



A guide to INSULATION



THE DIFFERENT WAYS TO INSULATE OR IMPROVE THE INSULATION OF YOUR HOME

Most new houses today have insulation fitted all around the house. This is an important requirement set by the Government. Older houses were built to lower insulation standards and are more expensive to heat. Why put up with this when insulation could reduce the cost of heating your home?

CAVITY WALL INSULATION

Cavity wall insulation is injected into the gap between the inner and outer sections of brickwork that make up the outside wall of your property. There are a variety of different products available, but they all work in the same way – the insulation combined with the trapped air acts as a barrier to stop heat from escaping.

A specialist contractor can install cavity wall insulation in your home and it's surprisingly simple and cost-effective. The materials used for cavity wall insulation are mineral wool, polystyrene bead and u.f. foam.

The materials and processes used are well proven in this country, so the most important thing you need to consider is who will install the insulation. As long as you choose one of our members, they will install your insulation according to the industry's technical standards and recommend a product which is suitable for your property.



DRAUGHT PROOFING

Many homes leak heat through gaps in the joins where windows and doors are. In fact, you can often feel this as a draught by holding your hands up against them on a cold and windy evening. This can have a major effect in a typical home as 20% of all heat loss is through ventilation and draughts.

Draught proofing is one of the least expensive and effective energy-efficiency measures for the home – yet it is too often overlooked. Draught proofing offers the quickest return, frequently paying for itself within a year and then saving money each year after that.

Draughts can cause major discomfort in the home and, for elderly and very young people, this can be a health risk. Many older buildings in particular have poorly-fitting sash windows. Draughts cause cold damp air to be drawn in as the warm air is drawn out.

To make sure the insulation is fitted correctly and in a way that saves the most energy, employ a professional NIA installer, skilled in fitting a wide range of products to the BS Code of Practice 7880. Look out for products carrying a Kitemark or which are certified to British Standards.

If you are applying a total package of insulation, avoid completely sealing the building. Don't seal kitchen and bathroom windows, as this will allow you to let out the steam and create enough ventilation. Instead, seal the inner doors to these rooms. Do not interfere with air vents for fires and heating appliances.

There are several types of materials available – from brushes, foams and sealants to strips and shaped rubber or plastic. Draught proofing materials also stop rain and snow from leaking in, which damages decoration inside your home.

NIA membership number:
Company details:

National Insulation Association
2 Vimy Court • Vimy Rd • Leighton Buzzard • Bedfordshire • LU7 1FG
Phone: 08451 636363 Fax 01525 854918 Email: info@nationalinsulationassociation.org.uk
Website: www.nationalinsulationassociation.org.uk



With cavity wall insulation, work is carried out according to the standards laid down by the Cavity Insulation Guarantee Agency (CIGA). To give you complete peace of mind, workmanship and materials are covered by the independent 25-year CIGA guarantee.

The CIGA guarantee

For your peace of mind, please make sure that the company you are dealing with for your home insulation is a member of the NIA.

“Peace of mind comes as standard”

- making sure our members follow our strict Code of Professional Practice;
- helping you to find a member in your area;
- helping both sides come to an agreement if you complain about one of our members; and
- giving you advice and information, through our website or helpline, on the different types of insulation available.

We can provide support by:



How can we help you?

We, the National Insulation Association, represent the UK's home insulation industry, including installers and manufacturers. Our members are committed to providing a high-quality, value-for-money service to householders and work to the highest standards. They are governed by a strict Code of Professional Practice – giving you peace of mind that you are using a reputable company that uses approved products.



Who are the NIA?

National Insulation Association

LOFT INSULATION

As much as a third of your heating costs could be escaping through your roof. Loft insulation is a very effective way to reduce your heating bills. Loft insulation materials work by preventing heated air from moving through the material.

There are three types of products approved to British Standards, all of which are suitable for simple topping up, leaving the existing insulation in place. These products are:

- mineral wool quilt;
- blown mineral wool; and
- blown cellulose fibre.

Quilt is rolled out in the loft space, while blown materials are installed loose using a purpose-built insulation blowing machine – including into areas where the technician may not have easy access to.

Information the Government has produced



says that “as much as 25% of your energy bill can be saved by installing effective loft insulation”, using a British Standard product, laid by a professional installer to today's thermal insulation requirements.

