Other Insulation Ideas

Think about these insulation ideas to increase the energy-efficiency of your home:

- Draught – proofing is another simple measure easily done by the DIY home owner.
- Wall insulation can be added to an existing home by specialist insulation suppliers at reasonable cost, further reducing heat build up in summer and heat loss in winter
- Double glazing in cold areas can dramatically increase the thermal efficiency of your home – well worth it if you are undertaking a major renovation.

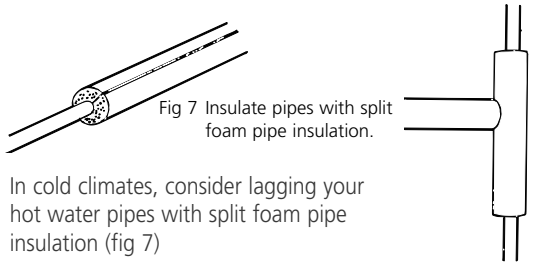


Fig 7 Insulate pipes with split foam pipe insulation.

- In cold climates, consider lagging your hot water pipes with split foam pipe insulation (fig 7)

Throughout the year, insulation pays benefits to you and your family. In summer, an insulated roof space will help keep your home up to 15% cooler and reduce energy bills associated with air conditioning. During winter, homes that are not insulated lose around 42% of internal heat through the ceiling, so you can see that insulation can really save you money on your heating bills.

Roof insulation is commonly available in rolls or as pre-cut glass wool 'batts' sold in packs. Insulation is rated by the Resistance Value of the material, a measure of heat flow as set down in Australian Standard AS2627.1. The higher the 'R' rating, the better the performance of the insulation.

Glass wool batts are by far the easiest option for the DIY insulator, being easy to handle and made to fit neatly between the timber joists in your roof space.

Other forms of insulation available include wool fibre, paper fibre as well as glass wool in roll or loose forms, all of which have varying insulation qualities and application techniques.

Tools Required

A utility knife to open the packs and trim the occasional batt
'Crawling Boards' to allow ease of movement across ceiling joists
Stick or broom handle about 1.5 metres long
Pair of overalls
Gloves
Dust mask
Portable safety light

How Much Do I Need?

Manufacturers of insulation provide ready reckoners for the DIY installer which simplify the task of estimating how much insulation you need. As a guide, use the following rule:

- One pack of eight batts will cover approximately 3.9 square metres. An average 130 square metre (14 squares) home will require 29 packs of insulation batts

Talk to your local Magnet Mart Store about your insulation needs and they will assist you to make the right choices for your project.

Bio-soluble Insulation is the latest technological advance to glass wool insulation means that it is not hazardous. Bio-Soluble glass wool fibres rapidly dissolve if inhaled, making it safer for you, the DIY installer. Look for the Bio-soluble logo on your insulation packaging.

Note: Due to the general nature of this advice and its individual application, neither the publisher nor the retailer assumes any responsibility for any loss, damage, injury or expense which may be incurred or suffered as a result of the use of this pamphlet.
© Magnet Mart 2004

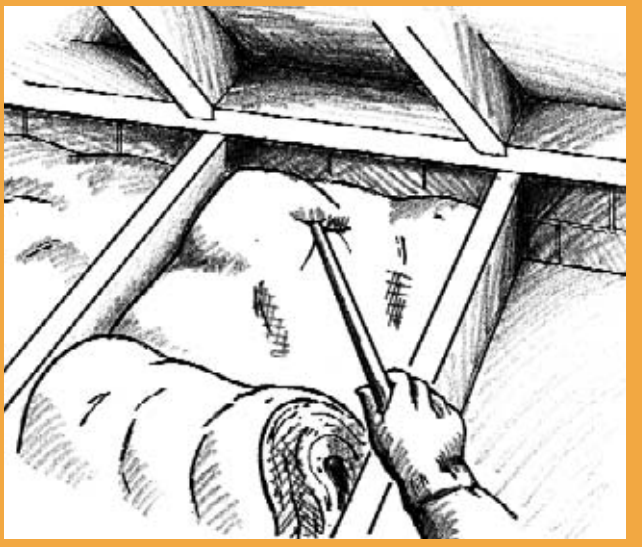
Magnet MART Home Warehouse

Phillip Hindmarsh Dr Ph 6281 1744 Fax 6285 2493
Belconnen Lathlain St Ph 6251 4622 Fax 6253 1087
Mitchell Vicars St Ph 6241 7311 Fax 6241 7545
Gungahlin Cringan Cir Ph 6228 9300 Fax 6228 9311
Queanbeyan Yass Rd Ph 6297 8711 Fax 6299 2226
Goulburn Sloane St Ph 4821 3533 Fax 4821 7347
Bowral Bong Bong St Ph 4861 2355 Fax 4862 1066

Home Project

Magnet MART Home Warehouse

Install Roof Insulation



- Easy to follow step-by-step guide
- Important and handy tips
- Materials check list
- Project Cost Estimator

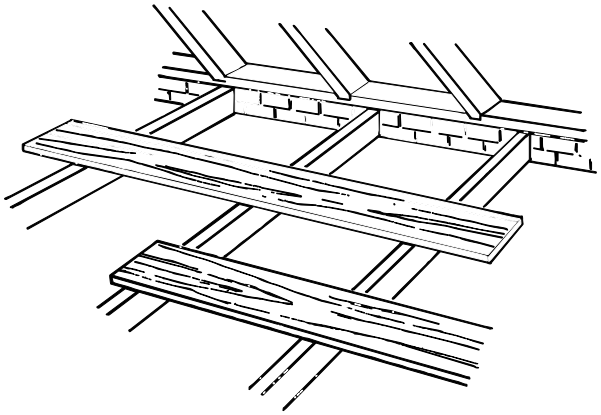
Before you start, please read through this pamphlet carefully and estimate and assemble all the materials you will need for the project and gather your tools and equipment together. Refer to the checklist and estimating form on the back panel of the pamphlet to assist in this preparation.

