HOW-TO BOOKLET #3029
INTERIOR PAINTING

Fig. 1

Flagged bristles

Bristles

Ferrule

Bristle ends should be flagged or split to hold paint. The ferrule should be tightly attached to the handle.

Fig. 2

Napped cover

Spring cage

Long 1"-1¹/4"

Medium¹/2"-³/4"

Short 1/4"

Threaded for extension pole

**Roller frames** must support the length of the roller cover. Spring cage is better than solid because it is easier to clean the wire.

TOOL & MATERIAL CHECKLIST

❏ Sandpaper
❏ Wiping Cloths
❏ Spackling Compound
❏ Scraper/Putty Knife
❏ Mixing Bucket

❏ Sanding Block
❏ Stepladder
❏ Paint/Brushes/Rollers
❏ Wire Brush
❏ Dropcloths

Read This Entire How-To Booklet for Specific Tools and Materials Not Noted in the Basics Listed Above.

Paint is the fastest, least expensive way to redo a room and hide an array of defects in plaster, woodwork, and other building components. With the modern paint finishes, you can expect to paint a room two coats over a weekend. Most of this time should be spent in surface preparation—about 90% to be exact.

For paint to adhere properly, it must be applied to a clean, dry surface—free of dirt, dust, grease, and flaking paint or other wall covering. Paint only covers the surface. It does not fill in defects. Cracks, dents, popped nails, and any other surface defects will show through if they are not repaired. The care you invest in cleaning, scraping, and patching will make the rest of your efforts worthwhile. Applying the paint is the easiest part of a painting project.
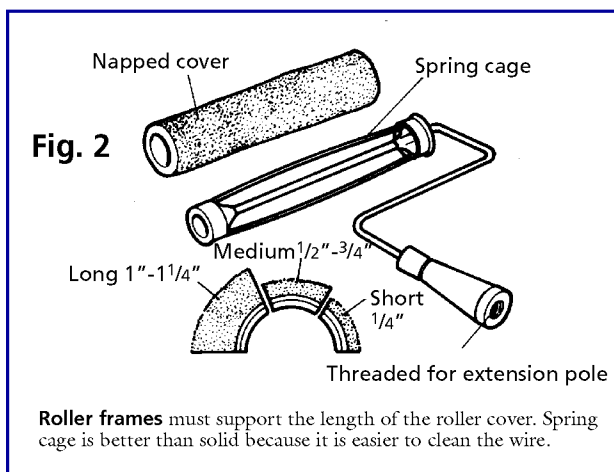
INTERIOR PAINT FINISHES

The two most common kinds of paint for interior use are latex and alkyd paints, both available in premixed colors. Oil-based paints also are made for interior surfaces. These products are satisfactory to use. However, they tend to be slow-drying and produce an odor, factors you may want to consider.

Latex paints are water-based which makes them easy to work with, odorless, quick to dry, easy to clean up after, and relatively inexpensive.

Alkyd paint is often inaccurately referred to as "oil-based." Alkyd is synthetic-based, will adhere to a variety of surfaces better than latex and provide a richer, more durable finish. Disadvantages include the need for chemical solvents for thinning the paint and cleaning tools, fairly slow drying, an odor that necessitates ventilation of the work area, and relatively greater expense.

Acrylic paint is very similar to latex. It is a bit faster drying than latex. Be sure to check the label on the container before buying this product. It may be limited to some applications.

