

INSULATION: ATTIC

Space heating accounts for 61 per cent of the energy used in the average Canadian home. A properly insulated attic can reduce your heating costs by 10 to 50%.

Regardless of the type of attic or ceiling your house has, for maximum energy efficiency, they should be sealed, insulated, and ventilated. Insulation helps keep outdoor air from getting inside your home and prevents indoor air from escaping. You can reduce your energy expenses by about 25 per cent or more, by cleaning out and properly insulating your attic.

The most common types of insulation available for attics are spray foam, loose-fill fiberglass, cellulose, and fiberglass batts. The type of insulation you use, will be dependent on your attic's accessibility.



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WHAT TO LOOK FOR:

- Insulation is rated by its R-value. "R" stands for resistance and the higher the R-value, the more efficiently it resists the transfer of heat from one area to another.
- The most common types of attic insulations are spray foam, loose fill, and batt or blanket insulation.
- Different types of insulation have different R-values. They can be combined to achieve a higher overall rating.
- The recommended R-value for attic insulation in Ontario is R-50 to R-60.



THINGS TO CONSIDER:

- Ensure your project meets the minimum R-Value required to qualify for rebates, if available.
- Hire a professional. Improper installation can lower the R-value of the material. There are also health and safety measures to consider.
- Consider financing your home energy improvements through the City of Toronto's Home Energy Loan Program (HELP).
- Consider getting an EnerGuide Energy Efficiency Home Evaluation to help you understand how your home uses energy and identify all improvement opportunities.
- Check with your municipality, utility or retailer to see if rebates are available.



COST:

Depending on insulation material, \$0.55 - \$3.50 per square foot.

BetterHomesTO: Tips, tools & resources to improve the energy efficiency of your home. [BetterHomesTO.ca](https://www.betterhometo.ca)

