

Loft insulation



How does it work?

Loft insulation is material in your roof space that creates a barrier and stops the heat from your home rising into the loft. The most common type is rolls of insulation which are laid in between the joists (horizontal beams along the floor of your loft) or the rafters (angled beams that support the roof).

Is my home suitable for loft insulation?

Usually if your home has an accessible loft with no damp or condensation problems, it will be suitable for loft insulation. Insulating your loft is an effective way to reduce heat loss and the cost on your heating bills. If uninsulated, a quarter of the heat in your home can be lost through the roof.

Benefits of loft insulation?

- **Easy and quick to install**
Loft insulation can take just two hours to install. It can then last for more than 40 years.
- **Keeps the heat in your home**
Insulation not only warms your home in winter, but keeps it cool in summer.
- **Better for the environment**
The heat saved from loft insulation means less energy used through your heating system.
- **Cost-effective**
You could save up to £400 per year by insulating your loft space.





Can I use my loft for storage after it's been insulated?

Many people use their loft as a storage space, but once the insulation is laid, you can't put anything on it that will cause it to get squashed. If it gets squashed it won't be effective.

Mineral wool insulation

Mineral wool insulation

This often comes in large rolls and is rolled into the space between loft joists and is the standard form of insulation in regular loft spaces.

cse.org.uk/advice/loft-insulation/

[energysavingtrust.org.uk/
advice/roof-and-loft-insulation/](https://energysavingtrust.org.uk/advice/roof-and-loft-insulation/)

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