

Keep Warm Save Energy Cut Bills

Resource #4

Simple steps to prevent
heat loss and make your
home more efficient



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Hints & Tips To Prevent Heat Loss

Learn how you can save money through improving your home



LOFT INSULATION

- ★ Top up to 270mm (10-12 inches)
- ★ Can save you up to £185 a year.



WALL INSULATION

- ★ Cavity wall insulation reduces heat loss
- ★ Consider solid wall insulation if suitable.



FLOORS

- ★ Carpets or rugs add warmth
- ★ Consider insulating suspended floors.



WINDOWS

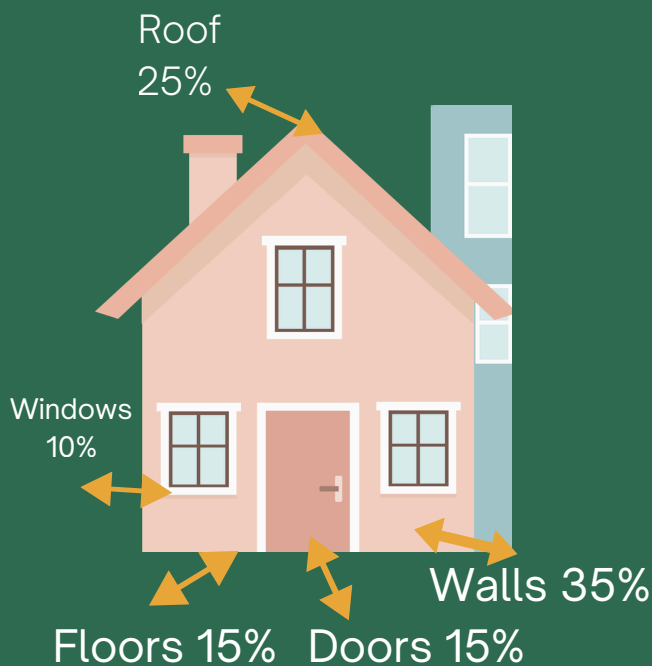
- ★ Double glazing reduces heat loss
- ★ Make sure seals are in good condition.



DOORS

- ★ Fit draught excluders
- ★ Use a brush strip on external doors
- ★ Close interior doors to retain heat.

Where Does Heat Escape From?



Up to 35% of heat in your home can be lost through the roof, walls, windows, doors and floors. Stopping this heat loss keeps you warmer and saves energy.

Quick Wins...Big Impact



SET THE RIGHT TEMPERATURE

18-21°C is usually comfortable. Lower it by 1°C and you could save up to 10% on heating bills.



USE YOUR CURTAINS

Close curtains at dusk to keep heat in.

Open them during the day to let in free solar heat.



DRESS FOR COMFORT

Layers keep you warm for less. Try a warm sweater and cosy socks!



BLOCK DRAUGHTS

Use draught excluders, seal gaps around doors and letterboxes.



KEEP RADIATORS CLEAR

Don't block radiators with furniture or curtains so heat can circulate.



Small changes.

Lower bills. Warmer home. Less carbon.

DID YOU KNOW?

A well insulated home uses less energy, keeps you warmer and can increase your property's value.

More Ways To Save Energy & Stay Warm

SERVICE YOUR BOILER

An efficient boiler uses less energy and keeps you safe.

USE A PROGRAMMER

Heat your home when you need it, not all the time.

USE LESS HOT WATER

Shorter showers and lower temperatures save energy.

SWITCH TO LED LIGHTS

They use up to 90% less energy and last longer.

TURN OFF & UNPLUG

Avoid standby energy by switching off appliances.

GET HELP & SUPPORT - You may be eligible for government schemes and grants to improve your home's energy efficiency.

Funded through the Energy Industry Voluntary Redress Scheme



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