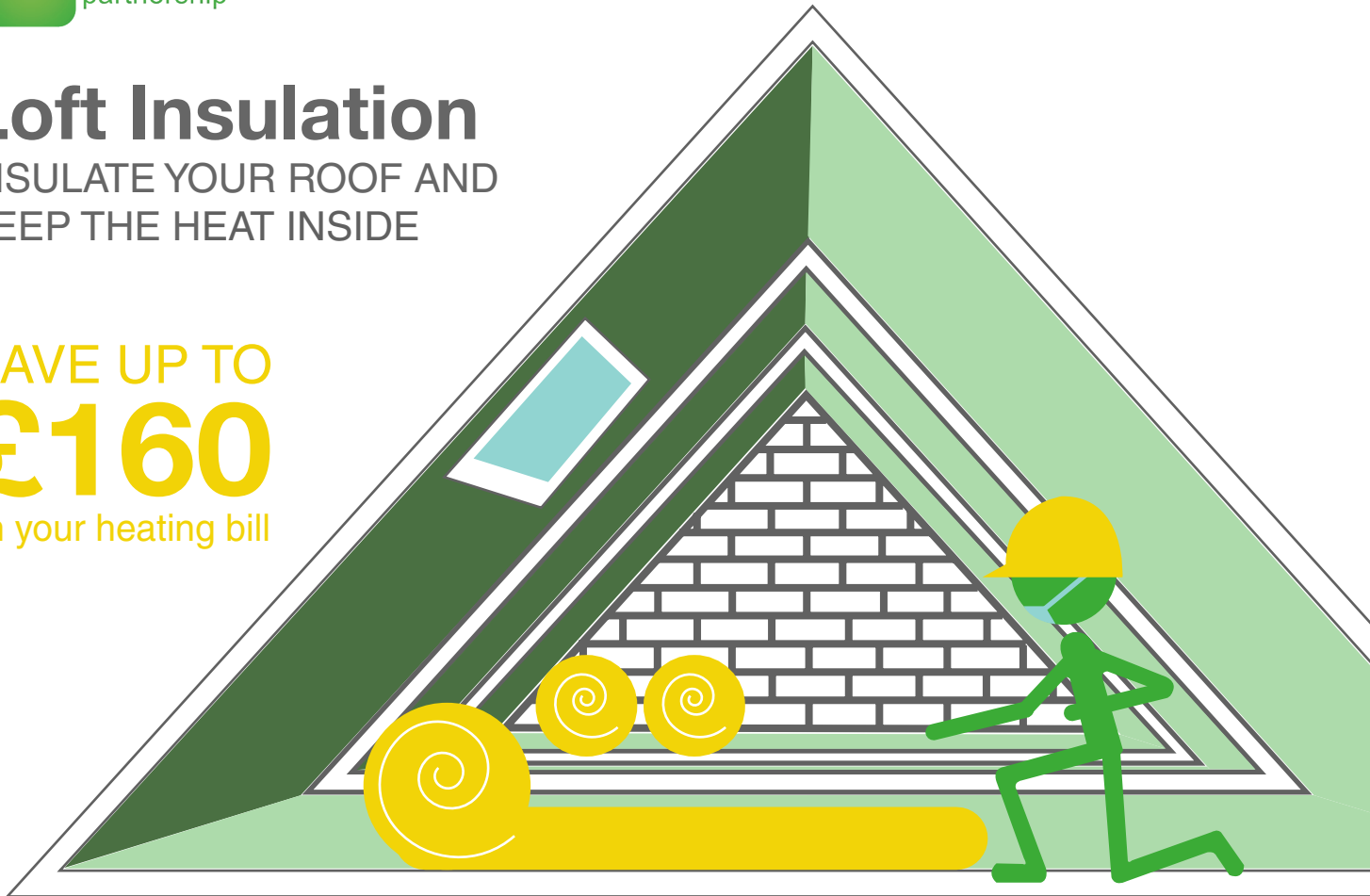


# Loft Insulation

INSULATE YOUR ROOF AND  
KEEP THE HEAT INSIDE

SAVE UP TO  
**£160**  
on your heating bill



**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.**

Insulating a loft space is quick and easy and once installed, your home will feel warmer and more comfortable. Your home will also require less energy to heat it effectively, saving you money. The recommended depth for loft insulation is 270mm, or around 10 inches.

## IS MY LOFT SUITABLE?

**Your loft will be suitable if:**

- It is easy to access
- There are no damp or condensation problems
- Your loft joists are regularly spaced

## WILL I LOSE MY STORAGE?

Once insulated it is important not to squash your insulation with items or boarding as this reduces its effectiveness by 50% - please see illustration:

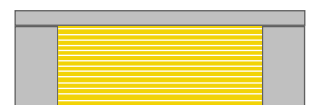
INSULATION  
WITHOUT BOARDING

270 mm



INSULATION  
WITH BOARDING

100 mm



## STORAGE SOLUTIONS

You can insulate your loft and *still* have a area to store your items.

A raised platform can be installed above the insulation, which is supported by 'arms' that are secured to floor joists. Make sure the platform does not touch the insulation.

This is a job you could do yourself as the 'arms' are readily available in large DIY stores and online. However, there are also companies who specialise in the installation of these platforms, just search online.

## THE INSTALL PROCESS

- ▶ Please make sure any items in the loft are removed first.
- ▶ It should take between 2-3 hours to insulate your loft.
- ▶ Leave your old insulation as it is, this can be covered and topped up to the required thickness.
- ▶ If your loft contains no insulation, you will receive a 100mm layer between the joists and the second layer (which will take the depth up to 270mm) will be positioned at right angles across the joists - overing the joists.
- ▶ To ensure the insulation does not block eaves or interfere with ventilation, a 50mm gap will be left between the insulation and underside of the roof in the eaves.
- ▶ The insulation will sit 75mm from all electrical items i.e., recessed lights.
- ▶ Once complete, your insulation thickness will meet the recommended depth of 270mm and pipe and tank (if you have one) insulation will be upgraded if required too.
- ▶ The loft hatch will be covered with insulation inside a polythene bag, if there is no loft ladder.
- ▶ Our contractors have been trained to a high standard and will carry I.D and necessary equipment to complete the installation including dust sheets, lights and ladders.



Loft insulation rolls (mineral wool)



Laying first layer of loft insulation between joists

## ADAPTING TO YOUR NEWLY INSULATED HOME

To make sure you achieve savings on your heating bill, turn your thermostat down by one or two degrees. You could also adjust your programmer so your heating is on for less time.

You should be just as warm as your insulation is keeping so much more heat inside your home.

## SIGN UP FOR A WARMER HOME

Our Nottinghamshire Healthy Housing team provide loft insulation for homeowners and private tenants in Nottingham and Nottinghamshire.

For more information or to book a technical survey please contact the team.

 [www.healthy-housing-service.com](http://www.healthy-housing-service.com)

 [healthy-housing@nottenergy.com](mailto:healthy-housing@nottenergy.com)

 **0115 985 3009**

We also do room-in-roof insulation.



The healthy temperature for your home is between 18°C and 21°C



HEALTHY  
HOUSING  
Service

