OTTAWA INSULATION CONTRACTORS

Costs & Pricing

What insulation work costs in Ottawa according to published 2025-2026 estimates: attics, spray foam, basement walls and removal, and what moves a quote

16 Expert Answers from R-Value IQ

ottawainsulationcontractors.ca/construction-brain

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Q1

Is my basement wall insulation quote in Stittsville a fair price?

Published 2025–2026 estimates for basement wall insulation in Ottawa run from about $2,000 to $8,000 for a typical job, depending on the material chosen and the total wall area being covered. Without knowing the square footage, the material and the target R-value in your quote, we found no published figure to compare it against directly.

The three factors that move the price within that range are the area of wall being insulated, the material (closed-cell spray foam, rigid board, batt in a framed wall, or a combination), and whether any existing insulation is being removed first. A quote that names all three gives you something to compare; one that gives only a lump sum is harder to evaluate.

Here is what a complete quote for basement wall insulation should spell out:

- The total wall area in square feet being covered
- The material and its R-value per inch, and the finished thickness or target R-value
- Whether a vapour barrier is included and where it goes in the assembly
- Whether any existing insulation is removed first, and what happens to it
- Whether rim joists are included or excluded from the scope
- The start date, completion date and total price, all in writing

If the quote includes spray foam, ask the contractor for proof that the installation meets CAN/ULC-S705.2, which is the standard Ontario's Building Code names for spray-applied polyurethane insulation. That standard sets installer requirements, so asking for documentation is reasonable before you commit.
On the question of whether the price is fair: two quotes covering the same scope, the same material and the same area will tell you more than any published range can. If the quotes differ, ask each contractor to walk through what is and is not included.

Make sure you have a written contract that states the full scope of work, the total price, and the dates for start and completion before anyone begins.

Q2

Is the rebate taken off my attic quote in Orleans?

No. A rebate is not a discount on the contractor's price. It is the Home Renovation Savings program's, under its own rules, so compare quotes at their full price.

Here is how the attic stream works for a home in Orleans. You book an in-home visit with a contractor who is on the program's own Participating Insulation Contractors List before any work begins. Work done before that visit does not qualify. The work covers 100% of the roof assembly, and the participating contractor enters the job in the program's system. The rebate is 50% of the attic insulation cost after tax, up to a maximum that depends on where you are starting from:

- R-12 or less, raised to R-50: up to $1,250
- More than R-12 to R-25, raised to R-50: up to $1,000
- More than R-25 to R-35, raised to R-50: up to $800
- Cathedral ceiling or flat roof, R-12 or less raised to R-20: up to $650
- Cathedral ceiling or flat roof, R-25 or less raised to R-28: up to $750

Installation must be complete by November 30, 2026. Funding may be fully allocated before that date, and no rebate is paid if program funds are exhausted. These figures were checked October 2026.
One thing to confirm before you book: the program says a home must have at least six months of occupancy, and its attic page says homes occupied for six months or less do not qualify. Check the program's own terms at homerenovationsavings.ca to confirm your home is eligible.

The program keeps its own list of participating contractors and says it does not endorse them. Do not rely on a contractor's claim that they are on the list; look up the list yourself on the program's site. The program also warns that scammers create fake websites and impersonate participating contractors.

The most useful thing to confirm with any contractor before you sign is whether they appear on the Home Renovation Savings program's current Participating Insulation Contractors List, so your rebate eligibility is not at risk.

Q3

Insulating a room over the garage in Kanata: any published price?

Published price pages for an exposed floor, which is what the floor of a room over an unheated garage is, do not give a separate range with two independent sources, so a reliable Ottawa-specific number is not available here.

What the cost depends on for this job is the area of the floor in square feet, the material chosen, the target R-value or finished thickness, and whether any existing insulation is removed first. Ask each contractor to put all four in the quote.

For a new house or addition in Ottawa, SB-12, the Code's energy standard for housing, sets the exposed floor value at R-31 under Package A1. That is a value for new construction and additions only. For an existing room over a garage, the Code's Part 11 renovation rule says that where an existing building system is materially altered or repaired, its performance afterward must be at least equal to what it was before. We found no Code number that applies to voluntarily adding or upgrading insulation in an existing room over a garage.

A few things worth raising with each contractor before you accept a quote:

- What material goes where: ask the contractor to say exactly where the insulation goes and what it is.
- The full area being covered and the finished R-value.
- Whether the existing assembly has an air barrier and vapour barrier, and what the contractor proposes for each.
- Whether any old insulation comes out first, and if so, whether they will check for vermiculite or other materials before disturbing it.
- Who is responsible for confirming with the City whether a permit is needed, since insulation is not named on the City's permit lists but work that opens walls or the floor structure may be.

