

## INTRODUCTION

Interior painting is usually carried out as a result of a desire for a change of appearance and not because the paint is beginning to fail. Interior paints are less likely to fail because they are exposed to less UV and moisture than exterior paints.

This guide takes you through the basic steps to achieve a quality paint finish on timber, plasterboard, fibrous plaster, softboard, hardboard, particleboard and fibre-cement.

It does not cover specialised paint effects such as stippling or rag rolling.

## PLANNING PAINTING WORK

When planning internal painting work it is generally better to tackle one room at a time as this will minimise the amount of disruption and mess that occurs at any one time.

Always paint the ceiling before the walls with the windows and doors being done last.

Work out the areas of wall and ceiling (for each colour) that need to be painted to calculate how much paint is required. Typical coverage rates are:

- 10 - 12 m<sup>2</sup>/litre for sealers
- 12 - 16 m<sup>2</sup>/litre for finish coats

### PAINTING ORDER:

1. Ceiling
2. Walls
3. Windows
4. Doors and architraves  
(paint frames before doors)
5. Skirting / skirting boards

## COLOUR CHOICE

### COLOUR CHOICE IS PERSONAL BUT:

- blues and greens make a room feel cooler
- reds, oranges and yellows make it feel warmer
- dark colours make a room appear smaller, for example painting the ceiling darker will give the impression of lowering the ceiling
- lighter colours give more feeling of space
- avoid changing colours at an external corner

## CHOOSING THE PAINT

### WHEN SELECTING PAINT, CONSIDER:

- wearability
- covering ability
- ease of cleaning
- durability
- paint quality is usually directly related to normal retail price
- use all paint from one manufacturer
- gloss finishes are easier to keep clean
- gloss finishes show surface defects more than semi-gloss or matt finishes

## PAINTING TIPS

- before using a new brush, work it over your hand in order to remove any loose bristles
- adopt a writing grip when using lightweight brushes, this should provide maximum control
- when painting ceilings use an extension pole with your roller

## SAFETY TIPS

To ensure safety while using a ladder:

- position the ladder as per the manufacturer's guidelines
- do not stand on the top two rungs of a stepladder
- ensure your extension ladder is secured at the top and bottom to prevent slipping
- never over-reach when working on steps or a ladder, climb down and re-position it



"We'll see you right"<sup>®</sup>

## TOOLS NEEDED

- Mould killer
- Sealer or primer
- Filler/plaster
- Masking tape
- Sandpaper
- Finish coat
- Rags
- Dropsheets
- Hand scraper
- Roller tray and appropriate sleeves
- Step ladder
- Trestles
- Planks

### Please Note:

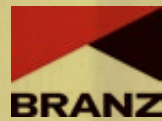
The tools needed will depend upon the condition and type of surface being painted.

## DISCLAIMER

**Please Note:** Whilst the advice and recommendations contained in this brochure have been produced with proper care, they are offered only with the object of assisting those interested in home improvement projects and ITM does not accept responsibility for the advice, recommendations, etc, contained herein.

If you have any queries please contact your local ITM store for further advice.

**Note:** A Building Consent may be required.



Produced in association with BRANZ and WattyL.

CHECK OUT OUR OTHER GUIDES IN STORE OR ON THE WEBSITE [WWW.ITM.CO.NZ](http://WWW.ITM.CO.NZ)



[Mar, 2007] "We'll see you right"<sup>®</sup>

## THE RIGHT WAY

### TO PAINT AN INTERIOR



"We'll see you right"<sup>®</sup>



## PAINING

### TIMBER:

Sealer to new or bare wood, optional undercoat, finish coat 1, finish coat 2.

### PLASTERBOARD, FIBROUS PLASTER, SOFTBOARD, HARDBOARD, FIBRE-CEMENT, PARTICLEBOARD:

Sealer to bare material (oil-based in wet areas) finish coat 1, finish coat 2.

## IDENTIFYING EXISTING PAINT TYPE

Before repainting identify the existing paint so the right removal and surface preparation methods are used and the new paint is compatible with the old.

Thoroughly clean a painted area with water then rub it with a rag soaked in methylated spirits. If there are significant traces of paint on the rag, the paint is probably water-borne.

## CLEANING

All surfaces must be thoroughly cleaned. All mould, dirt etc must be removed.

Mould can be removed by washing the surface with a solution of one part household bleach to 4 parts water. Leave it for half an hour then wash down to remove the solution. Alternatives are washing down with sugar soap or a proprietary mould removing solution. Take care not to get the water on other surfaces.

## CHOOSING THE PAINT

Acrylic or Oil Based? Oil based paint is harder and smoother than most acrylic paints. Acrylic is easier to use and lasts.

