Here's a list of Frequently Asked Questions (FAQs) that homeowners sometimes have when considering an air sealing or insulation project.

1. What's the difference between insulation and weatherization?

Insulation slows heat movement through your home's walls, ceiling, and floors (i.e. blown-in, batt or sprayfoam). Weatherization (air sealing) reduces unwanted air leaks that let warm air escape and cold air enter (I.e. weatherstripping, window film, caulking gaps, switch gaskets, etc.). Together, they improve comfort and reduce energy use.

2. Why is air sealing important before adding insulation?

Air leaks can let warm air bypass insulation entirely. Sealing gaps first ensures insulation performs as intended and delivers real energy savings.

3. Where does most heat loss happen in a home?

Common problem areas include:

- Attic hatches and ceilings
- Gaps around plumbing, wiring, and vents
- Rim joists and basement sill plates
- Doors and windows

These areas are the highest priority for many homes in Newfoundland & Labrador.

4. How do I know if my home needs more insulation or air sealing?

Signs include:

- Drafts or cold floors
- Uneven temperatures between rooms
- High bills
- Ice dams or attic frost

A home energy audit is the best way to identify where improvements will help most.

5. Will insulation and air sealing really save me money?

Yes. Reducing heat loss lowers the amount of energy needed to heat your home, which can lead to noticeable savings over time - especially in cold, windy climates like Newfoundland and Labrador.

6. Why is attic insulation an important upgrade?

Heat rises, and poorly insulated attics are one of the biggest sources of energy loss. Attic air sealing in conjunction with proper insulation usually provide the greatest return on investment.

7. Can sealing my home make air quality worse?

When done properly, controlled ventilation (such as bathroom fans or HRVs) ensures that fresh air still enters your home while sealing off uncontrolled leaks that cause drafts and moisture issues. If you're unsure about the ventilation in your home, be sure to consult a certified HVAC professional.

8. Do I need to leave my home during insulation or air sealing work?

In most cases, no. Work is typically completed while you remain at home, though access to attics or basements may be required.

9. Are rebates or incentives available for insulation and air sealing?

Yes. **TakeCharge** offers rebates for attic and basement insulation (up to $3,000 including labour costs) and air sealing (up to $500) upgrades, subject to program eligibility.

10. Does my home qualify for insulation rebates?

Eligibility depends on factors such as:

- Age of your home

- Heating source (i.e. electric baseboard, heat pump, etc.)
- Existing insulation levels
- Project area (i.e. the amount of insulation installed and where)

A pre-assessment or audit can confirm eligibility before work begins. Check out full eligibility **here**.

11. Should older homes be insulated differently?

Older homes often benefit the most from insulation and air sealing but may require careful moisture and ventilation considerations. An assessment by a certified insulation installer can help ensure upgrades are done safely and effectively.

12. What's the difference between insulation types?

Common types include:

- Blown-in cellulose
  - Made of loose fibers (usually fiberglass or cellulose).
  - Blown into attics or wall cavities using a machine.
  - Great for filling irregular spaces and adding insulation to existing structures.
  - Good coverage but not airtight.

- Fiberglass
  - Pre-cut sheets or rolls, commonly fiberglass or mineral wool.
  - Installed between studs, joists, or rafters.
  - Easy, affordable, and common for new construction or open walls.
  - Works best in uniform, unobstructed spaces.

- Spray foam
  - Applied as a liquid that expands into a dense foam.
  - Comes in open-cell and closed-cell types.
  - Provides both insulation and an air/vapor seal.
  - Highest performance but also the most expensive.

Each has different strengths depending on location and budget; proper installation matters more than material alone.

13. Can air sealing help with moisture and condensation?
Yes. Sealing air leaks reduces warm, moist indoor air from reaching cold surfaces, helping prevent condensation, mold, and frost buildup.

14. Is insulation still helpful if I have heat pumps?
Absolutely. A well-sealed, well-insulated home allows heat pumps to run more efficiently, improving comfort and reducing electricity use.

15. What is the first step if I want to improve my home?
Start with a **home energy assessment**. It identifies air leakage and insulation gaps and helps prioritize improvements—often unlocking rebates at the same time. You can also measure your existing attic insulation levels using a ruler to determine if you might need a top up – you should aim for 16 inches of insulation!