

CHECKLIST

When checking your ceiling or underfloor, watch out for hazards like sharp objects, bare or insecure wiring, dust, mould, wasps or bees, dead animals, animal faeces, contaminated stagnant water or hazardous chemicals. If you're unsure, get a professional to assess your insulation.

IN THE CEILING

If you have a manhole into your ceiling, grab a bright torch and pop your head up to look for the following things – but don't actually crawl around up there unless you know what you're doing.

Insulation thickness. As a reference, most ceiling joists are 90mm thick.	_____ mm
Coverage. Does it cover the whole ceiling, including the manhole cover? Don't count clearances around downlights and chimneys, or areas above eaves, porches and garages.	Ok / Not ok
Potential problems. <ul style="list-style-type: none"> » Gaps between pieces of insulation. » Gaps between insulation and ceiling joists. » Folds, tucks or pieces that are compressed. » Areas that are damp. » Bird or rodent nests in the insulation. 	Yes / No Yes / No Yes / No Yes / No Yes / No
Downlights, non-ducted ceiling extractor fans, chimneys or flues.	Yes / No

UNDER YOUR HOUSE

If you have access underneath your house, grab a bright torch and have a look for the following.

Type of insulation (if any). Is it foil insulation, or thicker "bulk" insulation?	Foil / bulk / none
Coverage. Does it cover the whole area under your floor? Don't count areas under porches, garages or other uninhabitable spaces – these don't need to be insulated.	Ok / Not ok
Potential problems for foil insulation. <ul style="list-style-type: none"> » Foil is torn, dirty or tarnished. » Foil is coming loose in places. » Pieces aren't joined together properly (they should be joined with overlaps and self-adhesive tape). » Visible gaps that would allow air movement between the floor and the foil (like around pipe penetrations and along edges). 	Yes / No Yes / No Yes / No Yes / No
Potential problems for bulk insulation. <ul style="list-style-type: none"> » It's less than 50mm thick. » Gaps between insulation and floor joists or at joins of insulation pieces. » Insulation is not flush with the underside of the floor. » Areas that are damp. » Bird or rodent nests in the insulation. » Insulation is not secured properly/ is coming loose in places. 	Yes / No Yes / No Yes / No Yes / No Yes / No Yes / No
Dampness. Is it dry or damp under your house, or is there already a polythene sheet to stop rising damp?	Dry / damp / polythene sheet

YOUR HOT WATER

You'll know what type of system you have, but there are a couple of other things to check.

Hot water thermostat temperature setting. If there is a cover over the thermostat, you may need a plumber or electrician to do this.	_____ ° Celsius
Cylinder wrap. If you have a hot water cylinder, does it have a wrap around it?	Yes / No
Pipe insulation. Do your hot water pipes have any insulation on them?	Yes / No
Shower flow rate. You can check the flow rate of your main shower using a stopwatch and a 10 litre bucket. Time how long it takes for the bucket to fill up at a normal showering temperature.	_____ seconds to fill the bucket