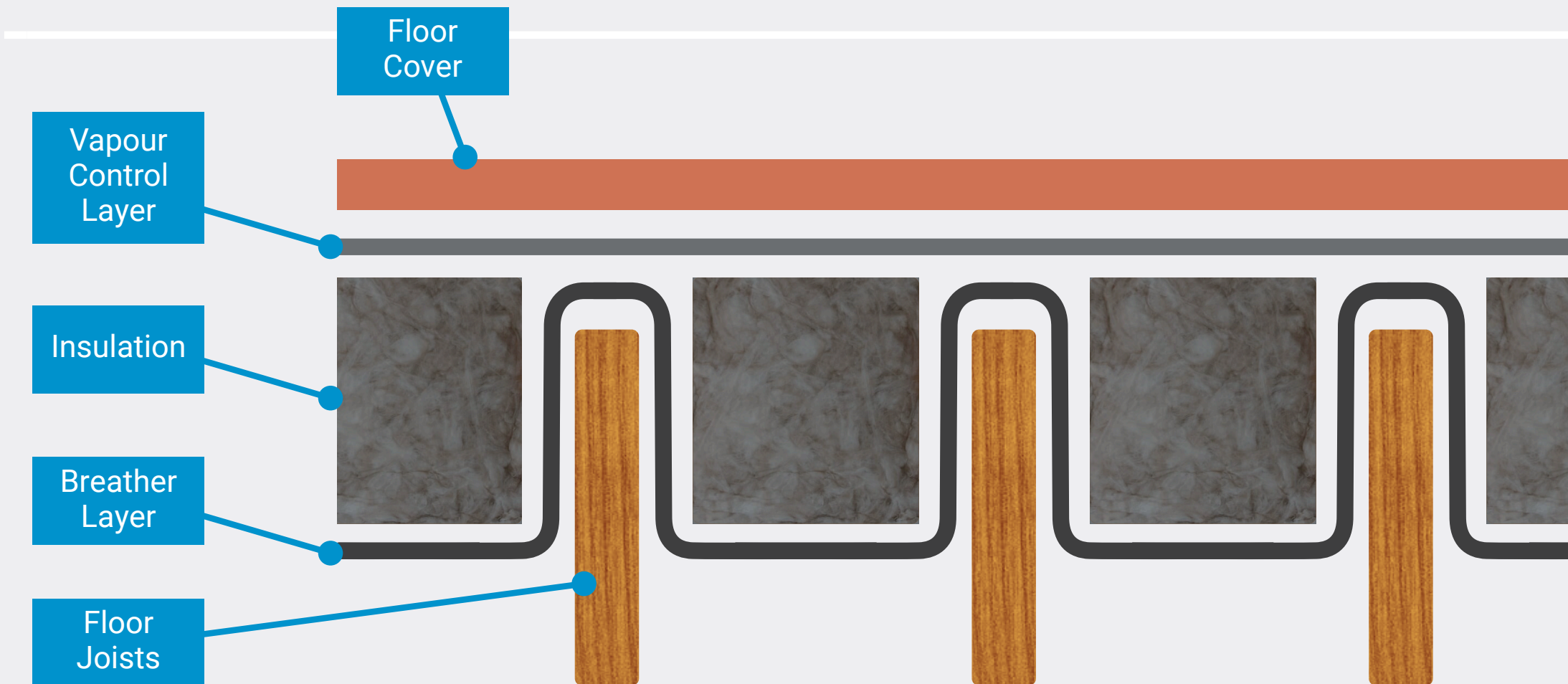


Under floor & loft insulation

How it works

We installed underfloor insulation under floorboards in the void space. Although quite dirty to do, you could tackle this as a DIY job. Underfloor insulation sits under the floorboards between the floor joists and is secured in place with either wire mesh or a breather membrane (allowing moisture to escape).

Another potential DIY option is loft insulation. You can lay insulation between the joists in the attic 'floor' space between joists. The insulation provides another layer reducing heat loss from the property. The recommended thickness for loft insulation is 270mm.



Our experience

With the floorboards already lifted for the new pipework and vent installation, this gave us ready access to install the underfloor insulation. Giving thought to the sequence of works means related jobs can be done at the same time, reducing overall cost and time.

Benefits

If you have time and confidence to take these on as DIY projects, these measures could cost even less than what we paid contractors to do. Before retrofitting, the amount of heat lost through the floor and roof was surprising, so installing underfloor and loft insulation has made the home feel much cosier.

Installation

We chose to have the loft partially boarded on top of the insulation, and a new loft hatch and ladder installed, providing additional storage space. But the new insulation does work best when it isn't compressed when boarding out your loft for storage, so it should be a decision based on need.

Before and after

Before the retrofit, the floors comprised **12%** of the total heat lost from the house, and the ceilings leaked **7%**.

After insulation was added, heat lost through the floor was reduced by up to **80%** and from ceilings by **77%**.