You Can Install Roof Insulation

Some Notes on Safety

1. Glass wool fibres can penetrate clothing and cause irritation of the skin. Breathing glass wool fibres can cause respiratory problems, so you need to wear a dust mask, protective clothing (sealed at wrist and ankle) and gloves when handling the insulation batts.
2. Wash your protective clothing separately after you have finished the job.
3. If you experience skin irritation from the glass wool fibres, rinse the affected part under cold running water prior to washing.
4. The roof space of your home will be dark, so use temporary lighting. A safety light as used by car mechanics would be ideal.
5. NEVER stand on the ceiling of the room below (between the joist timbers). This is not strong enough to support a weight, so use Crawling Boards to lay across the joists and walk on these. Crawling Boards can be any suitable lengths of timber or MDF, 200mm to 300mm wide and around 1.5 to 2 metres long. Move the boards across the joists as you need to when moving around in the roof space (fig 1).

Fig 1 Set up crawling boards before you move the batts in.



Installing the Insulation

1. Bring the packs of insulation batts into the roof space before you start. Only open the packs in the roof space – batts rapidly expand when the packaging is opened.
2. Start at the furthest point from the trap door by laying the batts between the joists under the eaves and working across the roof. Use your broom handle or stick to help push the batts into place under the eaves (fig 2).
3. Push the batts underneath any obstruction (fig 3) cut the batt if necessary.
4. Continue working your way back towards the trap door in this way until all the spaces between the joists have been covered with batts (fig 4).
5. Occasionally, you will need to trim a batt to fit into a space. Simply cut the batt to size with your utility knife (fig 5).
6. You can insulate the trap door by sticking an overlapping piece of insulation to the top of the door with PVA adhesive (fig 6).

Fig 2 Use a broom handle or stick to push batts into place under the eaves.

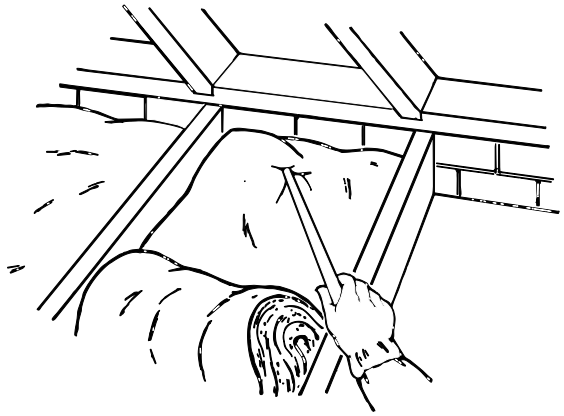


Fig 3 Push batts underneath any obstruction.

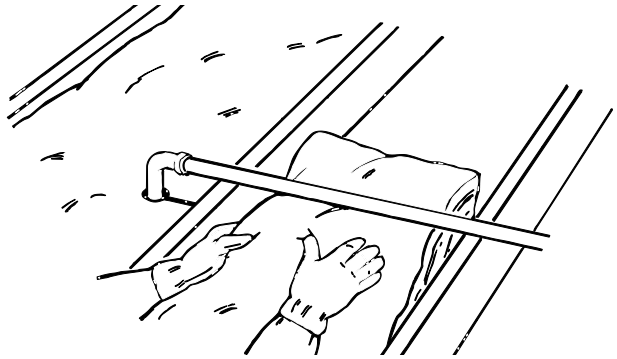


Fig 4 work back towards the trap door.

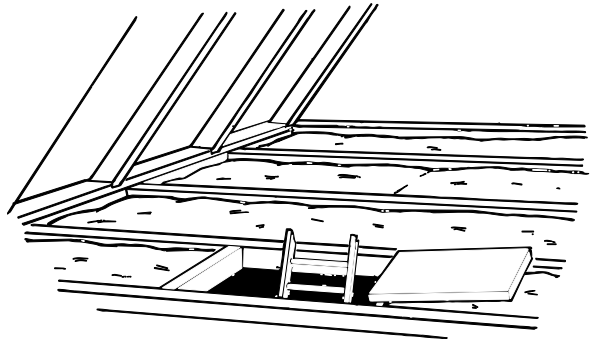


Fig 5 You can trim the batts with a utility knife.

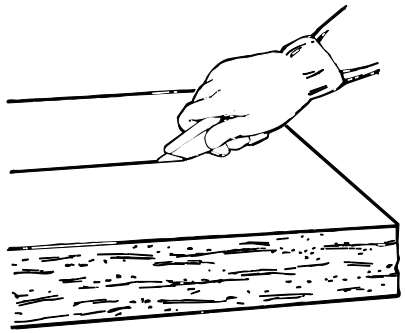


Fig 6 Insulate the trap door by sticking a piece of batt to the top.

