

Improving energy efficiency in your home could make a big difference to fuel bills and help reduce carbon emissions. There are plenty of exciting new products to choose from which are easy to use and have excellent thermal qualities.



From a simple draught excluder, to top-up foils and plush insulation blankets, wrap your house in warm clothes this winter and feel the difference.

Carbon footprint - how do I reduce mine?

Over the past two hundred years man has been burning more and more fossil fuels which has added to the blanket of gas which surrounds the earth. The sun's energy is trapped in the atmosphere beneath this blanket, causing the earth's temperature to rise. Carbon Dioxide is the main contributor to this problem, and in the UK, energy consumption in our homes is responsible for 27% of national CO₂ emissions, with a further 16% produced by domestic transport.

The energy we use is a valuable commodity and so it makes sense to get it really working for us. There's plenty of scope for each of us to reduce the amount of carbon we produce by upgrading the insulation in our homes, using products from the new generation of innovative materials.

How To... Insulate Your Home DVD

Your step-by-step guide to insulating your loft - gives you all the tips from the experts. Only **£1.98**



If we all become more energy aware, there are savings to be made around the home which cost very little. Use low energy light bulbs and switch lights off when you leave the room. Put less water in the kettle, only boil what you need. Turn down the central heating thermostat and make sure the hot water cylinder is lagged properly. You will save energy and significantly reduce the size of your carbon footprint.

FACT: Every household in the UK emits about 6 tonnes of CO₂ every year - enough to fill 1 hot air balloon

The benefits of good insulation include:

- reduced energy use
- warmer more comfortable home in winter
- reduced risk of condensation on the inside surface of walls
- cooler home in summer



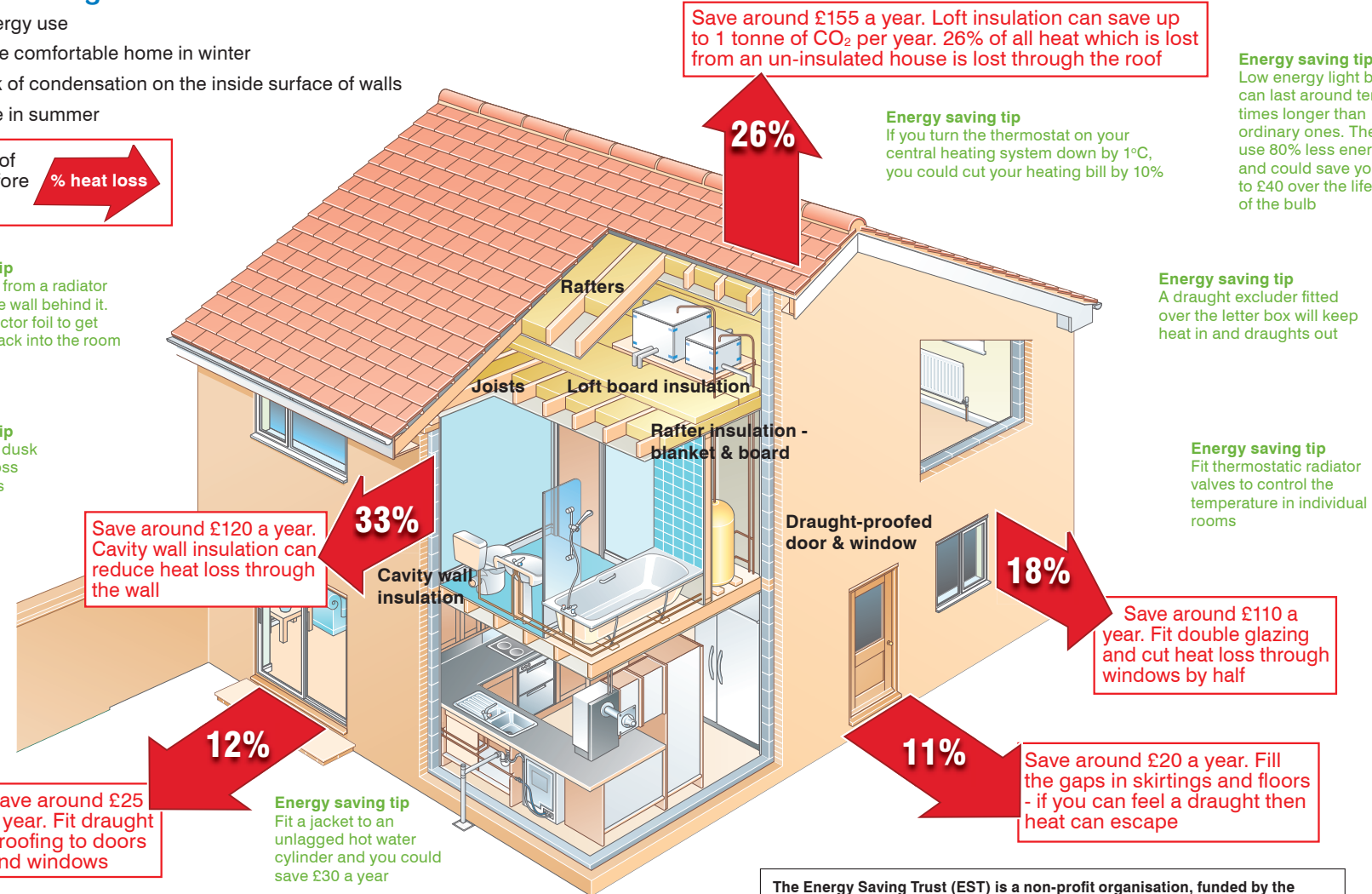
Energy saving tip
Some of the heat from a radiator is lost through the wall behind it. Use radiator reflector foil to get maximum heat back into the room

