

# Insulate your loft and stop the 'great escape'

A well-insulated house keeps warmth exactly where you need it – indoors. Loft insulation is a simple and effective way to reduce your heating bills, and you can even do it yourself

Heating your home isn't cheap, and with the price of gas, electricity and oil going up all the time, it seems to cost more every winter to stay warm. To save money you need to stop the heat escaping, and the best way to do this is to insulate your home. **The better the insulation, the warmer you'll feel and the more money you'll save.**

Even if you have some insulation in your loft you may need a top-up. The recommended depth for mineral wool insulation is 270mm (about 1ft), but there are other materials (usually more expensive) which require different depths.



**Keep the heat indoors. People who insulate their loft notice the difference – a warmer home and lower fuel bills**

Loft insulation is effective for at least 40 years, and it will pay for itself over and over again in that time. And there is financial support available to help pay for professional insulation.

## Loft insulation is cheap and easy to install

Generally speaking, if your home has an accessible loft with no damp or condensation problems, it will be a good candidate for loft insulation. Mineral wool insulation can be bought in big rolls (also known as 'blankets' or 'quilts') from builders' merchants or DIY stores. Laying this insulation is usually straightforward for either an installer or a competent 'DIY-er'.

For lofts with difficult access – e.g. small hatches and very little space – loft insulation blankets aren't suitable. Instead a loose, fire-retardant insulation material is blown into the loft using specialist equipment. This is a job for a professional installer and can take a few hours depending on the size of the loft.

If you'd like to use your loft for living space, then you could look at insulating the roof of the loft rather than the floor. This is usually done by fitting rigid insulation boards or insulation foil between the roof rafters.

## How much money will I save?

<b>Cost (installed professionally)</b>	<b>Around £500 *</b>
<b>Annual saving per year</b>	<b>Around £46</b>
<b>Payback time</b>	<b>11 years</b>
<b>DIY cost</b>	<b>£100 to £350 **</b>
<b>DIY payback time</b>	<b>2 to 8 years</b>

These are **estimated** figures which assume you have 50mm of insulation and top it up to the recommended 270mm. If you have no insulation at all, then the savings can be up to £174 a year. If you have 100mm then the saving is around £23 a year.

\* Financing options for energy efficiency improvements like loft insulation are available under the Green Deal and ECO. See [www.cse.org.uk/greendeal](http://www.cse.org.uk/greendeal) for more information.

\*\* This price depends on products and materials that are assumed to be unsubsidised.



**A quarter of a home's heat is lost through the roof, which is why loft insulation makes such a difference.**

**Turn over for energy saving tips** ▶

## A few ways to cut your electricity and gas use, and save money ...

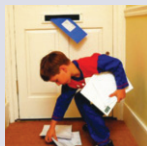
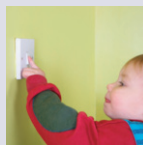
When you're cooking, only open the oven door when absolutely necessary; every time you open it, nearly a quarter of the heat escapes.



Give your clothes a day in the sun; and give your tumble drier a break. Clothes dried in the fresh air feel great, and there are drying days in winter, too.

Don't leave your phone on charge all night. It only needs an hour or so. And try not to leave the TV and other kit on stand-by.

Catch 'em young! Encourage your children to switch off electric toys and lights that they're not using. They'll soon get the hang of saving energy.

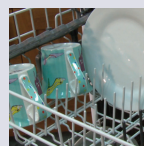


Dodge the draught! Fit draught-excluders to your front door, letter box and key hole, and draw your curtains at dusk to keep the heat in.

Only fill the kettle with as much water as you actually need (but make sure you cover the metal element).

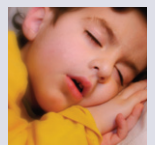


Buying a new appliance? Look out for the Energy Saving Trust 'recommended' logo.



Wait until you have a full load in your dishwasher or washing machine before doing a wash. Two half-loads use more energy than one full load.

Sleep tight. Make sure all the lights are turned off when you go to bed. You can get low-wattage night lights for children's rooms or landings.



Turn your heating down by 1 degree. You'll hardly notice the change in temperature, but it'll make a big difference to your heating bill.

Be a friend to your freezer. Defrost it regularly to help it run more efficiently.

Put your fridge in a good spot, not next to a cooker or radiator, but where air can circulate behind it.

More energy-saving advice at [www.cse.org.uk/advice](http://www.cse.org.uk/advice)

Warm & Safe Wiltshire helps people in Wiltshire live in warmer, safer and healthier homes.



Our help line is open 9-5pm Monday-Friday and offers advice on:

- Insulation & draught proofing
- Damp and condensation
- Switching energy suppliers
- Grants & schemes
- Heating systems & controls
- Understanding your fuel bills
- Fuel debt
- Fire safety

We also offer free home visits to eligible residents.

Find out more

Call 0300 003 4575

Or email: [warmandsafe@wiltshire.gov.uk](mailto:warmandsafe@wiltshire.gov.uk)

Warm & Safe Wiltshire is provided by Wiltshire Council and Dorset & Wiltshire Fire and Rescue Service and their partners.

Wiltshire Council

