

**GORILLA HEAT**

**THE HOMEOWNER'S  
PLUMBING GUIDE**

SIMPLE TIPS TO SAVE £1,000s



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## Safety Notice – Read Before You Start

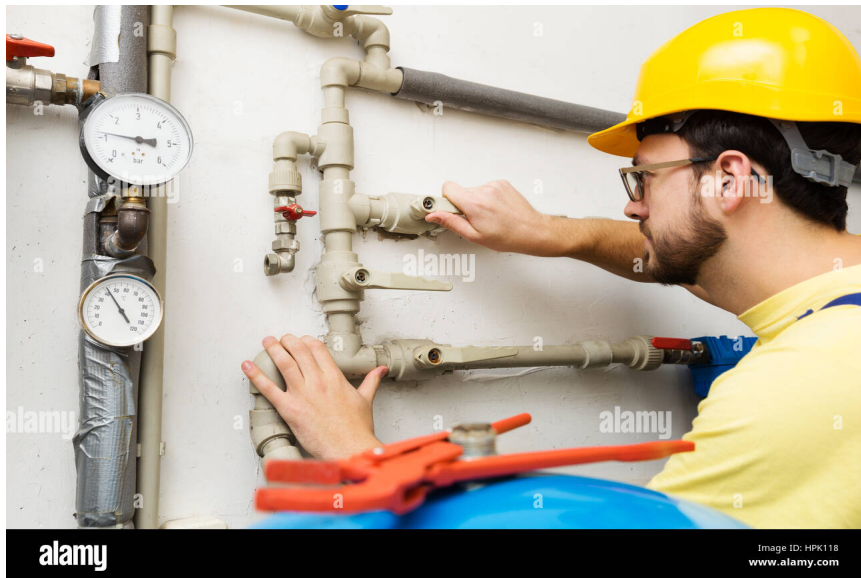


While the tips in this guide are safe for most homeowners to carry out, always remember:

- Turn off your water or heating when working on your plumbing.
  - **Never attempt repairs on gas appliances unless you're a Gas Safe registered engineer.**
- If you're unsure at any point, stop and call a professional — it's better to be safe than sorry.

Safety is paramount when working with plumbing systems. Taking your time and following proper procedures will help prevent accidents and ensure successful repairs.

# Chapter 1 – An Introduction to Plumbing & How This Book Can Save £1,000s



Plumbing might seem mysterious, but at its core, it's just a system of pipes, valves, and fixtures working together to bring clean water in and take waste water out. The trouble starts when something goes wrong — and even small issues can lead to big bills if not dealt with quickly.

This guide will show you how to handle simple plumbing tasks yourself. By learning a few easy skills, you can:

- Avoid call-out charges for quick fixes you can do in minutes.
- Prevent damage by stopping leaks early.
- Reduce heating costs by keeping your system running efficiently.

I've designed this book so you can dip into it whenever you need it. Each chapter walks you through one common plumbing task, step-by-step, with tips to make sure you get it right the first time. You don't need fancy tools — just a little confidence and the willingness to give it a go.

Understanding your home's plumbing system empowers you to take control of simple maintenance tasks, saving you time and money while giving you peace of mind. Many common plumbing issues don't require a professional — they just need someone willing to learn the basics.

## Chapter 2 – How to Bleed a Radiator



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www.alamy.com

If your radiators are warm at the bottom but cold at the top, you've got air trapped inside. This makes your heating work harder and wastes energy.

### You'll need:

- A radiator key (available in most DIY shops)
- An old cloth or towel
- A container to catch any drips

### Step-by-step:

1. Turn your heating off and let the system cool down — bleeding hot radiators can be dangerous.
2. Find the small valve at the top of the radiator.
3. Place the radiator key on the valve and slowly turn it anti-clockwise.
4. You'll hear a hissing sound as the trapped air escapes.
5. Once water starts to dribble out, quickly close the valve by turning it clockwise.
6. Check your boiler pressure afterwards — you might need to top it up (see Chapter 5).

**Pro tip:** Bleed your radiators at least once a year, usually at the start of autumn, for maximum heating efficiency.

## Chapter 3 – How to Isolate Your Cold Mains



Knowing how to shut off your cold water supply is one of the most important plumbing skills you can learn. In an emergency, it could save your home from flooding.

