



Your Guide to Installing Insulation in Your Ceiling



Installing Ceiling Insulation in a Retro-Fit Situation

Was it getting too cold for you in winter?

Or perhaps too warm in summer?

Maybe you got an electricity invoice SHOCK of increasing cost.

It is time to get insulation in your ceiling!

Where to Start?

We like you to start at the beginning.

Roof Cavity Inspection

What you will need:

- Ladder
- Torch
- Tape measure
- Wooden insulation poker
- Sharp knife for trimming insulation
- Suitable clothing

What to do:

1. Get your torch and ladder and get up in your roof cavity.
2. Look around to confirm you have enough access to move around and install insulation.
3. Can you get to the lowest points of the roof cavity? You should be able to get to about 95% of the roof area and anywhere you can't get to can be done with an "insulation poker" but we will get to that part later.
4. Whilst up in the roof space take note of truss spacings. They will generally be either 450mm 600mm or 900mm apart. Insulation can be purchased in different widths to accommodate different truss widths.

5. While you are up in the roof cavity, turn your torch off. If you can see daylight then you might have some exterior cracks to seal up. Perhaps buy a foam sealant and get this job done first.

Making Sure It All Fits

You now have your truss spacings. The question now is 'how much' you will need.

Measuring up:

1. Measure your roof space in sqm. This will tell you roughly how much product you will need. If you get the measurements wrong, then err on the high side. It is better to order a little more, rather than a little less. With left overs, you can double up on the batts in the ceiling.
2. Measure your manhole space. You probably find that you will not be able to fit a full bag of insulation through it. So get ready to invite the neighbour over so you have someone to pass the batts up to you individually.

Go Shopping

It is time to buy the insulation. Of course we would like to see you buy from us but regardless of who you buy from, you will need the following:

1. Sliding blade knife (we sell these)
2. Safety goggles (we have these also)
3. Lighting (small handsfree head torch is best)
4. Face mask (yep, got these if you need them)
5. Kneeling board, a wide strong piece of timber that will span your trusses
6. Insulation poker (any wooden broom handle with a large nail through one end)
7. Foam sealant for exterior cracks
8. Gloves (we have gloves)
9. Long sleeve shirt (we'll let you supply that)
10. Product
 - a. In Canberra, the recommended minimum R value for ceiling insulation is R4.0. If your budget allows, we recommend you go up to R5.0 or R6.0
 - b. You know the m2 needed, now you just need to divide by the sqm of each pack to work out how many packs you will need (don't forget to round up to the nearest whole pack, nobody sells insulation by the batt). Allowances should be made for areas that are unable to be insulated.

Installing

Safety

WAIT!

Before you install, you have to think about safety.

- Are there lights or heat sources to be wary of? This might include extraction fan/light units, you should allow for clearance from your insulation to any of these heat sources.
- Turn off the mains power before entering the work space.
- Is there a fire flu to be mindful of?
- Australian Standard AS 3999 has the full list of considerations.
- As a minimum, you should be at least 50mm from electrical accessories and equipment.
- Remember to always stay well hydrated it is a good idea to have a bottle of water with you at all times whilst up in the roof cavity. Also have some water before and after the install.
- The best time of the day to install ceiling insulation is early morning when temperatures are lower.
- Please allow plenty of ventilation, if you have a tiled roof please slide open three or four tiles to allow fresh air and plenty of light into the roof cavity
- If you have a metal roof then there will be minimal ventilation so you should only work for small amounts of time in the roof and drink even more water.

Installing the Insulation

Ready to go start saving on those energy bills? Let's install!!

Step#1

Position your ladder under the manhole. Switch your lighting on and load the kneeling board, knife, wooden insulation poker and water up into the roof cavity. If you have a tiled roof and the weather is fine you may want to slide up some tiles for ventilation and more light.

Step#2

Load up as many unopened packs of insulation into the roof as you can get up into the roof cavity.

Step #3

You can now open up one pack at a time.

The insulation will begin to expand to nominal thickness straight away and take up more space. Working from the outside perimeter of your roof begin to lay your insulation batts between your trusses. Have some water.

Use the kneeling board to support your weight whilst installing. This will ensure you do not step onto fragile plasterboard located below the roof truss.

Most of your batts will fit snugly between the timber. Try to lay each batt nice and flat. You may need to cut small infill strips or cut a batt in half lengthwise to custom fit around timbers.

Tip: a good way to cut insulation is to use a truss that has no electrical wiring or plumbing near it. You compress your batt with the insulation poker and cut along the edge of poker. You should be able to cut a nice straight edge with one attempt.

Use your "insulation poker" to push batts to the lower more difficult to get to parts of the roof

Moving from the furthest point from the manhole, fill all your trusses up with batts. Don't forget the water.

You may have a catwalk (long and wide flat plank of timber) that runs the entire length in the middle of the roof space, it's a good idea not cover this plank as other trades may need to walk along it in the future, instead tuck your insulation under it or butt it up flush against the edge of the catwalk.

Keep working back towards your manhole. Once you have insulated the entire ceiling, cut a piece of insulation the same size as your manhole leaving the batt on top of it as you exit the roof space. Time for another drink of water.

Once you have installed all your ceiling batts the only clean up to do is remove the insulation packaging and dispose of it.

Clean-up

Offcuts of insulation must be double wrapped in plastic to be accepted at waste disposal depots. Use the plastic wrapping from the batts for this i.e two bag wrappers for one load of offcuts.

It's a good idea to have a lukewarm shower after installing insulation. Use soap to remove any fibres that may have come in contact with your skin to reduce irritation. If you are installing Knauf Earthwool, Bradford Insulation or Fletcher Pink Batts you can be sure that these leading brands have all passed strict testing and are safe for use.

Now sit back, relax and enjoy the comfort and reduced energy bills your new ceiling insulation has created in your home.

The End