



LOFT INSULATION FOR FLOORED LOFTS

All areas at floor level of a loft should be insulated, otherwise the heat will find its way to the uninsulated areas to escape from. It is best to try to have a thickness of at least 200mm insulation in a loft, but even 100 mm is much better than nothing. Insulation schemes are currently installing up to 270 mm.

For lofts already floored

It is important to have insulation under the flooring. If there is insulation only above the flooring, this would not be effective as the heat would escape around the sides and under the flooring. The best option would be to lift up the flooring and add insulation and then replace the boards.

If you don't want to do this, you would need to add insulation under the flooring another way. There is a choice of materials from B & Q etc but rigid insulation boards are easiest to slide into nooks and crannies. A good product is Kingspan TP 10 or Kingspan Thermapitch or Therma as it is lightweight and easy to cut to size. It is important to reach all parts under the flooring but if this is impossible concentrate on the parts around the perimeter but leave a 50 mm gap at the eaves.

The space under your floorboards is not likely to be more than 100 mm or 150mm deep at the most. This means that it would be best to have a layer of insulation laid on top of the flooring too. B & Q have rigid insulation boards which can be used for laying on top of flooring in lofts. The product is Jablite premium universal board. It has an Energy Saving Trust recommended logo. This is robust enough to have heavy items stored on top without compressing. Each pack covers an area of 2.16 m² with a 50 mm thick board and costs £13.48. Each layer is the equivalent of slightly more than 100 mm of fibreglass. Another suitable product (subject to availability) is Knauf insulation space board. This provides the equivalent of over 52.5 mm fibreglass insulation. It is £3.48 per board 1.2 m x 0.5 m and limited to 100 m² per customer.

If you have already insulated under the floorboards before replacing the floorboards, the effectiveness of the insulation will be less if it has been compressed by the flooring. As much of the effectiveness of standard insulation is the air trapped in the material, the insulation under the flooring will be equivalent to the depth of the space.

Flooring your loft easily

If you want to have flooring in your loft B & Q has a product called Insulated Loft Board which is especially designed to provide both flooring and insulation for underneath the flooring. This comes in blocks of 1.22 m x 32.5 cm and these can be laid between the joists. This costs £7.98 per unit. The depth is about 100 mm which would fit most joists but you would need to check that the joists are deep enough first. If this is too deep the boards would not fit properly in line with the tops of the joists.

Ideally one or more layers of the insulation boards referred to should be put on top of the flooring. Aim to have a total insulating effect of at least 200 mm but preferably 270 mm. Knauf insulation space board and Jablite premium universal board and Kingspan Thermapitch are all available from B & Q.

BERI is not responsible for the outcome of any DIY measures done and you are advised to study the manufacturers installation instructions.

Banchory Energy Reduction Initiative (B.E.R.I.) is a local community organisation funded by the Scottish government's Climate Challenge Fund until March 2012 and run by volunteers and part time staff. Online information at www.banchory.org see link to community projects. For more information tel 077 697 125 20 e mail beri.banchory@hotmail.co.uk Drop in advice sessions at Banchory Town Hall Mondays and Fridays 10.30 – 12.30