Get the scope of work, the total price, the material and R-value, and the start and completion dates in writing before any work begins.

Q4

How is an attic insulation quote priced in Findlay Creek, by area or job?

The published figure that more than one independent source agrees on is per area: about $1.50 to $3.00 per square foot of attic floor (published 2025–2026 estimates). Ask each contractor which way the quote is written, and ask for the area on the quote either way.

What moves a quote within that range comes down to four things: the total area being insulated, the material chosen (cellulose, blown glass fibre, or mineral fibre each carry different per-inch R-values), the finished depth needed to hit your target R-value, and whether old insulation is being removed before the new material goes in. Removal adds roughly $0.75 to $2.00 per square foot on top of the installation price, so a quote that includes removal will look different from one that does not.

A complete written quote should spell out all of the following so you can compare contractors on equal terms:

- the total area in square feet being covered
- the material and its R-value per inch (Natural Resources Canada design values: blown cellulose R-3.6, blown mineral fibre R-3, blown glass fibre R-2.9)
- the finished depth and the total R-value that depth delivers
- whether existing insulation is being removed, and if so, how it is disposed of
- whether baffles at the eaves are included, and how soffit vents will be kept clear
- any air sealing work, listed and priced separately from the insulation itself

One thing worth checking before the contractor starts: if there is any old insulation in the attic, ask whether it will be disturbed and whether a vermiculite check is part of the scope. Health Canada advises that vermiculite insulation produced before 1990 should be tested by a professional before any renovation work disturbs it. Testing and removal, if needed, belong to a separate specialist.
The request form on this page forwards your details to insulation contractors listed in the Ottawa Construction Network directory.

Before you commit to a price, ask each contractor to confirm in writing the finished R-value they are guaranteeing and what happens if the finished depth falls short of it.

Q5

Air sealing price in Ottawa: why is there no published range?

We found too few published prices for air sealing to give a range with two independent sources, so none is shown here. That is a statement about what is published, not a guess at what your job costs.

An air sealing job can cover rim joists in a basement, or pot lights, the attic hatch, plumbing penetrations and top plates across a whole house, so two quotes can describe very different work. Air sealing can also be quoted on its own or as part of an insulation job, so ask for it as its own line.

What a quote for air sealing should include: the locations being sealed, the materials going in at each location, whether any insulation is being added at the same time, and what the finished work will look like (since the Ontario Building Code, at 9.25.3, requires the air barrier to be continuous and penetrations to be sealed). Ask whether the quote covers all the locations identified, or only the ones the contractor can reach without opening walls or ceilings.

The Home Renovation Savings program (Enbridge Gas and Save on Energy) lists an air sealing rebate on its assessment path: a registered energy advisor assesses the home before any work begins, and the follow-up assessment must be booked by November 30, 2026. Funding may be fully allocated before then (checked October 2026). The program's own terms also say that performing air sealing may result in inadequate ventilation, which may be detrimental to the house and its occupants, and to ask your energy advisor and a qualified ventilation contractor.

Before you compare prices, ask each contractor for the list of locations they will seal and how the result will be measured, in writing.

Q6

Is there a published price for insulating existing walls in Ottawa?

Too few published prices exist for insulating existing walls in Ottawa to give a reliable range here. The cost depends on the area to be insulated, the material, the thickness or target R-value, and whether old insulation is removed first. Existing walls can be insulated from the outside, from the inside, or by blowing loose-fill into the cavities, so ask each contractor which method the quote describes.

What to ask when getting quotes

Ask each contractor to put the following in writing before any work starts:

- Which method they propose and why (exterior, interior or drill-and-fill)
- The material they will use and its R-value per inch, so you can compare quotes on equal terms
- The total wall area being insulated, in square feet

- Whether any existing insulation is being removed first, and how that is priced
- What happens to the air barrier and vapour barrier, since the Code requires both on walls separating heated space from outside air
- Who is responsible for asking the City about a permit, because insulation is not named on the City's permit lists, and the answer depends on whether walls are being opened or structurally altered

The Code's note on insulating existing wood-frame walls says adding insulation increases the likelihood of moisture damage to framing and cladding, and it recommends sealing openings, applying a low-permeability paint to the inside surface, and checking siding, flashing and caulking before the work is done. Ask each contractor how they address those points.

