

Insulation and Other Physical Measures

Installing insulation and undertaking other physical measures such as draughtproofing ensure that a home is as energy efficient as possible which can help save money.

See more about individual insulation types and physical measures to improve energy efficiency in Chapter 3 Insulation and other Physical Measures.

Grants and/or interest-free loans are available for certain households. You can find information on current support available in Scotland in Factsheets 4.b and 4.c

Energy Action Scotland runs a City and Guilds Energy Awareness training course. This course is designed for and aimed at those providing energy advice to clients and those wishing to have a greater understanding of domestic energy efficiency.

For more information on this and other courses run by Energy Action Scotland, see our website – www.eas.org.uk

