

LOFT INSULATION



Before insulating your loft, it is important to make sure the loft space is in good condition and dry to ensure no moisture or mould is trapped in.

Standard loft insulation is suitable for most homes and is typically supplied in rolls which are laid between or over floor joists. This is seen as a typically straightforward job and rolls of mineral wool insulation can be bought from DIY stores or builder's merchants.

If you need to use your loft space as storage, joist extenders to lift loft boards above the insulation level can be used. It is important to make sure the loft boards don't touch the insulation as a ventilation gap between the insulation and the loft boards is necessary to reduce risks of condensation.

Make sure you don't squash the mineral wool when installing the boards as this will reduce its insulation value!

Insulating your loft will keep your house warmer but make the roof space above colder. The cooler air in your insulated loft could mean that cold draughts come through the loft hatch. To prevent this, you can fit an insulated loft hatch and put strips of draught-excluding material around the hatch edges. Alternatively, you can fit a piece of rigid foam insulation to the back of a loft hatch but make sure to also install draught strips around the edge.

Cost: £-££

Disruption: ■ □□□□

Useful links

- [Loft insulation - Centre for Sustainable Energy \(cse.org.uk\)](http://cse.org.uk)
- [Roof and loft insulation guide - Energy Saving Trust](#)
- [Building Regulations: Loft Insulation - Insulation - Planning Portal](#)



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