Energy saving tip
Draw curtains at dusk to reduce heat loss through windows



Look for products which display the Energy Saving Recommended logo. These products have met strict energy efficient criteria and so they will help to lower carbon emissions and cost less to run

FACT: The average home emits double the amount of harmful CO₂ than the average car every year



The Energy Saving Trust (EST) is a non-profit organisation, funded by the Government and private sector, to help people lead more energy efficient lives. For more information, visit www.energysavingtrust.org.uk or call their freephone helpline on 0800 512 012

Professionally Installed Insulation - Save energy and reduce fuel bills



B&Q Cavity Wall Insulation

B&Q cavity wall insulation is quick and easy to do and you should start to feel the benefit straight away. Insulation is blown into the cavity between the inner and outer brickwork that makes up the external wall. The insulation acts as a barrier between the wall layers, trapping the warm air and helping reduce heat loss by up to 60%. You could save around £120 a year on your heating bills and help reduce your home's carbon emissions.

BEFORE



AFTER



Installations are covered by a Cavity Insulation Guarantee Agency (CIGA) independent 25 year Guarantee.

Simply pay for your installation, an appointment will then be arranged for a survey. If your property is suitable, an installation date will be arranged. If your property is unsuitable, your payment will be refunded in full. Ask in store for details, pick up a leaflet or visit www.diy.com

B&Q Loft Insulation Service

Without loft insulation you could be losing as much as 15% of your heating costs through the roof. It acts like a blanket helping to trap heat that would otherwise escape.

What's included?

Loft insulation up to a depth of 270mm. If you already have some insulation, we'll top it up to the recommended level.

Loft hatch insulated and draft proofed. This will help prevent warm air escaping into the roof space.

Pipes and water tank insulation. Once the loft space has been insulated, you may find it's a lot cooler than your living space. To prevent pipes freezing in winter we will insulate the cold water pipes and the water tank in the loft, where possible.

Simply pay for your installation, an appointment will then be arranged for a survey. If your property is suitable, an installation date will be arranged. If your property is unsuitable, your payment will be refunded in full. Ask in store for details, pick up a leaflet or visit www.diy.com

