



Improving the fabric insulation within a building not only improves the *thermal efficiency* (i.e. it slows speed at which a building loses air temperature); but it will also:

- reduce the risk of condensation dampness,
- improve the quality of living conditions for the householder within the property, and
- will also save the householder energy costs,

as thermally efficient buildings use less energy as the warmed air (i.e. the ambient temperature) is retained for a longer period, so long as pre-insulation heating regimes are not increased.

Roof Insulation

This accounts for 25% of the heat loss from a property. Loft (top up) insulation can often be installed either by “DIY” or in fact may be “free” subject to certain criteria.

It is always best to check what’s available with your own energy company or with Home Energy Scotland (Free phone 0808 828 2282) for any Central or Scottish Government assisted insulation schemes.

Lofts should be insulated to a depth of 270mm and are normally insulated by laying fibreglass roll or a similar material between the ceiling joists, and then at 90 degrees to the 1st laid rolls. If water tanks are still in use, do not insulate directly below them.

Where dormers or rooms have been constructed into the unoccupied roof space, alternative methods may be necessary, and advice should be taken from a suitably qualified builder or architect.

Wall Insulation

Most traditionally built properties constructed after the mid 1920’s have a brick-cavity-brick construction type. The “cavity” (post survey and post any remedial repairs required) can then be filled with forms of blown insulation fibres using a specialist Insulation Contractor.

Prior to the mid 1920’s most buildings were of a solid stone construction. Some buildings constructed after 1960 are “non-traditional” or are “system-built” and may have solid walls. These types of solid walled properties can insulated by either external cladding or internal thermal dry lining boards, both of which are expensive and require major works.

*(Should you be uncertain about what type of wall your property has **ALWAYS** seek appropriate advice before embarking on doing any form of wall insulation).*

Floor Insulation

If access and working space is available then suspended timber floors can be insulated with fibreglass roll or a similar product between the floor joists, supported by some form of non degradable netting. If you are in doubt as to what type of material(s) to use contact a suitably qualified builder or architect.

As above, **ALWAYS** seek appropriate advice before embarking on any insulation works.

Draught Proofing

Draughtproofing letter boxes, and around skirting boards, doors and windows, can be very cost effective. You should look at draughtproofing sliding sash/case wooden windows. Other proprietary systems are available for most windows and are usually less expensive than replacement double glazed units.

Remember !

Insulation improves comfort and can reduce fuel consumption and costs. However, care must be taken to ensure that any insulation does not reduce ventilation in the property.

Further advice and information

Should you have any questions regarding energy efficiency or wish further information, please contact

<p>East Renfrewshire Council Energy Efficiency & Carbon Reduction Unit 0141 577 8529</p>	<p>Home Energy Scotland 0808 828 2282</p>
---	--

Please Note: Whist care was taken to ensure that the advice contained in this document is accurate; it cannot replace expert advice. It is intended as a guide only and the Council cannot accept any responsibility for any damage or loss incurred by an individual relying on the accuracy of the information.