



Insulating yourself against the cold & higher energy costs

Icicles on your eaves are a warning sign

With polar temperatures stretching across Canada, the value of good insulation has never been better. Ensuring you have proper draft proofing and the right amount of insulation in your home remains one of the best things you can do for your wallet, comfort and the environment.

“Inadequate insulation is a main reason why the average home can lose a significant amount of its energy,” noted Jay Nordenstrom, Executive Director of the North American Insulation Manufacturers Association (NAIMA) Canada. “By adding insulation, you decrease the amount of energy needed to heat your home, lowering your monthly heating bill and the associated greenhouse gas emissions.”

To ensure your home is heated efficiently, it is important to insulate the entire home where energy could be lost. But where do you begin? There are easy ways to determine where to start insulating.

A good example is icicles hanging from the eaves of your home. Icicles may indicate your attic is not properly insulated. Upgrading attic insulation is an easy and cost-effective solution to a potentially damaging problem.

Walls between living spaces and unheated garages, storage rooms, dormer walls, and above the ceilings of adjacent lower sections of split-level homes are also good places to consider insulation. Insulating these areas, when possible, will save heat and help minimize noise and reduce your energy bill.

Improperly insulated basement foundation walls and floors make up a considerable portion of a home’s heat loss. If the basement is an unheated space and isn’t used as a living area, insulate between the basement and the above living areas to keep the heat where it belongs. Conversely, if the basement is going to be heated and used, insulate the walls to keep the cold air out.

For more on the benefits of insulation, and tips and tricks for how to insulate your home, visit naimacanada.ca.

-30-

For more information or to schedule interviews, contact Jay Nordenstrom, NAIMA Canada at (613) 232-8093.

North American Insulation Manufacturers Association (NAIMA) Canada promotes energy efficiency and environmental preservation through the use of fibre glass, rock wool, and slag wool insulation, and encourages the safe production and use of these materials.