

Loft Insulation DIY Installation Guide



ROCKWOOL®

Britain's **brightest**
energy company



Step 1 Safety Guidance

Warning sign

With the insulation in place, the loft becomes a particularly hazardous place, especially as all joists are covered. You must attach the warning sign supplied with the insulation guide to a rafter so that it is easily visible from the hatch.

This sign is designed to provide warning of the hazards posed by a loft, particularly those with covered ceiling joists.

Danger is posed by cables and fittings overheating when covered by insulation.

Loft boarding

We recommend that you work from crawler boards that span across the loft joists. Furthermore, boards should be permanently installed at the end of the job to provide safe access to the cold water tank.

Wear safety equipment

Before you start, it is recommended that you wear a face mask, gloves and goggles to avoid any mild irritation that may occur when working in an enclosed loft space.

Accessories you may need

All the items you need to carry the job out safely are available at your local Build Center branch.

- Ladder
- Personal protection equipment (face masks, goggles, gloves)
- Tools (tape measure, saw, knife)
- Loft hatches
- Portable lighting
- Light guard (for recessed light fittings)

Please ask in store for details.

Step 2 Assessing how much Rockwool Roll you need

The loft has to be insulated to the Government recommended depth of 270mm.

Calculate the area of the loft

Multiply the length of the loft by the width to give you the total area. $L \times W = \text{Area}$

Step 3 Prepare the loft

Remove any debris and clutter between the joists. Seal any large gaps where pipes or cabling run through the ceiling into the loft. Standard interior decorator filler will do the job.



Step 4 Watch out for cables and fittings

Cables

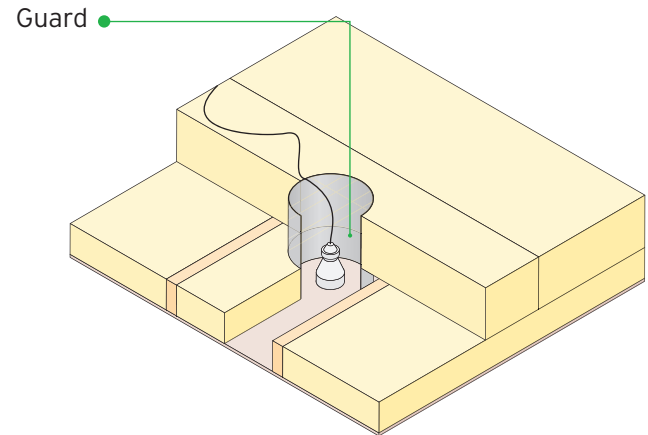
Fix cables, wherever practical, in a position where they will not be covered by the insulation. Where there is adequate slack, lift the cable above the insulation. Never clip cables to the top of ceiling joists. They can be trodden on and damaged.

Light fittings

Never cover any light fitting which penetrates the ceiling such as recessed spotlights and downlighters with insulation; otherwise serious overheating may occur! To prevent this from happening, use either recommended methods below:

Method 1: Keep insulation away from recessed lighting by cutting a ring of 200mm diameter in the insulation

Method 2: Fit a light guard as illustrated to keep recessed light fittings free from insulation



Step 5 Laying Rockwool

Measure the gap between joists and cut the Rockwool Roll to the desired width before unwrapping. We recommend using a saw for the straightest cut, or a bread / carving knife.

Lofts Without Existing Insulation

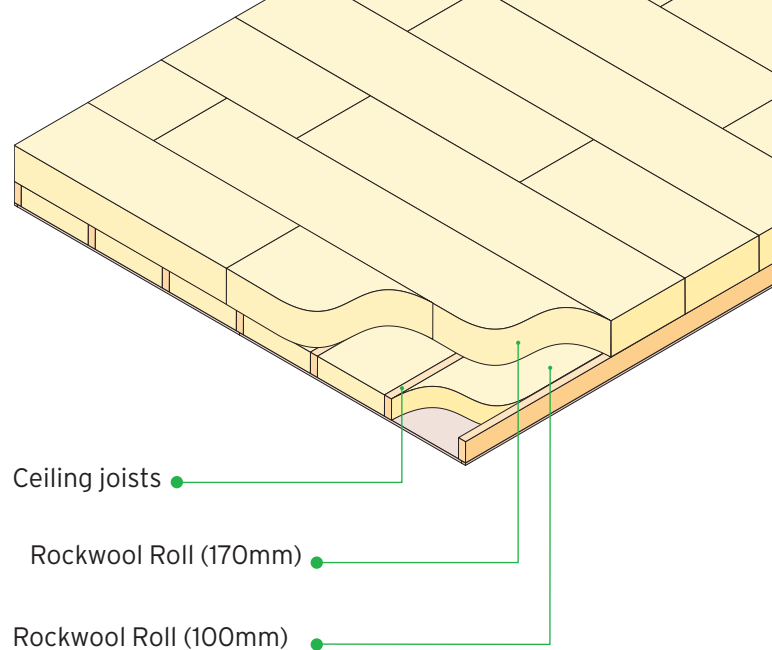
Lay the 100mm thick roll between the joists with the 170mm roll cross-laid over at a right angle, as indicated in the drawing.

