DIY Draught Proofing

Simple Solutions for Saving Energy: No. 2

If you have badly fitting doors or windows cold air could be coming in around the edges. These gaps can easily be sealed using different draught proofing products.
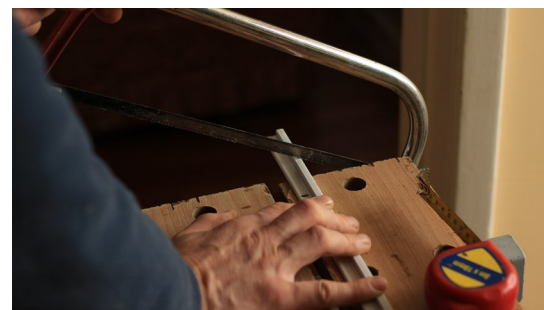
1. 'Rubber Fin' type draught proofing kits

These consist of a metal or plastic strip with nail holes, and a rubber 'fin'. The strip is nailed onto the door or window frame, so that when the door/window is closed it pushes against the rubber, creating an air-tight seal. These can be fitted around doors and windows, including sash windows.

What do I need? Hacksaw, hammer and nails, tape measure, masking tape

How to fit the draught proofing

1. Measure the length of the sides, top and bottom of the door or window frame.
2. Cut correct lengths of draught proofing using the hack saw
3. Starting with one edge of the frame at a time, position the draught proofing and hold in place (you can use the masking tape for this). Make sure it is firmly in place so that the rubber flap is gently squashed against the door or window.
4. Work your way along the strip hitting the nails in through the holes using the hammer. As you do this, push the strip against the frame to ensure a tight seal is produced when the door/window is closed.

2. Self-adhesive draught proof strips

These are cheaper and easier to fit than the rubber fin type, but can be less durable. Strips are fixed onto door or window frames so that when closed a compression seal is formed. They are usually available in white or brown and have different 'profiles'. 'E' shaped profiles are suitable for narrower gaps, whereas the thicker 'P' shaped profiles are better for wider gaps. Before you begin, make sure you have the suitable strip for your purpose.

What do I need? Cloth, detergent/white spirits, scissors

What do I do?

1. Clean the frame thoroughly with the cloth, using white spirit if necessary. Dust, dirt and grease will prevent the strip from sticking properly.
2. Starting with one edge at a time, measure the strip against the frame and cut to the correct length using scissors.
3. Peel off the backing to reveal the adhesive and press the strip firmly into place. Work your way

Where can I buy draught proofing?

DIY/hardware stores and online. TIP: 100 m rolls of self adhesive strips can be bought from builders' merchants at a much lower cost per metre than DIY stores – club together with friends to save money!

Need more help? For online how-to guides, go to www.youtube.com search for "DIY draught proofing" and browse the videos.

To find out more please visit www.environmentcentre.com or contact: DIY@environmentcentre.com ~ 0800 804 8601
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