

Underfloor Insulation



What is it?

You can insulate the suspended timber floor with any good quality mineral wool. There are other insulation options.

What's involved?

Insulating a suspended timber floor can be achieved by lifting the floorboards and insulating underneath with mineral wool suspended by netting. In Oak Tree house we have recycled plastic insulation between the floor joints with a thin plywood across the top of the floorboards to block draughts. Alternatively, silicon (or cork) can be applied between the floorboards and around the skirting boards.

How does it work?

An average UK house loses around 10% of its heat through the floor which amounts to roughly £70 being lost every year. Floor insulation works in the same way as loft insulation – by minimising the heat lost through the material construction for a house. However, floor insulation also blocks draughts between the floor boards. The floor is frequently overlooked when it comes to insulating the home and although only a small percentage of heat is lost through this area “the insulation of the home is only as good as the weakest point”.

At a glance

Annual Savings

£50-70

350kgCO₂

Costs around £1,000-1,500 installed (DIY is only the cost of the insulation material which is heavily subsidised)

If you wish to find out more about underfloor insulation please contact Actio₂n Surrey on 0800 783 2503