

# Effective Home's Ultimate Checklist for Preventing Heat Loss



**Effective**  
Home



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.
- ✓ Floor Insulation: Consider insulating floors above unheated spaces, like garages or basements.

## 2. Windows and Doors

- ✓ Seal Gaps: Inspect and seal any gaps around windows and doors using weatherstripping or caulk.
- ✓ Double Glazing: Upgrade to double-glazed windows to reduce heat loss.
- ✓ 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.
- ✓ Smart Thermostats: Install a smart thermostat to better control heating and reduce energy waste.
- ✓ 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

- ✓ **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.



### Effective Home's Expertise

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!

Get a **FREE** quote

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