

# Alternative to SG8

Prolam® sizes are based on equivalent deflection. These tables are for guidance only, and any Prolam substitution should be verified against the complete selection chart or the Prolam online specifier. [specifier.prolamnz.com](https://specifier.prolamnz.com). Alternatives may not be suitable for all situations.

SG8	Prolam PL8 Alternative	Prolam PL12 Alternative
140 x 45*	140 x 42	140 x 42 or 90 x 88
190 x 45*	190 x 42 or 140 x 88	190 x 42 or 140 x 63
240 x 45*	240 x 42 or 190 x 63	190 x 42
290 x 45*	290 x 42 or 240 x 63	240 x 42 or 190 x 88
140 x 70**	140 x 63	140 x 42
190 x 70**	190 x 63	190 x 42
240 x 70**	240 x 63	240 x 42
290 x 70**	290 x 63	290 x 42
140 x 90**	190 x 42 or 140 x 88	140 x 63
190 x 90**	240 x 42 or 190 x 88	190 x 63
240 x 90**	240 x 88	240 x 63
290 x 90**	290 x 88	290 x 63

\*One Member  $E_{lb} = 5.4 \text{ GPa}$

\*\*Two Members  $E = 6.7 \text{ GPa}$

**This schedule applies only to Prolam products**