Department for Business, Energy & Industrial Strategy
Affordable warmth funding

Act On Energy
save money and the environment

Insulation

Reduce heat loss from the ground up

Floor Insulation

Floor insulation is a simple and effective way to keep your home warm and reduce your energy bills. It can be equally useful for both suspended wooden floors and concrete floors.

What kind of floor do you have?

Before you can decide on the best way to insulate, you need to know what type of floor you have. There are two ways to determine this:

1) If your house has a basement or cellar then you might be able to see wooden joists and the undersides of the floorboards from below. If this is the case then you have a suspended timber floor. It is also likely that you have this type of floor if there are ventilation bricks on the outside of your house that are below floor level.

2) If you cannot access the space underneath your floor, you'll need to lift a corner of the carpet and underlay.

Insulating a timber floor

Before floor insulation is installed, any damp, rot or infestation must be repaired and removed. It is important not to block any ventilation openings like air bricks.

Solid insulation board or rolls of mineral fibre can be fitted between the flooring joists. If your floor is above an unheated cellar or basement you will need to fit the insulation snugly between the joists and secure in place with netting if required. Plasterboard should then be fixed to the ceiling of the basement to provide fire resistance.

If you have a suspended floor, with a small cavity below that is hard to access, you would normally have to take up the floorboards in order to fit the insulation.

Alternatively, a cheaper way to reduce heat loss is through reducing draughts by sealing the gaps between the floorboards and along the skirting with specific flooring products.

Insulating a concrete floor

Insulation can be laid over the existing floor and can make a significant difference to how quickly you room heats up. A damp-proof membrane usually sits underneath the insulation and room should be left for expansion around the edges of each room as the insulation settles.

How much money will I save?

Floor Insulation will make the room feel warmer in the winter and reduce heating bills by up to £70 per year.

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My Checklist

Low Cost Energy Savings

- Buying a new TV, washing machine or dishwasher? Look out for the energy efficiency rating, and go for A-rated or better.
- Get a hot water cylinder jacket. A thick insulating jacket can save around £50 on bills a year.
- Dodge the draught! Fit draught excluders to your windows, doors, letter box and key hole to keep the draughts out and save you £25 per year.
- Fit radiator reflector panels. These slot behind a radiator that's on an outside wall and reflect the heat back into the room.
- Replacing old style lightbulbs with LED and save £30 a year. Plus they don't need changing as frequently.
- Change your head. Fit a water efficient shower head and save £30 a year.
- Insulate your loft. A house loses 25% of heat through the roof. Loft insulation is a cheap way of saving money on your home and can be done yourself.

Draught Proofing Window

Changing to energy efficent light bulb

Loft Insulation