

## *The benefits of*

# Floor Insulation

**Using a silicone sealant** to fill gaps will save you around £20 a year on your heating bills. Insulating underneath the floorboards on the ground floor will save you around £50 a year.



**The following table** gives approximate savings which can be achieved by insulating your floor and filling the gaps between the floorboards and skirting boards:

	Annual saving per year (£)	DIY cost	DIY payback	CO 2 saving per year
Floor insulation	Around £50	Around £100	Around 2 years	Around 240kg
Filling gaps between floor and skirting board	Around £20	Around £20	Around 1 year	Around 100kg

**If you've ever stepped** from your bed in the morning still half asleep only to leap back in again as soon as your warm pinkies touch the icy cold floor you'll know how a draughty home feels. Gaps and draughts around skirting boards and floors are simple to fix yourself with a tube of sealant bought from most DIY stores.

## How it is installed

**Not all home insulation work** has to be carried out by a professional. It may work out cheaper to do the smaller jobs yourself with materials from your local DIY store. Filling the gaps in between the skirting board and the floor costs about £20 if you do it yourself and it costs about £100 to insulate underneath the floorboards on the ground floor.

## 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.

