



SUPASOFT
INSULATION

How to install
SupaSoft insulation

Insulation you can live with.

Eden Renewable Innovations Ltd

Sales & General Enquiries: 017684 86285 | enquiries@supasoftinsulation.com

www.supasoftinsulation.com



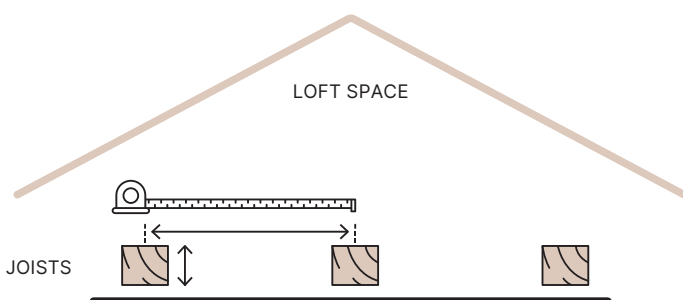
Before you buy your insulation you need to measure your loft to establish the total area to be insulated to ensure you are purchasing the correct quantity. In addition to this you need to establish the product dimensions required.

Insulating your loft with SupaSoft is a great DIY project because it's made from recycled plastic bottles, meaning it doesn't itch and is safe to handle without gloves.

Here is a simple, step-by-step guide to help you get the job done correctly and safely.

1. Prep Work: Measuring & Checking

- **Measure the total area:** Multiply the length of your loft by the width to get the total square metre area. It is best to measure in metres because insulation is sold by the metre or square metre.
- **Establish Product Dimensions:**
 - **Measure between the joist:** Joists are the horizontal timbers that support the ceiling below whereas rafters are the pitched timbers that support the roof. Check the distance between your joists so you can buy the correct width of insulation rolls or the nearest to it. To ensure a snug fit measurements should be taken from the centre of one joist to another. This will ensure the insulation fills the space with no gaps.
 - **Measure the depth of the joist:** Check the distance from the top of the joist to the bottom of the joist this will give you the depth of insulation needed for the base layer.



- **Check existing insulation:** You can install SupaSoft directly onto old insulation as a "top up" providing the old material is in good condition and is not hiding any hidden damp or structural damage.

- **Total depth of insulation recommended:** For an existing uninsulated loft we recommend 250mm of Supasoft. If you have existing insulation and you are topping up you may need more which typically involves topping up to achieve a total depth of 270mm. If you have an historic property you will need to demonstrate an improvement on existing performance which may involve only insulating between joists. Your local building conservation officer can advise further. We have included some tables at the end of this document, to help.
- **Calculate total insulation quantites:** For the base layer choose the best width and depth to full fill the joists. Deduct 10% for the joists from the total square metre area you have calculated which will give you the total area needed for the base layer. For the top layer use the original total area of the loft to determine how much insulation you need. Typically the top layer will be 150mm deep. We recommend 570mm wide SupaSoft for the top layer because it doesn't have to fit between anything.

2. Pre-Check: Is Your Loft Ready?

If you find any of the following, fix them before you add insulation:

- **Leaks:** Look for damp spots or light coming through the roof.
- **Structural Issues:** Check for rotting wood or rusted metal joints.
- **Asbestos:** If you see old, grey, fibrous material around pipes or tanks, do not touch it. Call a professional.
- **Creatures:** If you find bats or nesting birds (protected species), seek expert advice.

3. Important Safety & Electrical Rules

Insulation traps heat, which can be a fire hazard if electrical components don't have adequate ventilation.

- **High-Power Cables:** Never cover cables for showers, cookers, or immersion heaters. Lift them so they sit on top of the insulation.
- **Downlights:** Do not lay insulation directly over recessed lights unless they are insulation safe. Use "downlight covers" or loft caps to create a safe air space. We recommend you speak with your lighting supplier or a qualified electrician for further advice.
- **Heat Sources:** Keep insulation at least 150mm (6 inches) away from chimneys or hot flues.

4. How to Install the Insulation

For the recommended energy efficiency, aim for a total thickness of at least 250mm.

Step 1: The Base Layer

- Lay the first layer of SupaSoft between the wooden ceiling joists.
- Ensure the ends of the rolls press tightly against each other (close-butted) so there are no gaps.

Step 2: The Top Layer (Cross-Laying)

