

## How to Prepare Your Home Before Laying Carpet or Vinyl Flooring

Fitting new carpet or vinyl flooring is an exciting way to refresh your space — but to ensure the best finish, proper preparation is essential. Whether you're hiring professional fitters or tackling the job yourself, getting the room ready beforehand can make a big difference.

Here's our expert pre-prep guide to help you get everything sorted before your new flooring goes down.

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### 1. Clear the Room Completely

Before any work begins, make sure the room is entirely cleared of furniture and personal belongings. That includes:

- Sofas, chairs, tables, beds and wardrobes
- Items stored under beds or inside furniture
- Electrical appliances (in kitchens or utility rooms)
- Wall art, mirrors, clocks, and freestanding décor

Removing everything not only gives the fitters space to work but also helps avoid any damage.

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### 2. Remove the Existing Flooring

If your new flooring is being laid over an old one, it's important to remove the existing carpet, vinyl or laminate first. Strip it back to the subfloor and be sure to:

- Pull up any underlay or old adhesives
- Remove staples, nails, grippers or tacks
- Dispose of old flooring safely – your local council can advise on recycling options

This step ensures a smooth, even surface for the new floor to be laid.

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### 3. Prepare and Inspect the Subfloor

Take a good look at the subfloor underneath. Whether it's wooden floorboards or concrete, the surface needs to be:

- **Level** – use a levelling compound for dips or uneven spots

- **Dry** – moisture can cause serious issues for both carpet and vinyl
- **Clean and intact** – repair any cracks, holes or loose sections

If the subfloor isn't in good condition, it could affect the quality and durability of the new flooring.

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#### 4. Give the Floor a Thorough Clean

Once everything is removed, **vacuum** the entire floor area to remove dust and debris. A clean surface helps adhesives stick better and prevents imperfections showing through.

For vinyl, it's also a good idea to **wipe down** the surface if necessary – just make sure it's completely **dry** before continuing.

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#### 5. Check for Moisture (Especially for Concrete Floors)

Damp can be a hidden problem, particularly with concrete subfloors. If you're unsure, use a moisture metre or consult a flooring professional. Where needed, install a **damp-proof membrane (DPM)** to protect your new floor.

This is especially important for vinyl flooring, which can warp or lift if moisture is present.

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#### 6. Remove Internal Doors if Required

Flooring can sometimes raise the height of your floor – especially with thick carpets and underlay. Before fitting day:

- Remove doors that open into the room
- Check clearance so they won't drag on the new flooring
- Be prepared to plane or trim them if needed

Most fitters will not plane doors, so it's best to plan ahead.

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#### 7. Organise Access and Power

Make sure fitters can easily get to the room, and that there's a working **plug socket** nearby for tools. If you're in a flat or shared property, it's worth letting neighbours know ahead of time, especially if it may involve some noise or movement through communal areas.

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## 8. Ensure Good Ventilation

If adhesives or spray glues are being used (common with vinyl), it's important to keep the space **well-ventilated**. Open windows or use fans if needed to allow fumes to escape and help the product set properly.

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## 9. Let Your Flooring Acclimatise

Whether you've chosen luxury vinyl or plush carpet, let it sit in the room for **24–48 hours** before installation. This allows the materials to adjust to the room's temperature and humidity — helping to prevent warping or shrinkage later on.

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## 10. Final Pre-Fitting Checklist

Here's a handy summary before the fitters arrive:

- ✓ Furniture cleared
- ✓ Old flooring removed
- ✓ Subfloor repaired and level
- ✓ Surface vacuumed and clean
- ✓ Moisture checks done
- ✓ Doors removed (if needed)
- ✓ Flooring delivered and acclimatised
- ✓ Power and access arranged
- ✓ Room ventilated