For spray foam specifically, the Code says it must be installed in accordance with CAN/ULC-S705.2, a standard that sets installer requirements, so ask for proof that the installer meets it.

Before any work begins, make sure you have a written contract that names the scope of work, the total price, the materials and their R-values, and the start and completion dates.

Q7

Crawl space insulation in Manotick: can I get a price range online?

Published price pages for crawl space insulation in Ontario do not give enough independent figures to support a reliable range, so a quote from a contractor who has seen the space is the only way to get a number you can act on.

What drives the price is the area in square metres or square feet, the material chosen, the target R-value or finished thickness, and whether any existing insulation is removed first. The two main approaches are insulating the crawl space ceiling (the exposed floor above it) or insulating the crawl space walls. Quotes for the two approaches describe different work, so compare quotes for the same approach.

A few things to have settled before a contractor quotes:

- Which surface is being insulated: the floor above the crawl space, or the crawl space walls and rim joist.
- The material, its thickness, and the R-value it gives.
- The target R-value: for a new house or addition in Ottawa, the Code's energy standard for housing, SB-12, sets R-31 for an exposed floor and R-20 continuous insulation for basement walls; ask your designer how that applies to crawl space walls. These are values for new houses and additions only; we found no Code number that applies to voluntarily upgrading an existing crawl space.
- Whether old insulation comes out first: removing clean existing material runs about $0.75 to $2.00 per square foot on published 2025-2026 price pages, before any contamination work.
- Air and vapour barrier work: the Code asks for a vapour barrier on the warm side of the assembly and a continuous air barrier with sealed penetrations.

If the crawl space walls are being insulated, the Ontario Building Code also requires that insulation run over the full height of the foundation wall enclosing a heated crawl space. Ask the contractor how that will be handled and whether the foam or board will need a protective interior finish; the answer depends on how the foam is installed and what the City's Building Code Services says about thermal barriers in your specific space.
For spray foam specifically, the Code states that spray-applied polyurethane insulation must be installed in accordance with CAN/ULC-S705.2, the standard that sets installer requirements, so ask for written proof that the installer meets it.

Get the quote in writing with the surface being insulated, the material, the area, the finished R-value, any removal included, and the air and vapour barrier scope all spelled out before any work begins.

Q8

Should removing old insulation be its own line on a Gloucester quote?

Yes, removal should be its own line item, separate from the installation price. A quote that bundles removal into a single number makes it impossible to compare bids or know what you are paying for each part of the work.

Published 2025–2026 estimates put removal of clean old insulation at about $0.75 to $2.00 per square foot of attic, before any contamination work. Blown-in attic insulation runs about $1.50 to $3.00 per square foot on the same published pages. When removal and installation share one line, you cannot compare either part against those figures or against another quote.

There is one situation in Gloucester, as anywhere in Ottawa, where the removal question becomes more urgent: if the attic has old insulation and you do not know its age or origin, ask the contractor to identify the material before any work begins. If it turns out to be vermiculite, Health Canada advises not to disturb it and not to attempt removal yourself. Testing and removal of suspect material belong to a different trade entirely, and that work would carry its own separate cost, which no insulation quote should bundle in without a clear description.

A few things worth having spelled out as separate lines or clear descriptions on any Gloucester removal-and-reinstall quote:

- the area in square feet being cleared
- the material being removed and how it is being disposed of
- the new material, the target R-value and the finished depth
- any air sealing included, described separately
- whether baffles at the eaves are included if blown-in insulation is going back in

If the contractor will be asking the City about a permit, that should appear in writing too, though insulation on its own is not named on the City's permit lists. Ask the City's Building Code Services if any structural or wall work is part of the job.
Ask for the price broken down by task, removal first and installation second, on the contract you sign.

Q9

What should a whole-attic top-up cost in a Westboro semi?

Blown-in attic insulation in Ottawa runs about $1.50 to $3.00 per square foot of attic floor, so ask for the area on the quote. Those are published 2025-2026 estimates; your number depends on three things: the square footage of the

attic, the material chosen, and whether any old insulation is removed first.

For a top-up, ask the contractor what is there now and how much new material the quote adds to reach the target R-value. The two materials you will see quoted for blown-in work are cellulose and glass fibre. Natural Resources Canada puts cellulose (settled) at R-3.6 per inch and blown glass fibre at R-2.9 per inch; those figures explain why quotes for the same target R-value can call for different depths depending on which product is used.