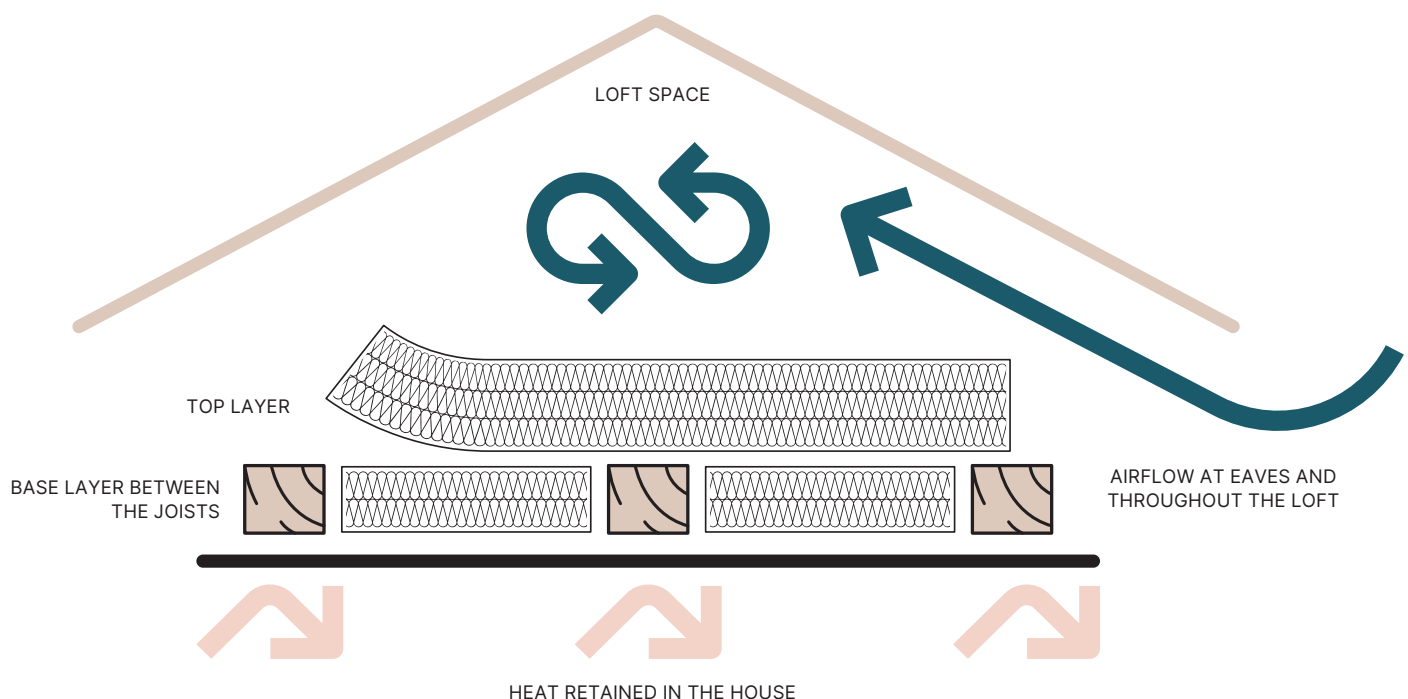
- Lay the next layer across the joists (at a 90-degree angle to the first layer).
- This "cross-laying" covers the wooden joists themselves, preventing heat from escaping through the timber.

Step 3: Don't Block the Airflow

- Your roof needs ventilation to prevent rot and mould.
- Push the insulation toward the edges (the eaves), but do not block the gaps that let fresh air in. If the gaps are already blocked, clear them before you start. You may wish to consider installing ventilation trays or roof vents if ventilation needs to be improved.

5. Special Areas

- **Insulating the loft hatch:** An uninsulated or poorly sealed loft hatch can reduce the overall thermal efficiency of your loft insulation by up to 20%. Cut a piece of insulation to match the width and length of the loft hatch. Once cut to size, use a solvent-free adhesive to secure the insulation to the loft-facing side of the hatch. Ensure the insulation is firmly fixed and does not interfere with the opening or closing of the loft hatch.
- **Water Tanks:** Do not insulate the floor directly under your water tank. You want a small amount of heat from the house to rise up and prevent the tank from freezing. Instead, wrap insulation around the sides of the tank.
- **Boarded Lofts:** If you want to use the loft for storage, fit the first layer between the joists. To avoid squashing the insulation (which makes it less effective), use "loft legs" to raise your floorboards above the full depth of the insulation.



• 6. Checklist

- ☐ **Measurement:** Did you calculate the area and joist width accurately?
- ☐ **Ventilation:** Can air still flow freely through the eaves?
- ☐ **Wiring:** Are heavy-duty cables visible on top of the insulation?
- ☐ **Gaps:** Are all pieces of insulation snug against each other?
- ☐ **Lights:** Are downlights protected by approved covers?

7. Insulation Depth Tables

Fully insulating with SupaSoft insulation.

INSULATION DEPTH (mm)			SupaSoft insulation
			λ 0.040 W/mK
Between Joist	Over Joist	Total Depth	U-value W/m ² K
100	150	250	0.16
100	200	300	0.13

Topping up with SupaSoft insulation

INSULATION DEPTH (mm)			SupaSoft insulation
			λ 0.040 W/mK
Existing Fibreglass	Additional SupaSoft insulation	Total Depth	U-value W/m ² K
75	200	275	0.15
75	150	225	0.18
100	200	300	0.14
100	150	250	0.17
125	200	325	0.13
125	150	275	0.15
125	100	225	0.19
150	200	350	0.12
150	150	300	0.14
150	100	250	0.17

8. Further help & advice

For further information please contact us at the address below.