# Effective Home's Ultimate Checklist for Preventing Heat Loss



Which? Trusted Trader

As nationwide experts in renewable installations, Effective Home is dedicated to helping you optimise your home's energy efficiency.

Use this comprehensive checklist to ensure your home is well-prepared to conserve heat and reduce energy costs.

## 1. Insulation

- ✓ Loft Insulation: Ensure your attic is properly insulated to prevent heat from escaping through the roof.
- ✓ Cavity Wall Insulation: Check for gaps or insufficient insulation in walls, particularly in older homes.
- $\checkmark$  Floor Insulation: Consider insulating floors above unheated spaces, like garages or basements.

## 2. Windows and Doors

- $\checkmark$  Seal Gaps: Inspect and seal any gaps around windows and doors using weatherstripping or caulk.
- $\checkmark$  Double Glazing: Upgrade to double-glazed windows to reduce heat loss.
- $\checkmark$  Curtains and Blinds: Use heavy curtains or thermal blinds at night to keep the warmth in.

# 3. Heating System

- ✓ Regular Maintenance: Schedule regular maintenance for your heating system to ensure it's working efficiently.
- $\checkmark$  Smart Thermostats: Install a smart thermostat to better control heating and reduce energy waste.
- $\checkmark$  Radiator Efficiency: Bleed radiators to remove air pockets and ensure even heat distribution.

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#### 4. Ventilation

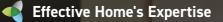
- ✓ Controlled Ventilation: Ensure proper ventilation without excessive heat loss by using trickle vents or heat recovery systems.
- ✓ Chimney Drafts: Use a chimney balloon or damper to prevent drafts when the fireplace is not in use.

#### 5. Renewable Energy Solutions

- ✓ Solar Panels: Consider installing solar panels to harness renewable energy and reduce reliance on traditional heating.
- ✓ Heat Pumps:Explore the benefits of air source or ground source heat pumps for efficient heating solutions.

#### 6. Additional Tips

- $\checkmark$  Draft Excluders: Use draft excluders on the bottom of doors to prevent cold air from entering.
- ✓ Reflective Foil: Place reflective foil behind radiators on external walls to reflect heat back into the room.
- ✓ Energy Audit: Conduct an energy audit to identify areas of improvement and maximise energy efficiency.



At Effective Home, we pride ourselves on providing top-tier renewable installations and expert advice nationwide. Our team is committed to helping you create a more energy-efficient home, saving you money and reducing your carbon footprint.

For more personalised advice and a consultation with one of our experts, contact Effective Home today!

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