### **Step-by-step:**

1. Locate your stopcock (main water shut-off valve). It's usually under the kitchen sink, in the bathroom, or where the water pipe enters your home.
2. Turn it clockwise until it stops — this will shut off your water supply.
3. Open a cold tap to check that the water has stopped running.
4. To restore water, simply turn the stopcock anti-clockwise.

**Pro tip:** Make sure everyone in your household knows where the stopcock is and how to use it — especially in case of emergencies.

## Chapter 4 – How to Use an Isolation Valve



An isolation valve lets you turn off the water to one specific fixture (like a toilet or sink) without shutting off your whole house supply.

### You'll need:

- A flat-head screwdriver or sometimes just your fingers

### Step-by-step:

1. Find the small valve on the pipe going to the appliance you want to isolate.
2. Turn the screw head a quarter turn so it's perpendicular to the pipe — this closes the valve.
3. Turn it back so it's in line with the pipe to reopen it.

**Pro tip:** These valves can seize up over time. Test them occasionally so they're ready to use when you need them.

## Chapter 5 – How to Top Up Your Boiler Pressure



If your heating is on but not warming properly, your boiler pressure might be low. Most modern boilers have a pressure gauge — it should sit around 1.0–1.5 bar when cold.

### **Step-by-step:**

1. Switch off your heating.
2. Find the filling loop — a silver, flexible hose usually underneath your boiler.
3. Slowly open the valves at each end of the hose to let water in.
4. Watch the gauge rise to the correct pressure.
5. Close both valves and remove the filling loop if detachable.

**Pro tip:** Never overfill — too much pressure can damage your system.

## Chapter 6 – How to Set Radiator Valves



Your radiator valves control the temperature of each room, helping you save money on heating bills.

### **Step-by-step:**

1. Turn the valve to a lower setting in rooms you use less often.
2. Keep living spaces at a comfortable setting (around 3 or 4 on a thermostatic valve).
3. In winter, avoid turning any radiators off completely in unheated rooms — it can cause damp problems.

**Pro tip:** Adjusting valves means you're heating only the spaces you need, reducing wasted energy.

## Chapter 7 – Basic Tools You Should Keep



Every homeowner should have a small toolkit for tackling simple plumbing jobs. You don't need to spend a fortune — just a few essentials will save you time and stress.

### Recommended tools:

- Adjustable spanner: For tightening or loosening nuts and fittings.
- Radiator key: Essential for bleeding radiators.
- Flat-head & Phillips screwdriver: For valves, screws, and small fixes.
- Plunger: A lifesaver for blocked sinks or toilets.
- PTFE tape (plumber's tape): Helps create watertight seals on threaded joints.
- Torch: So you can see clearly in dark cupboards or loft spaces.
- Work gloves: Protect your hands from sharp edges and hot surfaces.

**Pro tip:** Keep your plumbing tools together in one bag or box, and store them somewhere easy to grab in an emergency.

## Chapter 8 – Having a Carbon Monoxide Alarm Near Your Boiler Can Save Your Life



Gas boilers can produce carbon monoxide — a colourless, odourless gas that can be deadly if it builds up in your home. A carbon monoxide alarm is an inexpensive but essential safety device that every home with a gas boiler should have.

### Why it's important:

- Carbon monoxide can cause headaches, dizziness, nausea, and even death.
- You can't see, smell, or taste it.

### What to do:

1. Buy a carbon monoxide alarm from a reputable store.
2. Install it near your boiler (but not right above it) at head height.
3. Test the alarm regularly, following the manufacturer's instructions.
4. Replace the batteries or the unit when required.

**Pro tip:** If your alarm sounds, switch off all gas appliances, open windows, leave the house immediately, and call the gas emergency number.

