



Reducing Heat Loss from Home

HL 0/v2

Footsteps Energy Champions Reducing Heating Bills

Acknowledgement:

These cards are based Centre for Sustainable Energy and Energy Saving Trust resources and draw on John Newson (Balsall Heath One Planet) and Footstep' members experiences



Footsteps
Faiths for a Low Carbon Future



Central
England
Quakers

See www.footstepsenergychamps.org.uk/ for sources, acknowledgements and to download cards



SUGGESTIONS and TIPS

Using Footsteps
flash cards

- An **Important Aspect** of the Reducing Heating Bills is described on the **front**
- The **Suggestions and Tips** on the **back** identify initial steps that can be taken
- If you have internet access, Footsteps recommends that you visit the **Energy Saving Trust, Citizens Advice Bureau, Centre for Sustainable Energy** for further information



Reducing Heat Loss from Home

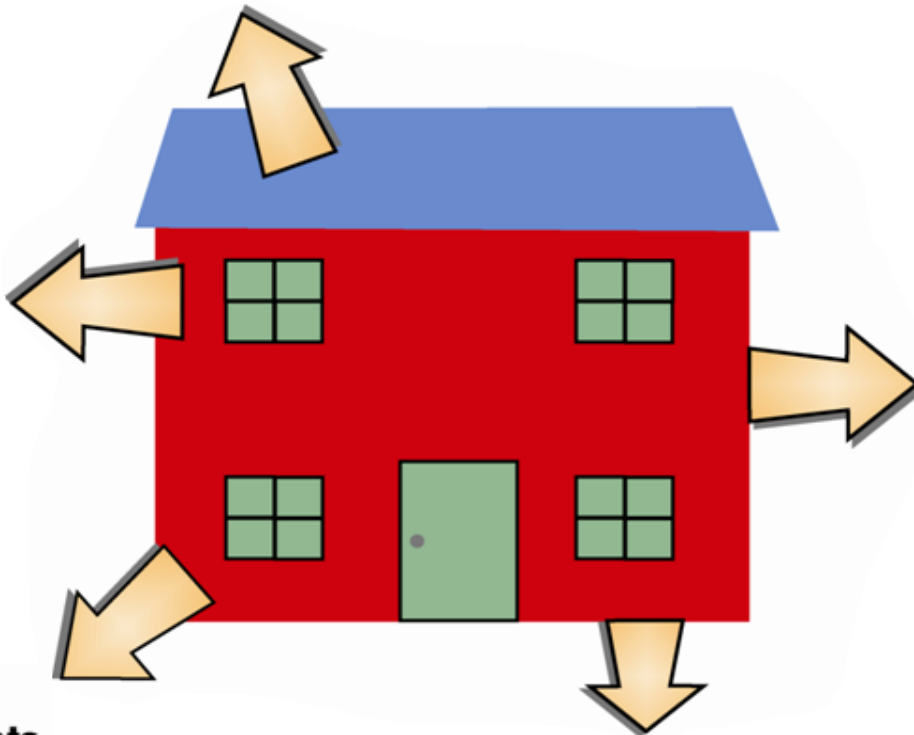
HL 2/v2

Heat loss in the home

25%
through the roof

Loft insulation is very important

15%
through windows and doors



35%
through the walls

15%
through draughts

10%
through the floor

Keeping warm involves stopping heat escaping and then using as little fuel as possible to produce the heat



SUGGESTIONS and TIPS

Buy a Thermometer gun



A thermometer gun is a good way to help find out where heat is leaking.

- Identify cold walls and spots
- Look for gaps in insulation
- Find draughts
- Thermometer guns can be bought over the web

Cost about £20



Reducing Heat Loss from Home

HL 3/v2

Simple Ways to Reduce Heat Loss

There are many simple yet effective ways to insulate home, which can significantly reduce heat loss and help lower heating bills.

- Draught-proofing - block up unwanted gaps that let cold air in and warm air out.
- Install simple insulation
- Insulate hot water cylinders and radiator pipes

Even little fixes around the home can mount up to significant savings in your energy bills.

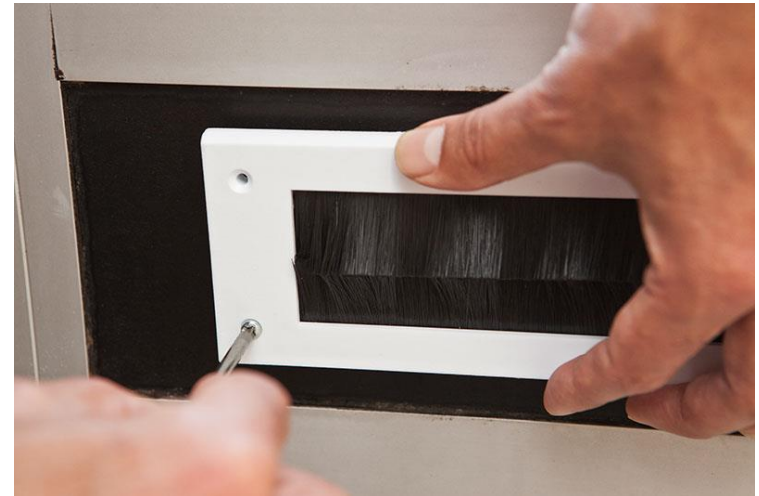


SUGGESTIONS and TIPS

Draught- proofing

First find out where the draughts are

- Find gaps using a candle, incense stick or a heat gun
- Focus on front and back doors and the windows
- Find gaps in floors and skirting boards



Don't block ventilation in kitchens, bath
rooms and open fire areas





Reducing Heat Loss from Home

HL 4/v2

Draught proofing doors and windows

Draught-proofing external doors can stop a lot of heat from escaping, and won't cost you much.

