



Insulation information to help you keep the cold away

Cold spots on walls and floors last winter signaled you paid too much to heat your home



(Ottawa, ON, December 14, 2015) It might be mild in many parts of the country, but do not be fooled. Another Canadian winter is soon upon us, and we can expect to feel the first cold snap nip at our noses and toe—and our wallets. The good news is, there is a way to stay comfortable and healthy in our homes and protect our finances over the next few months. A well-insulated home not only keeps heat indoors so we can avoid putting on extra layers of clothing, but it also reduces the heating load so we can save money on our energy bills.

It is not yet too late to assess the insulation levels in your home's building envelope (i.e. walls and attic), or get an energy audit and address any shortcomings with new insulation. Drafty rooms, cold spots on walls and floors, or high energy bills are good indicators that you could benefit from adding insulation.

"This is about more than just reducing your heating costs," warns Jay Nordenstrom, Executive Director of NAIMA Canada, an association representing manufacturers producing mineral fibre products which include fibreglass and mineral wool insulation. "It's about being comfortable and protecting your home from excessive heat loss and condensation-related damage. If warm air escapes into your attic where it can build up and condense on a cold surface, you risk having water damage to your ceilings."

NAIMA Canada has developed a range of free tools to help homeowners save energy and deal with issues like drafty rooms or cold spots. These tools include a [Key Checklist](#) for Inspecting Insulation Jobs, three [how-to videos](#) and an [insulation comparison guide](#) for DIY renovators.

Remember, faced with a minor power outage, a properly insulated and sealed building envelope can effectively retain heat and keep people and water pipes warm until the power returns.

Nordenstrom encourages Canadians to take advantage of incentive and rebate programs offered by governments and local utilities. Go to naimacanada.ca for a simple-to-use website that gives you a list of [incentives and rebates](#) available where you live.

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For more information or to schedule interviews, contact Tara McClinchey, NAIMA Canada: (613) 232-8093 or TMcClinchey@naimacanada.ca.

NAIMA Canada promotes energy efficiency and environmental preservation through the use of fibreglass, rock wool, and slag wool insulation, and encourages the safe production and use of these materials. NAIMA Canada members used more than 136 million kilograms of recycled material in the production of their mineral fibre products in 2013.