

# project INSULATION

Stay on top by following our tips for lagging your loft in time for Winter



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#### How can insulating your loft save you money?

If your loft isn't insulated properly, then heat is escaping out of your roof. Trap it in, and not only will your family be warmer but your heating bills are going to come down. It's a no-brainer. The cost of the project is small compared to what you'll save in the long run.

#### Do you need a professional to fit insulation?

Not at all, as long as you get the right advice. Wickes has some great how-to guides and videos and we're always happy to help in store. Just cut the insulation to size and roll it out between the joists. Make sure you use a minimum of 270mm, and anything thicker is a bonus. If you have some existing insulation don't assume it's doing the job. If it isn't the right depth, you can top it up.

#### Can you still have storage in your loft?

Of course, but remember not to squash your insulation. Think of it like a duvet - it needs to be fluffed up to trap the air, and if you compress it the insulation will be ineffective. Use loft legs to keep your loft boards high enough.

#### What about safety?

Wickes will have everything you need including protective suits, eye goggles, gloves and a mask because you're working in a confined space. If you have downlights in the ceiling below use a fire hood and don't cover electrical cables.

#### What is your top tip for success?

Insulate your pipes. The last thing you want is for them to freeze now you're not keeping them toasty with your wasted rising heat!

## Roof-top tips

**1** Remember that once your loft is insulated, your loft will be colder. This is nothing to worry about - it proves your heat isn't escaping, however it means you'll need to insulate any exposed water pipes and water tanks as there is a possibility they might freeze in very cold weather.

**2** Double check and ensure your electrical cables are not covered by the insulation - it creates a fire hazard. This goes for downlights and spotlights too. They'll need to have specialist protective downlight covers.

**3** Stay safe. Work out where you're going to stand: on the joists, not the ceiling below. Use crawl boards if necessary to stop yourself from damaging the ceiling. Make sure you're wearing the correct safety equipment: goggles, a mask and gloves.

**4** There's no point in spending time insulating the loft if you don't ensure it's draught proof too. Don't forget the loft trapdoor or any skylights. Just make sure the window or door is still able to be sealed properly.

**5** Keep air vents clear to avoid problems with condensation. And it sounds obvious, but wait until you're in the loft to unwrap the insulation rolls. They're hard to carry once they're open.