A few things to confirm when you compare quotes:

- The total attic area being covered, in square feet.
- Which material is being blown in, and the finished depth and R-value it will reach.
- Whether the contractor will check the existing insulation for anything that needs attention before adding on top, including whether vermiculite is present. If vermiculite is found, Health Canada advises not to disturb it and to hire a professional to test for asbestos before any renovation work proceeds. Testing and removal are a separate scope; ottawaabatement.com covers that.
- How soffit vents will be protected so the new insulation does not block airflow at the eaves.
- Whether any air sealing at the attic floor is included, or whether that is a separate line item.

In a semi-detached house, confirm that the square footage the contractor is pricing is your unit's attic only.
We found no Code rule that sets a required R-value for voluntarily topping up an existing attic. The question of what R-value to aim for is worth raising with the contractor or an energy advisor.

The request form on this page sends your details to local Ottawa insulation contractors listed in the Ottawa Construction Network directory, and they reply by email.

Q10

Removing old attic insulation in Alta Vista: what does it run per square foot?

Removing clean old insulation runs about $0.75 to $2.00 per square foot of attic floor, based on published 2025–2026 price pages. For a job that involves contamination, asbestos or vermiculite, that range does not apply, and the work belongs to a different trade entirely.

The price moves with the area in square feet. If new insulation goes in as part of the same job, ask for removal and installation as separate lines so you can compare.

Before any removal starts, ask the contractor whether the existing insulation could be vermiculite. Health Canada's advice is not to disturb vermiculite insulation, not to attempt removal yourself, and to hire a professional to test for asbestos before any renovation work. If asbestos is found, a qualified asbestos removal specialist handles it. Testing and removal of vermiculite or asbestos-containing material is covered at ottawaabatement.com, not here.

A few things worth confirming in any written quote for attic insulation removal:

- the total attic area in square feet the price covers
- the material being removed and how it is being disposed of
- whether a visual check for vermiculite is included before work begins
- whether the quote is for removal only or removal plus reinstall, with each priced separately

Ask the contractor to confirm in writing what happens to the price if vermiculite or other contaminated material is found once the work is underway, since that changes the scope entirely.
The form on this site reaches insulation contractors in the Ottawa Construction Network directory, who reply by email.

Q11

Blown-in attic insulation in Kanata: what is the price per square foot?

Published 2025–2026 estimates put blown-in attic insulation at about $1.50 to $3.00 per square foot of attic floor, and the same published figures apply across the City of Ottawa. Ask for the area on the quote: your attic's square footage, the material and the target R-value move the number.

Natural Resources Canada puts blown cellulose (settled thickness) at about R-3.6 per inch and blown glass fibre at about R-2.9, so the finished depth and the R-value the contractor commits to in writing are what to compare. The

price per square foot can shift depending on the material specified and the target R-value, so get both in the quote.

A few things to confirm before the quote is final. Ask the contractor to spell out:

- the material (cellulose or glass fibre, not just "blown-in")
- the total area in square feet they are pricing
- the finished depth and the R-value that depth is expected to achieve
- whether any existing insulation is being removed first, and if so, at what cost
- whether baffles at the eaves will be installed or checked to keep the soffit vents clear
- whether air sealing at the ceiling plane is included or quoted separately

On the removal point: if the attic has older insulation and you are not certain what it is, ask the contractor to identify it before any work begins. If vermiculite is present, Health Canada advises not to disturb it and to hire a professional to test for asbestos before any renovation proceeds. That work falls outside this site's scope; ottawaabatement.com covers it.

The contractor should also confirm who is responsible for checking with the City of Ottawa's Building Code Services about whether a permit is needed. Insulation on its own is not named on the City's permit lists, but the answer can depend on what else the job touches.

Before work starts, make sure you have a written contract that names the material, the square footage, the target R-value, the total price, and the date the work will be done and complete.

Q12

Open-cell or closed-cell spray foam: price per square foot in Orleans?

Open-cell spray foam runs about $1.00 to $2.75 per square foot in published 2025–2026 estimates; closed-cell runs about $2.75 to $7.00 per square foot, higher with thickness. These are the published ranges we found with two independent sources.

Natural Resources Canada puts open-cell at about R-3.6 per inch and closed-cell at about R-6. Ask each contractor to quote the same target R-value, not just a price per square foot, so the numbers are comparable. The things that move the price are the area, the material, the thickness or target R-value, and whether old insulation comes out first.

Ontario's Building Code (9.25.2.5.(1)) says spray-applied polyurethane insulation must be installed in accordance with CAN/ULC-S705.2. That standard sets installer requirements, so ask each contractor for proof that their

installation meets it.