### EXCEPTIONS TO THE ABOVE:

In humid and/or hot conditions e.g. kitchens, bathrooms and laundries, a high quality enamel or acrylic can be used over oil based sealers.

**Note:** Oil based topcoats are best used with oil base undercoats. Acrylic topcoats can be used over oil-based undercoats. Avoid painting oil-based topcoats on top of acrylic undercoats.

## REPAIRS

All hole and dents in the lining material must be fixed. Small dents and holes can be filled with a gypsum-based or other sandable and paintable interior filler. Badly damaged material or areas where a material is wet should be replaced with the joints around the material treated to match the existing look e.g. for plasterboard by having them flush stopped. Remember for areas of wetness the source of the dampness must be found, repaired and remaining wetness allowed to dry before painting is carried out.



"We'll see you right"®

## EXISTING PAINT REMOVAL

Generally well adhered paint cannot be readily removed from interior surfaces (except timber) but all loose and flaking paint should be removed with a hand scraper. Once loose paint has been removed sand rough edges smooth or smooth the edges with a stopping compound then sand. Also, gloss paint should be sanded before recoating.

For removal of paint from timber use a hot air gun or chemical stripping. Chemical stripping can be used on intricate or profiled woodwork or around windows. **When using chemical strippers:**

- wear protective clothing, gloves and safety glasses
- liberally apply the stripping solution
- leave it to allow the paint to soften
- scrape off the degraded paint
- wash down the surface as instructed on the stripper container taking care not to get the wash-down solution over other materials. Stripper residue if left can affect adhesion of new paint
- check manufacturer's instructions

## SANDING

After removing all loose paint lightly hand sand the surface, including all sound paint with 120 grit paper. This removes the gloss from existing paint and smoothes the surface to aid adhesion of the new paint. Using finer sand paper may make the surface too smooth and affect paint adhesion.

## SEALING

Sealing seals the surface and aids the adhesion of finish coats. Use a sealer compatible with the existing paints - i.e. an acrylic sealer over existing acrylic paint.

- when working with new Plasterboard use an acrylic wallboard sealer
- for new timber use an acrylic primer/sealer
- for fibrous plaster use an oil-based sealer
- in moist areas use an oil-based sealer
- varnish sealer – use a methylated spirits based sealer on old varnish before painting e.g. varnished door architraves

### YOU SHOULD SEAL:

- all bare material surfaces where the base material has been exposed
- where patching or repairs have been done when painting over the lining paper left and when dry strippable wallpaper has been removed
- all new lining materials and timber
- where a significant colour change is occurring - tinting the sealer to a couple of shades lighter than the finish coat will allow the finish coat to cover better



## PAINING

### PAINT INTERNAL SURFACES IN THE FOLLOWING ORDER:

1. Ceiling, cutting in edges first
2. Walls, cutting in edges first. Work from top to bottom working along then down and across for water-based semi-gloss or low sheen paints and in vertical strips for gloss paint
3. Doors and windows

### WHEN PAINTING:

- don't paint when room temperature is below 10°C
- lay drop sheets to protect the floor finishes
- work towards the main light source (during daylight it will generally be the windows)
- thoroughly mix the paint
- don't apply paint to a cold surface soon to be heated by the sun
- use clean equipment and keep them clean
- lightly sand between coats for oil-based paints
- wipe down surfaces before painting
- ensure previous coats are dry

### WHEN USING A ROLLER:

- use the correct roller (see below)
- cut in difficult areas and edges with a brush first. Create a stipple effect with a brush where rolling is difficult
- don't overload it with paint
- use a firm pressure to apply the roller
- work methodically across the surface
- finish by rolling parallel to the wet edge or vertically for sheet claddings with a light pressure
- don't lift it off the surface while it is still spinning

### ROLLER SELECTION:

- short-pile rollers hold small amounts of paint, give a slightly dimpled finish and are best on smooth surfaces
- medium or long-pile rollers hold more paint and are best for semi-rough and rough surfaces. The longer the pile the more noticeable the surface stippling effect on smooth surfaces
- foam plastic rollers for solvent-borne paints on smooth surfaces
- rollers for producing textures or for use on corrugated roofing

### WHEN BRUSHING:

- use the biggest brush that can be comfortably handled for big areas
- use small, easily handled brushes for cutting in
- decant into a smaller container enough paint for half an hour to an hours painting
- load the brush with paint, remove excess paint by running it across the container edge to reduce the risk of paint dripping from the brush
- use a firm pressure to apply the paint to the surface being painted
- brush the paint in two directions
- 'lay-off' the wetted area with light brush strokes (following grain direction for timber)- keeping a wet edge is important with water-borne paint because they dry quickly
- paint should be well brushed into the surface but don't over-brush
- brush towards the last area painted (wet edge)- always brush acrylic paints into the still-wet edge
- at corners brush out from the corner to meet the new paint