

# i Loft Insulation

Insulating your loft is one of the most cost effective ways to keep your household heat in. Without it, your roof is letting up to 25% of household heat escape.

## How to tell if your loft is suitable for insulating:

### 1. Do you have access to your loft space?

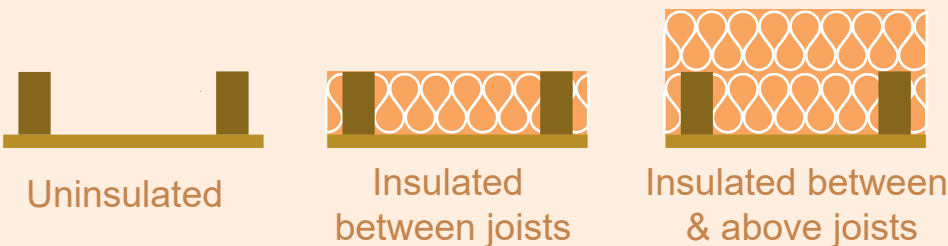
If you do not have any access to your loft space, you can consider installing a hatch or other access.

If the space is especially awkward, it may be worth considering blown insulation. If your loft is converted, consider 'room in roof' insulation.

Flat roof insulation can be more complex and should always be undertaken by a professional.

### 2. Is your loft already insulated?

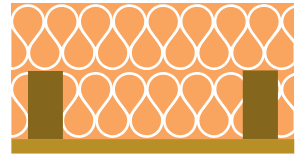
If you have access to your loft, take a look! If you have no insulation, or only have insulation between the joists, you can upgrade to the recommended amount (270mm or more)



*The recommended depth of mineral wool insulation is 270mm, other materials may need different depths.*

### 3. Are there any damp or condensation problems?

Insulation can worsen damp and condensation problems, so it is worth consulting a professional to tackle any issues before considering insulation.



## \*Typical Costs and Savings...

 **620kgCO<sub>2</sub>e**  
Annual Carbon Savings

 **£250**  
Annual Bill Savings

 **£930**  
Typical cost

*Estimates based on a totally uninsulated loft (0mm) with 270mm of loft insulation.*

## Keep it natural

Although insulation can reduce the energy needed to heat your home, the materials used can have a significant environmental impact.

There are many low-carbon alternatives to synthetic insulation materials, such as sheep's wool, hemp or cellulose batts, which are better for your home, your health and the planet!



*\* Figures are taken from Energy Saving Trust and are based on fuel prices as of October 2023. Estimates are based on an insulated, three bed, semi-detached, gas-heated home. The average professional installation cost is unsubsidised, prices will vary.*



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## The Benefits of Loft Insulation

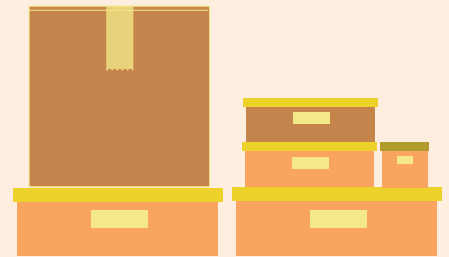
- Your home will use less energy, lowering your carbon footprint
- Significant financial savings on heating bills
- Improved thermal efficiency and a more comfortable home
- The insulation should last at least 40 years
- Most loft insulation can be completed by anyone with basic DIY skills
- Insulation may increase the value of your property

## How is Loft Insulation Installed?

Loft insulation usually comes in the form of rolls or flexible batts, which can be cut to size and placed between joists. A second layer of insulation is then placed crosswise over the level of the joists. This can be completed by a professional or anyone with basic DIY skills.

## Keeping your Storage Space

Once your loft is insulated, it is important not to squash your insulation with items or boarding, as this significantly reduces its effectiveness. However, it is simple to keep your storage space once your loft has been insulated. A raised platform can be installed above the insulation, supported by timber battens or custom made 'arms' (available from many DIY stores) attached to the joists.



## Financial Help

The biggest energy companies are required to help householders to access energy efficiency measures through the Energy Company Obligation (ECO) scheme.

Depending on your circumstances, it may be possible to access free or discounted loft insulation through ECO and other funding.

To find out if you are eligible, contact the Nottinghamshire Healthy Housing team.

## Next steps...

If you are interested in Loft Insulation, HEAT Hub are here to help! For advice or to arrange a free Home Energy Plan fill in a form at:

[bit.ly/BookHomeEnergyPlan](https://bit.ly/BookHomeEnergyPlan) or call

**0115 985 9057**