One more thing to ask about in writing: the contractor's instructions on when to leave the area after spraying and how long to keep it ventilated. Health Canada says two-chamber consumer spray foam kits may pose a risk to health; for professional work, following the contractor's ventilation instructions matters.

A quote worth comparing will name the product type (open-cell or closed-cell), the area in square feet, the finished thickness, the resulting R-value, and whether any existing material is being removed first. If the foam is going on a basement wall or rim joist, ask how it will be covered, since Ontario's Building Code requires foamed plastics that form part of a wall or ceiling to be protected by an interior finish, with some exceptions for concealed spaces.

The form on this page sends your details to insulation contractors listed in the Ottawa Construction Network directory who work in Orleans.

Before you commit to a price per square foot, ask the contractor to put the finished R-value and the total square footage in writing so you can compare quotes on the same basis.

Q13

What price factors should an Ottawa attic insulation quote list?

A fair attic insulation quote for an Ottawa home breaks down into four things: the area being insulated, the material chosen, the target depth or R-value, and whether old insulation is coming out first.

Area is the starting point. Published price pages show blown-in cellulose or glass fibre running about $1.50 to $3.00 per square foot of attic floor (published 2025-2026 estimates). The quote should state the square footage it is priced on, so you can check it against your own measurements.

Material matters because the R-value per inch differs. Natural Resources Canada gives design values of R-3.6 per inch for blown cellulose, R-2.9 for blown glass fibre, and R-3 for blown mineral fibre. A quote that names only "blown-in" without specifying which product leaves you unable to compare bids. Ask each contractor to name the product and state the finished depth and the R-value that depth delivers.

Removal adds cost. Published estimates put clean old insulation removal at about $0.75 to $2.00 per square foot, before any contamination work. If there is existing insulation, the quote should say whether it is being removed or left in place, and if left in place, what R-value it contributes. Any attic with older insulation should be checked for vermiculite before anyone goes in to work; if vermiculite is present, testing and removal belong to a different trade entirely.

Air sealing and baffles can be part of the job or priced separately, so ask. A complete quote should show whether air sealing at the ceiling plane is included, and whether baffles at the eaves are being installed or inspected. Ontario's Building Code requires that ceiling insulation not restrict the free flow of air through the attic, and that loose-fill be kept from blocking soffit vents.

A few things to confirm in writing before the work starts:

- the square footage the price covers
- the product name, finished depth and R-value
- whether old insulation is removed, and at what price per square foot
- whether air sealing and baffle work are included or quoted separately
- who is responsible for asking the City about a permit if walls or the roof are opened as part of the job

Once you have two or three quotes in hand, the most useful question to put to each contractor is: what finished depth, measured in millimetres, will your crew leave behind, and how will that be confirmed before you leave the site.

Q14

Is $2.50 a square foot fair for attic insulation in Barrhaven?

That price sits within the published 2025–2026 range for blown-in attic insulation in Ottawa, which runs from about $1.50 to $3.00 per square foot. Whether it is fair for your job depends on what the quote actually includes.

The things that move the price within that range are the finished thickness or R-value, the material (cellulose or blown glass fibre carry different per-inch R-values, so the same dollar figure can mean very different finished depths), the total area being covered, and whether any existing insulation is being removed first. Removal adds roughly $0.75 to $2.00 per square foot before the new material goes in, and that cost should appear as a separate line if it applies to your job.

A quote worth comparing should spell out the material by name, the area in square feet, the finished depth in millimetres or inches, and the R-value that depth delivers. It should also say whether baffles are being installed or replaced at the eaves to keep the soffit vents clear, and whether any air sealing is included or priced separately. If the quote is silent on any of those, ask for them in writing before you accept it.

One practical check: Natural Resources Canada publishes design R-values per inch for common materials, so you can confirm whether the finished depth the contractor quotes actually adds up to the R-value they claim. Natural Resources Canada lists blown cellulose (settled thickness) at about R-3.6 per inch and blown glass fibre at about R-2.9 per inch, so ask for the depth as well as the price.

When you have two written quotes in front of you, line up the material, the square footage being covered, and the finished depth and R-value side by side before you compare the totals. A request through the Ottawa Construction Network directory can put local Barrhaven contractors in touch with you by email.

Q15

How do I compare two spray foam quotes for my Riverside South basement?

Two spray foam quotes for a basement wall job can look very different on paper even when the contractors are describing the same work, so the comparison starts with making sure both quotes cover the same scope.