- Keyhole – buy a purpose-made cover that drops a metal disc over the keyhole.
- Letterbox – use a letterbox flap or brush, but remember to measure your letterbox before you buy.
- Gap at the bottom – use a brush or hinged flap draught excluder.
- Gaps around the edges – fit foam, brush or wiper strips like those used for windows.



SUGGESTIONS and TIPS

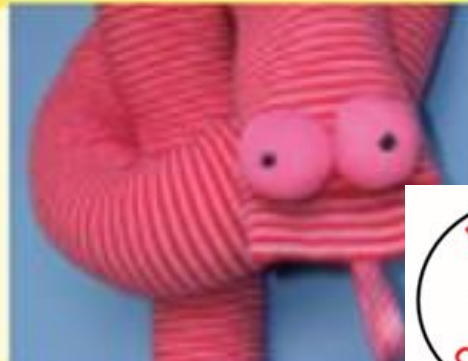
Draught- proofing

Windows: Use foam, metal or plastic draught strips (see over), or brush seals for sash windows (photo, right). Temporary secondary glazing is another option



Exterior doors: Fit brush or hinged-flap draught excluders, fitted along the bottom of the doors (see over).

Interior doors: Cut draughts with 'snake' draught excluders (like the one in the photo, right), brushes or similar strips of material, (see over).





Reducing Heat Loss from Home

HL 5/v2

Other draught-proofing

Draught-proofing external doors can stop a lot of heat from escaping, and won't cost you much.

- Keyhole – buy a purpose-made cover that drops a metal disc over the keyhole.
- Letterbox – use a letterbox flap or brush, but remember to measure your letterbox before you buy.
- Gap at the bottom – use a brush or hinged flap draught excluder.
- Gaps around the edges – fit foam, brush or wiper strips like those used for windows.



SUGGESTIONS and TIPS

Other Draught- Proofing

Around pipework: Apply silicone mastic, wall-filler or expanding foam as appropriate.

Floorboards and skirting boards: Fill the gaps with flexible fillers, clear or brown silicone mastic, decorators' caulk or similar products.



Cracks in walls: Use cement or a hard-setting decorators' wall-filler.

Redundant extractor fan outlets: These should be blocked up.



Reducing Heat Loss from Home

HL 6/v2

Install loft insulation

A quarter of heat is lost through the roof in an uninsulated home.

- Insulating your loft, attic or flat roof is an effective way to reduce heat loss and reduce your heating bills
- Loft insulation is also relatively easy to do

Watch video at <https://youtu.be/yOLRh8BqVS4>



SUGGESTIONS and TIPS

Install loft
insulation

If a loft is easy to access and has no damp or condensation problems, it should be easy to insulate.

- Use rolls of mineral wool insulation.
- The first layer is laid between the loft joists
- Then another layer is laid at right angles to cover the joists and make the insulation up to the required depth





Reducing Heat Loss from Home

HL 7/v2

Insulate hot water cylinders and radiator pipes

Insulating your water tank, pipes and radiators is a quick and easy way to save money on your bills. Reduce the amount of heat lost by

- Lagging water tanks and pipes
- Insulating behind radiators

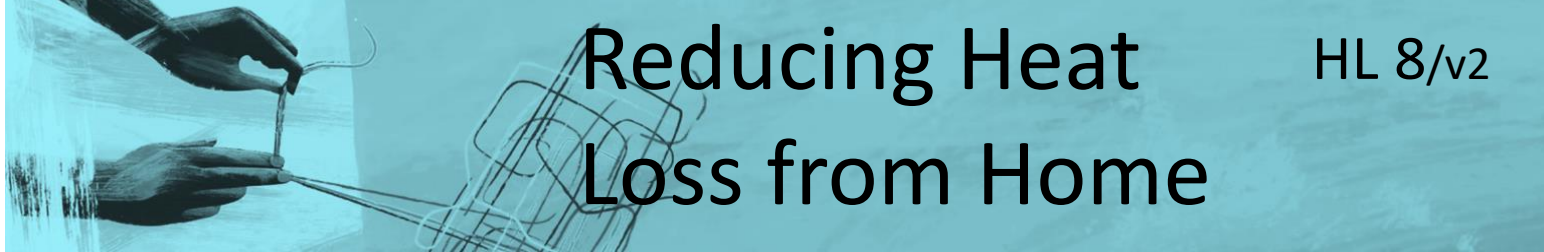
And you will spend less money heating water up, and hot water stays hotter for longer.



SUGGESTIONS and TIPS Insulate hot water cylinders & radiator pipes

- Buy a water cylinder jacket (about £20 from [B&Q](#)) and follow the instructions to fit.
- Cover exposed pipes between your hot water cylinder and boiler with pipe insulation from a DIY store
- Fix heat reflector panels behind your radiators on external walls





Reducing Heat Loss from Home

HL 8/v2

Footsteps Energy Champions Reducing Heat Loss from a Home

Please email feedback and comments to
hello@footstepsenergychamps.org.uk

See www.energysavingtrust.org.uk/energy-at-home/reducing-home-heat-loss/ for more information

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cards to**

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**Register to become part of the Footsteps energy
champion network at**

<https://footstepsenergychamps.org.uk/>