# FS06: Solid Floor Insulation

**About**

**Typical costs:**

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**Typical annual savings:**

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* Solid concrete floors can be insulated by adding a layer of rigid insulation board on top. The carpet or flooring can then be re-laid.

**Benefits**

* The insulation maintains your home at a more consistent temperature; making your home feel warmer in the winter and cooler in the summer
* Pay less on your heating bills.

**Key considerations**

* Permissions: Planning permission is not usually required, however the insulation installed may be required to meet building regulations. Your installer should know about this but if in doubt, check this with your local authority.
* Remedial work: Since the floor level will be raised by adding the insulation board, door openings, stairs and other fixtures will need to be altered which will incur an additional cost.
* Installation process: Installation will require the carpet or flooring to be lifted, adding an insulating layer and re-laying the flooring. This can be disruptive as rooms will need to be cleared for the carpet or flooring to be lifted. It is highly recommended to also install a damp proof membrane layer as this will help to prevent damp issues.

**Further information**

* Case studies:
	+ [Dumbarton](http://www.retrofitscotland.org/case-studies/merkins-avenue-dumbarton/?filters=1491) (UK)
* Useful information:
	+ [National Insulation Association](https://www.nia-uk.org/) (NIA): Trade Association with list of approved installers