Loft insulation and summer comfort

A roof can gain heat, but comfort depends on the whole home.

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1 Assess heat sources

Review roof and glazing solar gain, internal gains, shading and ventilation.

2 Choose the insulation line

Confirm whether the design insulates the ceiling or the roof slope. Coordinate all associated control layers.

3 Keep required airflow

Retain ventilation routes required by the assessed roof construction and the home ventilation strategy.

4 Install continuously

Avoid gaps and unintended compression. Detail the loft hatch, edges and service penetrations.

5 Coordinate safety

Maintain specified clearances around hot fittings and equipment. Check cables and access requirements before covering.

6 Set realistic expectations

Do not promise a fixed temperature reduction, bill saving or equipment lifespan without project-specific evidence.

Combine suitable insulation with shading and safe, effective ventilation.

REFERENCE GUIDANCE

GOV.UK: Approved Document F
GOV.UK: resistance to moisture research

Use current product instructions and the approved project design. For regulations, confirm the UK nation, applicable edition and transitional arrangements.

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