Double Glazing Film Step-by-Step

What you need:
- Pack of Double Glazing Film (contains film and double sided tape)
- Ladders
- Scissors
- Craft knife
- Spoon
- Hairdryer (and extension cable)
- Measuring tape

First, clean the inside pane of window to be fitted with film and allow to dry thoroughly. Clean frame of window with a little white spirit on a clean cloth.

Apply double sided tape along one side of the frame. It should be applied to the side of the frame closest to the window. Allow the tape to run an inch/2cm or so past the end of the window glazing.

Repeat this around the other sides of the frame, making sure that the tape overlaps in the corners. Neaten up the corners and trim any excess tape.

Measure the window and add at least 2 inches/5cm on to each dimension.

Once the pack of film is unfolded it should still be doubled (if you leave it doubled over until you apply the film to the frame this will mean that the inner sides are free from any dust). Cut the film to size.

Peel off the backing paper from the top strip of double sided tape and start to peel off a little from either side. Try to hold the film tight and stick the top side on to the tape (A).

Gradually peel and stick the rest of the way down either side (fig. 2) and then stick on the bottom strip. Try to get as few wrinkles and fold as possible. If you go a bit off at any point, you can gently peel the film off of the tape and reposition.
Plug in your hairdryer and set to a low heat, if possible. Hold the dryer 1-2 inches/3-5cms away from the film and start heating around the edges.

Then heat the rest of the film with the hairdryer (fig. 4). It is best to do a few gentle coats of heat rather than a strong blast. You should see the creases in the film disappear. Once the film looks smooth wait for 10 seconds then give it a gentle tap with your fingers—it should sound like a taught drum skin.

If there is a lot of excess, you can trim this with scissors but you can get the edges nice and neat later.

Use a spoon (or other blunt, smooth object) and go around the frame, smoothing the film on to the tape (fig. 3). This will ensure a good adhesion and minimise any air bubbles.

Trim off the excess film around the edges with a sharp craft knife (fig. 5).

Then stand back and admire your cheap but effective temporary double glazing (fig. 6)!

Fitting the film should take an hour or less per window. It will help to retain heat and cut down on draughts and could save you £85 and 420kg of carbon per year.