## Chapter 9 – How to Set Radiators if You're Leaving the House for More Than 2 Weeks



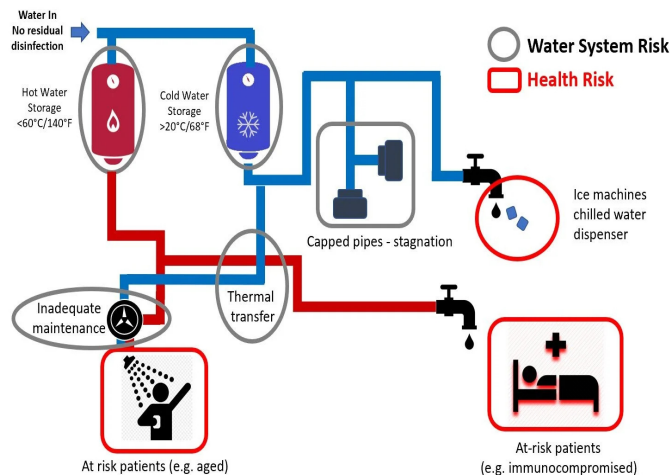
If you're going away for a while, you don't want to waste energy — but you also don't want to come home to burst pipes or damp walls.

### Step-by-step:

1. Turn your central heating thermostat down to around 12–15°C to keep pipes from freezing.
2. Leave radiator valves on a low setting (around 1–2) rather than turning them off completely.
3. If possible, set your heating to come on for an hour or two each day using a timer.
4. Make sure any loft or external pipes are insulated to further reduce risk.

**Pro tip:** In very cold weather, ask a neighbour or family member to check the property while you're away.

## Chapter 10 – How to Prevent Bacteria in Water



Standing water can breed bacteria such as Legionella, which can cause serious illness. While the risk in most homes is low, prevention is easy.

### Prevention tips:

- Run taps and showers that aren't used often for a couple of minutes each week.
- Keep your hot water cylinder at  $60^{\circ}\text{C}$  or above — hot enough to kill bacteria but still safe to use.
- If you've been away for more than 2 weeks, flush taps and showers before using them again.
- For outside taps and hoses, drain them if not in use for a long period.

**Pro tip:** If you notice strange smells or discoloured water, stop using it and call a plumber for advice.

## When to Call a Plumber – Quick Reference



You can handle many small plumbing jobs yourself, but call a plumber immediately if you notice:

- A major leak or burst pipe
- Water where it shouldn't be (ceilings, walls, floors)
- No water supply to your home
- Persistent low boiler pressure even after topping up
- Strange noises, smells, or leaks from your boiler
- Blocked drains or toilets that a plunger won't clear
- Discoloured or foul-smelling water

### **Need a Professional Plumber?**

Contact Gorilla Heat for expert plumbing and heating services:

■ Phone: 07494 140697

■ Email: [awplumb@outlook.com](mailto:awplumb@outlook.com)

■ Website: [www.gorillaheat.co.uk](http://www.gorillaheat.co.uk)

Gas Safe registered • Emergency call-outs available • Free quotes

## Conclusion – Keep Your Plumbing in Top Shape

Plumbing problems often start small — a drip here, an airlock there — but they can turn expensive quickly if left alone. By using the steps in this guide, you can:

- Keep your home warm and efficient
- Prevent costly emergencies
- Extend the life of your plumbing system

Think of this book as your first line of defence. The more you understand your home's plumbing, the less likely you are to face nasty surprises. And remember — for the jobs you can't or shouldn't tackle yourself, your local plumber is just a phone call away.

**Stay safe, stay warm, and keep those pipes happy!**

## What Our Customers Say

*"This book saved me £1,000s when I had a burst pipe! I was able to isolate the water immediately and prevent major damage. Can't thank Gorilla Heat enough for this guide."*

— **Sarah M., Brigg**

*"So helpful when I don't want to bother a plumber with a simple job. I bled all my radiators myself and my heating bill went down. Easy to follow instructions!"*

— **John T., Scunthorpe**

*"I've always been intimidated by plumbing, but this guide gave me the confidence to handle basic tasks. The step-by-step instructions are clear and the photos really help. Brilliant resource!"*

— **Margaret P., Lincoln**

*"Topped up my boiler pressure following these instructions and saved myself a call-out fee. The book has already paid for itself! Every homeowner should have this."*

— **David R., Grimsby**

*"Clear, practical advice that actually works. I fixed a dripping tap and adjusted my radiator valves all in one afternoon. Feel much more confident about my home's plumbing now."*

— **Emma L., Hull**