clips that are supplied and not required with this method.





Mitre Method:

More complicated system

1. Cut Mitre:



2. Now mark the other end and cut it off.:



2. Mitre the return kick:



3. Dry run (testing) the kick to check.



6. Now glue the mitre:

Normal PVA Glue is fine.



7. Clip it back on:

Clean off the glue (wet rag) and use masking tape to 'pull' the joint tight, whilst it dries. When it's dry, remove the masking tape and very lightly sand the sharp corner to remove the any burr.





Standard Method:

Simplest System

1. Order your kick with or without a finished end/s:



2. Now mark the other end and cut it off. (if not ordered exact size).



3. Cut the return kick to size:
screw-on method shown, but you can of course use the clip-on method.



4. Fit return kick



5. Finished view of kick.





End

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