The first thing to line up is the material. One quote may be for closed-cell polyurethane foam, the other for open-cell. Natural Resources Canada puts closed-cell at about R-6 per inch and open-cell at about R-3.6 per inch, so the same thickness of each gives a different finished R-value. Ask each contractor to state the product type, the installed thickness in millimetres, and the R-value that thickness delivers, in writing. If one quote gives a thickness

and the other gives only an R-value, you cannot compare them until you have both numbers from both contractors.

The second thing to check is what the quote includes beyond the foam itself. Ontario's Building Code (section 9.25) asks for an air barrier system and a vapour barrier on the warm side of an insulated basement wall. Where insulation serves as the vapour barrier, the Code says it must be thick enough to meet the vapour barrier permeance rule (9.25.4.2). Ask each contractor whether the vapour barrier is included, what it is, and where it goes. Ask the same about any air sealing at the rim joist, since that is a separate area of the wall assembly and the quotes may treat it differently.

Third, ask about the wall area being covered. Both quotes should state the square footage. If one contractor is quoting the full perimeter and the other is quoting only the exposed above-grade portion, the prices are not comparable. The Code (9.25.2.3.(4)) requires insulation to run over the full height of foundation walls enclosing a basement, so ask each contractor how they are interpreting that for your walls.

Fourth, ask about protection of the foam. Foamed plastics that form part of a wall assembly are subject to the Code's rules in section 9.10.17.10 about interior finish. Ask each contractor what covering, if any, they are including over the foam, and who is responsible for arranging it.

On the material itself: the Code (9.25.2.5.(1)) says spray-applied polyurethane insulation shall be installed in accordance with CAN/ULC-S705.2. That standard sets installer requirements, so ask each contractor for proof that their installer meets it.

Published 2025-2026 estimates put closed-cell spray foam at about $2.75 to $7.00 per square foot depending on thickness, and open-cell at about $1.00 to $2.75 per square foot. A lower quote is not automatically the better one if it is quoting a thinner application, a different material, or leaving out the vapour barrier and rim joist work.

Before you sign either contract, make sure you have the material type, installed thickness, R-value, square footage, vapour barrier details, rim joist scope and any required interior finish all written into the agreement.

Q16

Two attic quotes in Hunt Club differ a lot: what should I compare?

When two attic quotes differ a lot, start by checking whether they describe the same job. A price difference means little until the scope on each page matches.

What to line up side by side

Start with the material and where it goes. One contractor may be quoting blown cellulose, another blown glass fibre, and a third mineral fibre batt. Natural Resources Canada gives these design values per inch: blown cellulose (settled) R-3.6, blown glass fibre R-2.9, blown mineral fibre R-3. The same finished depth produces a different R-value depending on which product goes in, so the quote needs to name the material and the target R-value, not just the depth.

Check the area each contractor is pricing, in square feet, and which parts of the roof space it covers, so you are comparing the same attic.

Look at what each quote includes beyond the insulation itself:

- Air sealing at pot lights, plumbing stacks, electrical boxes and the attic hatch before the insulation goes in
- Baffles at the eaves to keep the soffit vents clear and maintain the air space the Building Code requires between the insulation and the roof sheathing
- Whether the attic hatch is being insulated and weatherstripped
- Removal of old insulation, if any, and whether a check for vermiculite is part of the scope

If the existing insulation might be vermiculite, Health Canada says to assume vermiculite produced before 1990 may contain some asbestos and not to disturb it until a professional has tested it. Ask each contractor how that check fits into the job before any work begins.

Finally, look at what each quote says about the vapour barrier. Ontario's Building Code requires a vapour barrier on the warm side of insulated assemblies, with a permeance no higher than 60 ng/(Pa·s·m²). If one contractor is replacing or repairing the vapour barrier and another is not, the scopes are different.

Once the scopes match, the remaining price difference comes down to the material, the area in square feet, the finished thickness and target R-value, and whether old insulation is being removed first. Those are the only factors you need to ask each contractor to explain.

Make sure the quote you accept states the material, the area, the finished R-value, the air sealing and baffle work, the vapour barrier treatment, and the start and completion dates, all in writing before you sign.

Disclaimer: This guide is provided for informational purposes only by Ottawa Insulation Contractors. It does not constitute professional advice. Always consult qualified contractors and your local building authority (the City of Ottawa) before starting any insulation project. Insulation on its own is not named on the City's permit lists, but work that comes with it can need a permit, so ask the City first. Information is current as of November 15, 2026 and may change. Visit **ottawainsulationcontractors.ca** for the latest answers.