

The benefits of

Loft Insulation

What could you save?



	Increase in loft insulation thickness (0 - 270mm)	Increase in loft insulation thickness (50 - 270mm)
Annual saving per year (£)	Around £145	Around £40
Installed cost (£)	Around £250	Around £250
Installed payback	Around 2 years	Around 6 years
DIY cost	£50 - £350	£50 - £350
DIY payback	Up to 3 years	1 to 9 years
CO 2 saving per year	Around 730kg	Around 210kg

In an uninsulated home a quarter of your heat is lost through the roof. Insulating your loft is a simple and effective way to reduce your heating bills and you can even do it yourself. It's never been more important to think about insulating your loft. Without proper insulation a lot of the valuable, expensive energy you use to heat your home will be lost through the loft.

How do you insulate a loft?

The good news is that insulating your loft with loft insulation blankets, often referred to as 'quilts' can be a pretty straightforward job for either an installer or a competent 'DIY-er'.

It needs to be done to a high standard to avoid unnecessary wastage so if you don't feel sufficiently confident that you can do it yourself you should call an installer.

Another type of loft insulation, blown insulation, must be installed by a professional. An installer will typically take just a few hours and may use specialist equipment which blows loose, fire-retardant insulation material into the loft.

Help and advice

Call your local Energy Saving Trust Advice Centre on Tel: 0800 512 012 for free, impartial advice on making your home more energy efficient.