Insulating a loft is not an easy task. It should be carried out by our members, who are properly trained and experienced.

SOLID WALL INSULATION

A solid wall can be insulated either inside or outside. Either option will greatly increase comfort, while also reducing running costs and negative effects on the environment.

If you live in a home with solid walls, 45% of your heat could be escaping through your walls, which is costing you money. Insulating the walls will dramatically reduce heat loss.

There are a number of solutions available, including the following.

Insulation inside your home

Different solutions are available to insulate the inside of your home.

- Flexible thermal linings on a roll
- Laminated insulating plasterboard
- Built-up systems using fibrous insulation

Insulation outside your home

Outside insulation systems are made up of an insulation layer fixed to the existing wall using a combination of mechanical fixings and adhesive and a protective render or cladding finish.



To contact an NIA approved installer in your area, please visit our website:

www.nationalinsulationassociation.org.uk

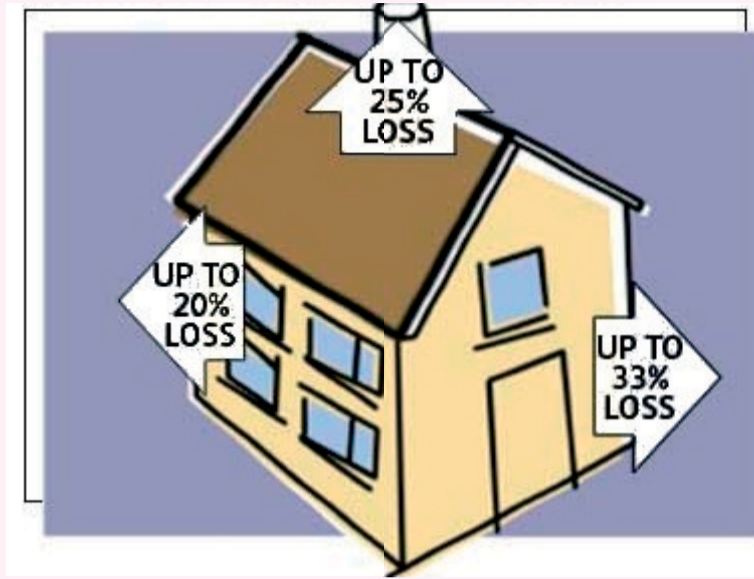
Or call us on 08451 636363.

INSULATION – The facts and the figures

The benefits of insulation

In simple terms, by insulating your home you are helping to prevent heat loss in the winter. This leads to:

- ◆ lower heating bills;
- ◆ a warmer, more comfortable living environment;
- ◆ your home increasing in value;
- ◆ lower amount of carbon dioxide being released from your home when you burn fossil fuels (gas, coal and so on); and
- ◆ a reduction in global warming.



- ◆ Around 50% of all the heat lost in an average home is through the walls and loft space.
- ◆ As much as 20% of heat is lost through poor ventilation and draughts.
- ◆ More heat is lost through the walls than any other route – around 33% in a home without insulation.
- ◆ 250 millimetres (mm) to 270mm (10 inches) of loft insulation can save up to 25% of a home's heating costs.
- ◆ Installing insulation will significantly reduce your 'carbon footprint' – meaning you can do your bit to save the planet.
- ◆ Cavity wall insulation is one of the most cost-effective energy efficiency measures in the home.



Cavity wall insulation could not be simpler...



Your home is checked to see if it is suitable.



Access holes are drilled.



The holes are no bigger than a 10p piece.



The minimum number of holes are drilled to fill the cavity (holes not drawn to size).



The types of cavity wall insulation used are mineral wool (glass or rock), EPS beads (white or grey), or UF foam.



Your chosen insulation material is pumped into the drilled holes.



The holes are refilled.



Within around 2½ hours, your home is fully insulated



You enjoy a warm home and lower energy bills.

The definitive voice of the insulation industry

National Insulation Association • 2 Vimy Court • Vimy Road • Leighton Buzzard • Beds • LU7 1FG
 ☎ 08451 636363 Fax. 01525 854918 - Email. info@nationalinsulationassociation.org.uk



The Cavity Insulation Guarantee Agency (CIGA) provides you with the peace of mind of an independent 25-year guarantee.

www.ciga.co.uk