Lofts With Existing Insulation

If your existing insulation is in good condition and minimum 100mm thick, you may omit the 100mm layer and just cross lay the 170mm thick roll on top.

If your existing insulation is between 70-100mm thick, cross lay 2 layers of 100mm thick roll on top of the joist.

If your existing insulation is less than 70mm thick, lay the 100mm thick roll between the joists on top of the existing insulation and cross lay 170mm thick roll on top.



Thickness of Roll Insulation Required

Existing Insulation	Between Joist	Above Joist*
None	100mm	170mm
<70mm	100mm	170mm
70-100mm	None	100mm x 2 layers
>100mm	None	170mm

* Roll insulation above the joist should be cross-laid at a right angle

Hatch doors

Don't forget to insulate the hatch door that leads into the loft space. Cut a piece of insulation the same size as the door. Fit by means of glue, or retain by polythene sheeting wrapped over the insulation and stapled to the back of the door. Make sure the edges of the hatch are sufficiently draught sealed.

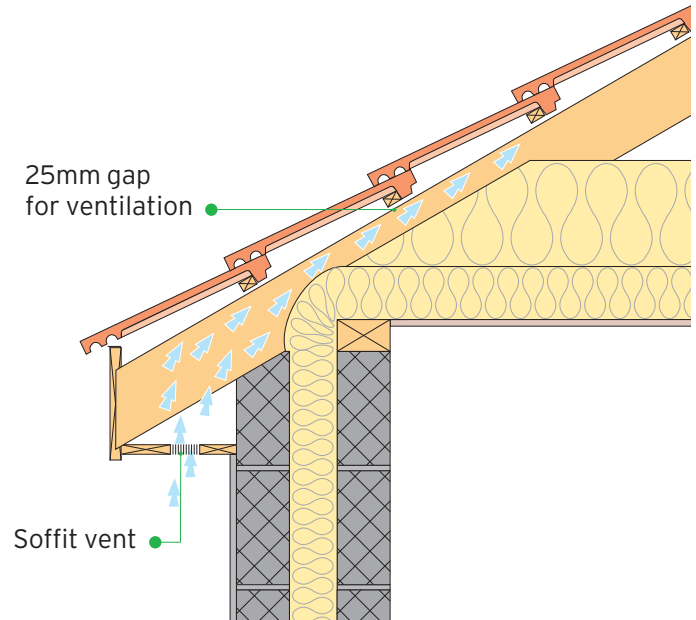
Ventilation required

To prevent damp and condensation, ensure that the loft is adequately ventilated. Do not block existing vents and install new ones if necessary. Leave a minimum 25mm gap at the eaves to allow for ventilation.

Where it is a hot flue, leave adequate, minimum 50mm, clearance between the flue and insulation.

Water tanks and pipework

Insulate water tanks and pipework, but never insulate directly under the water tank if it is on a joist as a small amount of warmth from the ceiling below can help to prevent water tanks freezing in cold weather. If the water tank is elevated, it should be insulated around and beneath it.



⚠ Don't forget to install permanent walk boards for safe access to the cold water tank(s) and attach the warning sign



⚠ Ceiling joists may be covered with insulation material

⚠ The plasterboard ceiling between the joists is fragile
it will not carry your weight!

⚠ You should not enter unless a suitable
crawl board is placed across the joists

⚠ **Electrical safety**

To avoid overheating, always ensure that
exposed electrical cables are NOT covered by insulation

Keep insulation clear of recessed light fittings

**This Warning Label Should Be Located In Clear Sight
Of Anyone Wishing To Enter The Loft Space**

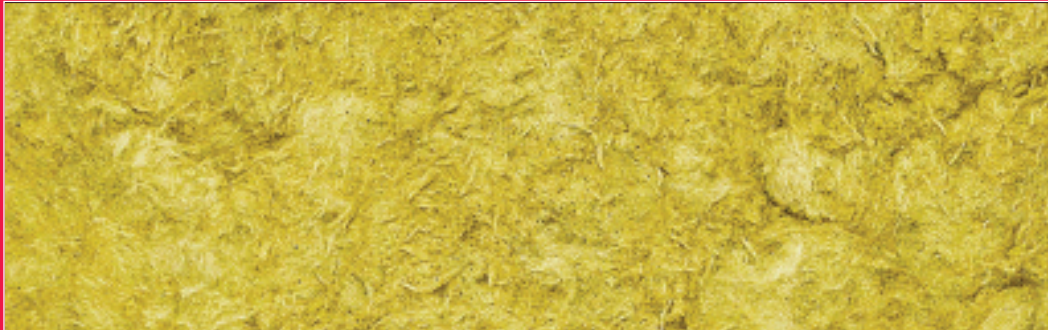
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