

## **Introduction**

If you want to make your home more energy-efficient and save money on your heating bills, one of the best things you can do is install loft insulation. Loft insulation works by creating a barrier that prevents heat from escaping through the roof of your home. This means you can keep your home warmer in winter and cooler in summer, without having to use as much energy.

In this guide, we will show you how to install loft insulation yourself or hire a professional if you prefer. We will also explain the benefits of loft insulation, how much it costs, and how much you can save by installing it.

According to the Energy Saving Trust, loft insulation could reduce your energy bills by up to £315 per year, depending on your home. The payback time is short if you started out with no loft insulation. But even homes with existing loft insulation can save money by increasing the amount. Here's a brief tutorial on how to install loft insulation in the UK:

1. Prepare the loft space - Ensure the loft is safe for you to work in by making sure it's well-lit. Once you can see properly, have a good look at your joists, checking them for any signs of rot or cracking. If they're damaged, they won't be safe to walk on and you'll need to call in professionals. Now is a good time to clear the loft and vacuum the space to get rid of excess dust.
2. Work out how much insulation you need - Grab your tape measure and work out the area you'll need to insulate by multiplying the width of the floor by the length. Then measure the space in between the joists. Finally, measure the height of the joists themselves.
3. Buy your insulation - Decide which type of loft roll you want then choose the thickness you'll need by using the height measurement of the joists.
4. Lay the insulation between and over the joists - For DIY novices, insulating the joists with loft rolls is the easiest job, particularly if your attic is easy to access.
5. Insulate the loft hatch, water pipes and tank - Make sure you use crawling boards placed between the joists. Loft panels are ideal for this job, and they'll need to sit across at least three joists to spread the weight evenly.

## **How much will it cost?**

The cost of installing loft insulation in the UK varies depending on the materials used and the size of the loft. For example, a fibreglass blanket costs £8/m<sup>2</sup> for 3-layers, or £360 in a semi-detached house, and £250/day for labour. Some energy suppliers still offer free insulation to some households who fit certain criteria (such as being in a vulnerable situation or receiving certain benefits). The usual cost for insulating a loft with basic blanket insulation is between £300 and £400 depending on the size of the loft.

### **What are the common mistakes?**

When installing loft insulation, it is important to follow the instructions carefully and avoid some common pitfalls that could reduce the effectiveness of the insulation or cause damage to your home. Some common mistakes people make when installing loft insulation include:

- Squashing the insulation - One of the biggest loft boarding mistakes is the compression of insulation materials. This happens when you board your loft directly on the joists
- Mishandling cables and pipes - Your loft is often filled with pipes and cables that carry essential utilities throughout the property. Mishandling them can cause problems
- Blocking ventilation - It's important to maintain proper ventilation in your loft

### **How much can I save?**

Installing loft insulation can significantly reduce your energy bills by preventing heat from escaping your home. According to the Energy Saving Trust, loft insulation could reduce your energy bills by up to £315 per year, depending on your home. The payback time is short if you started out with no loft insulation. But even homes with existing loft insulation can save money by increasing the amount