Insulation Product	Application	Material	'R' Value	Coverage per pack
Space Combi Roll 100mm	Comes ready perforated to fit between 400mm or 600mm horizontal ceiling joists. Use it in a new house or where there is no existing insulation	Glass mineral wool, partially recycled bottles. Compression packed to minimise handling	2.25	13.88m ²
Space Combi Roll 170mm	Fit above ceiling joists. Comes ready perforated	As above	3.85	8.01m ²
Space Blanket 150mm	Designed for topping up existing insulation or for use between 400mm ceiling joists. Encapsulated in part metallised polythene film that reflects heat	Glass mineral wool, partially recycled bottles. Encapsulated and virtually itch free	3.40	1.97m ²
Space Blanket 200mm	As above	As above	4.50	1.48m ²
B&Q Recycled Plastic Insulation 150mm	Designed for topping up existing insulation either between or over rafters. Easy to tear for quick and clean installation	90% recycled plastic bottles. Totally itch free	3.75	1.97m ²
B&Q Recycled Plastic Insulation 200mm	As above	As above	5.00	1.48m ²
Earth Blanket 200mm	Designed for topping up. Lay between the joists on top of existing insulation. Can be 'cross layered' at right angles on top of the joists for extra heat saving	Glass mineral wool made from higher levels of recycled bottles. Recycled plastic encapsulation and virtually itch free	5.00	1.48m ²
Space Board 65mm	Insulation for boarded lofts allowing storage in your loft. Can be walked on but top with loft panels for frequent use	Polystyrene, easy to cut, high compressive strength	1.75	2.40m ²
Rafter Roll 85mm	Fits between the rafters in sloping roofs. Ideal for loft conversions when used with appropriate vapour membrane and plasterboard*	Glass mineral wool, 50% recycled. A1 fire classification. High thermal and acoustic performance	2.65	5.52m ²
Thermafleece 200mm	Use for topping up existing insulation. Absorbs and releases moisture, keeping your home naturally warm in winter and cool in summer	Made from British sheep wool combined with recycled plastic for high level of thermal performance and sustainability	5.10	1.48m ²
B&Q Aluminium Thermal Foil	Multi purpose foil insulation designed to prevent radiant heat loss through floors, walls and ceilings	Aluminium foil, lightweight and easy to use	1.46	4.50m ²
Jabsqueeze	Pre-cut foam panels designed to 'squeeze-fit' between rafters. Not suitable for a living space, but very good for improving loft insulation	High density polystyrene compressible panel	1.58	0.98m ²

*Some alterations that you make to your home, such as a loft conversion, are subject to Planning and Building Controls

How much insulation do I need?

It is usually recommended that you lay loft insulation to a depth of 270mm. Modern materials are extremely efficient and some require much less depth than others. To work out how much you need, it's now best to look for the 'R' value of the product you want to use.

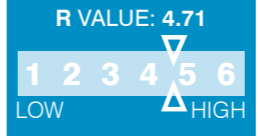
The 'R' value is used to describe the insulating properties of a material. This is how much the material stops heat passing through it. The higher the 'R' value the better the insulation.

Most homes already have some loft insulation, but it may not be as effective as it could be. Top it up by choosing a product which suits your requirements and which has a suitable 'R' value.

B&Q recommends a minimum 'R' value of 6.1 and up to 7.0 for the highest levels of energy saving. You can choose any of our products to achieve this by simply adding the 'R' values together.

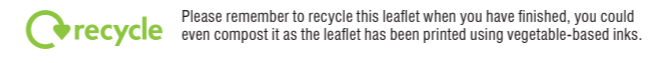
For example, if you have existing insulation at a depth of 50mm, then the 'R' value is about 1.1. For maximum efficiency, you should top-up with materials which have a combined 'R' value of 5.9, **e.g. 1.1 + 5.9 = 7.0**

Use the table on the left to compare the 'R' value of the different top up insulation products from B&Q to find the right one for you.



Depth of existing insulation	Approx 'R' value
25mm	0.5
50mm	1.1
100mm	2.2
150mm	3.4
200mm	4.5

We can only deal with climate change if we do it together. B&Q is part of the 'We're in it Together' campaign. It's a partnership of collective effort: major brands and organisations reducing their impact and helping you to do the same. For further information visit www.together.com



A summary of this leaflet can be made available in Braille, large print and audio cassette. Please ask for details or email us at diversity@b-and-q.co.uk

Every effort has been made to ensure that the instructions given in this leaflet are accurate and will enable you to do the job safely and successfully. Please follow instructions carefully and seek expert advice in the event of difficulty.

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All information correct at time of going to print (September 2008).

HOWT0118-DVD



why wait to insulate your home?

Home insulation can save money, make your home more comfortable to live in and help in the fight against climate change, so why not give your home an insulation make-over?



Ecological foot printing shows that if everyone in the world consumed as many natural resources as the average person in the UK, we'd need three planets to support us, but of course, we only have one.

That's why B&Q is backing BioRegional's global One Planet Living® programme, designed to reduce the impact we're all having on the world's natural resources.

FACT: If everyone in the UK that could, installed cavity wall insulation, we would cut CO₂ emissions by around 4.6 million tonnes. That's enough CO₂ to fill 26 million double decker buses or fill Wembley stadium 590 times

To learn more about energy efficiency visit www.diy.com/oneplanethome

Let's do it **B&Q**