Toeing and Heeling

UPVc doors and opening windows (sash) are heavy, and although the dead weight is supported on the hinge side when it is opened, there is nothing on the lock side to support the weight, and without the procedure of toeing and heeling the door will “drop” on the handle side. To prevent a door or sash dropping the glass or door panel has to be braced diagonally corner to corner (See Diagram) by the insertion of plastic packers slipped in the gap between the glass or panel and frame.

How to Toe and heel

The door or sash on the lock side should be raised to the desired height and squared up with the door frame. On the hinge side place the packers at the bottom corner, whilst on the lock side, the packers go at the top (opposite) corner – place a dab of silicone under the packers on the door sides to stop the packers dropping. It is advisable to use a glazing shovel when lifting the glass or panel. The packers should be placed approximately 150mm from the edge of the frame.