

(57) **Abrégé(suite)/Abstract(continued):**

supported. The insert comprises: a length of unistrut having a u-shaped cross-sectional profile, wherein: the exterior surface of the u-shaped unistrut is covered with a first insulating material; a volume defined by the interior surface and the two upper edges of the u-shaped unistrut is packed with a second insulating material; and the two upper edges of the u-shaped unistrut are covered with the first insulating material.

