

# INSULATION: WALLS

Uninsulated walls can account for up to 20 per cent of heat loss in your home. Cracks and penetrations may also allow uncontrolled air leakage into and out of your home.

Insulation is designed to prevent heat or sound from being transmitted from one area to another. It works by trapping pockets of air and slowing down the in/out process.

There are lots of choices when it comes to insulation: blown-in, rigid board, batt/blanket and spray foam. The type of insulation you need will depend on the walls (i.e. solid, concrete block, frame) in your home.



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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.
- Different types of insulation have different R-values, and you can use more than one type to achieve a higher overall R-value rating.



## THINGS TO CONSIDER:

- Cold floors and walls in the winter and mold growth are signs of a poorly insulated home.
- Ensure your insulation meets the minimum R-Value required to be eligible for rebates, if available.
- Hire a professional. Improper installation can lower the R-value of the material, and there are health and safety considerations as well.
- 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)