Other paints include epoxy for kitchen and bathroom walls, trim, glass, metal, tile, and masonry. But check the bucket label for specific application. Urethane can be used on bare wood, over latex, alkyd, and oil paint. Check the label. Texture and sand finish paint is for walls and ceilings. Fire-retardant paint may be used on walls and ceilings in high-heat areas such as kitchens, furnace rooms.
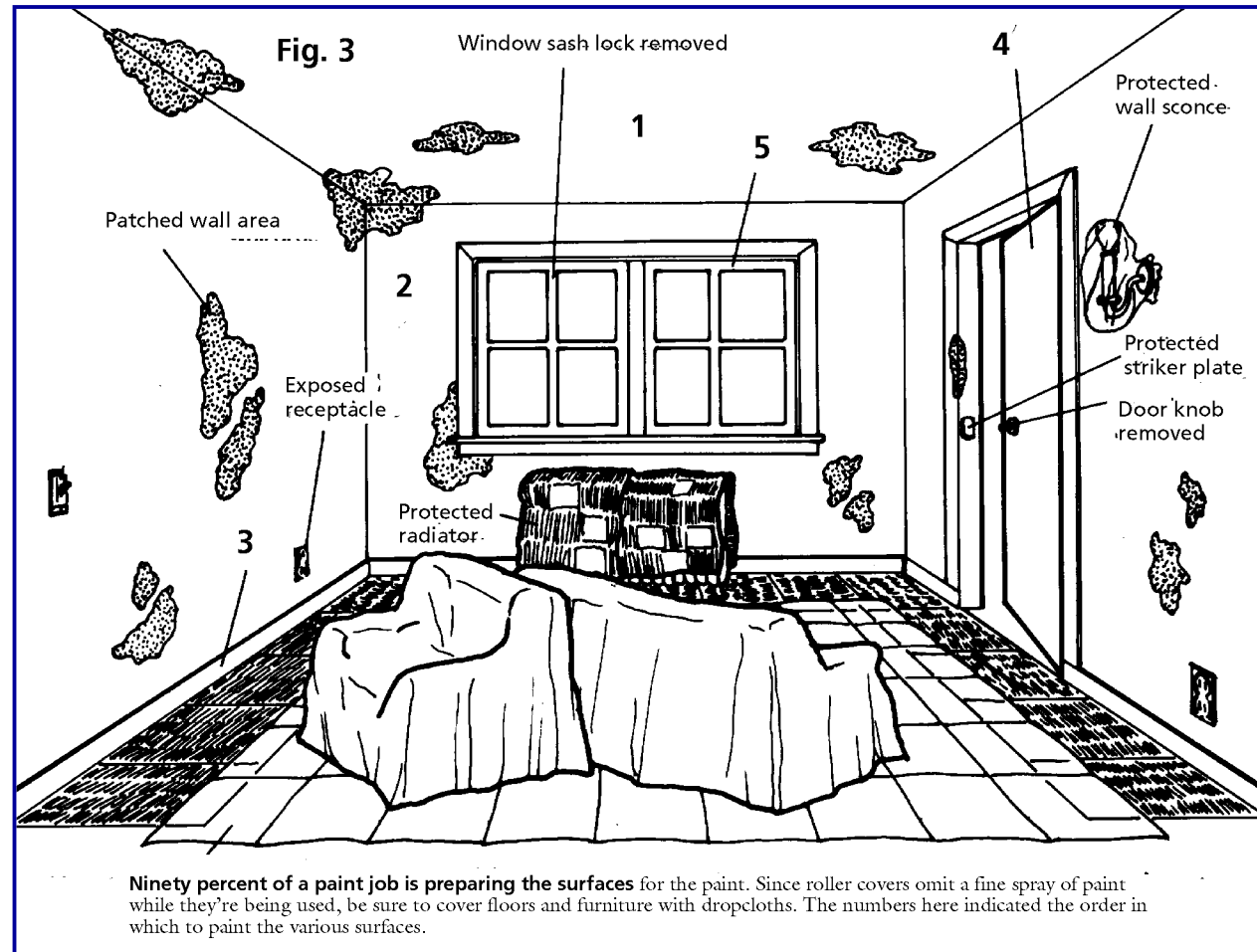
BRUSHES

Brushes are made with natural or synthetic bristles. Natural bristles should never be used with a latex or water-based paint, because the bristles absorb water and become mop-like.

Handles of brushes should be comfortable in your hand and easy to clean. Grip the bristles. The brush should feel "full." The bristles also should fan out slightly and not clump when pressed against the palm of your hand and they should spring back to position afterward (**Fig. 1**)

The tips of natural bristles should be flagged, as illustrated. The flags offer more brushing bristles.

Most interior paint jobs can be handled with three size brushes: a 1- to 1-1/2-inch trim brush; a 2- to 2-1/2-inch sash brush; and a 4-inch wall brush.

Fig. 3 — Window sash lock removed — 4 — Protected wall sconce — 1 — 5 — Patched wall area — 2 — Exposed receptacle — Protected striker plate — Door knob removed — Protected radiator — 3

Ninety percent of a paint job is preparing the surfaces for the paint. Since roller covers omit a fine spray of paint while they're being used, be sure to cover floors and furniture with dropcloths. The numbers here indicated the order in which to paint the various surfaces.

It is recommended that you don't buy larger brushes to make the job go faster. You will find large brushes unwieldy and too heavy to swing. Use a roller instead.

ROLLERS

A roller has two parts: a frame and a cover (**Fig.2**). Roller frames and covers are a standard size, but the covers vary as the thickness and composition of the nap. The nap will be specified on the package as short, medium, or long. Short nap, about 1/4-inch thick, is used to apply paint to smooth surfaces such as gypsum wallboard and plaster.

Medium nap covers are used for semi-rough surfaces; long nap covers are used for rough surfaces such as concrete block and brick.

Most roller frames are threaded inside the end of the handle to accept an extension handle for working higher than an easy reach. You can buy an extension or use a standard-size screw-on mop handle. We recommend the extension.

The best buy in roller pans are the ones that have ribbed bottoms. The roller cover rolls across the ribs and picks up paint more evenly.

STRIPPING PAINT

Old paint that is peeling, blistered, or alligatored (wrinkled) should be scraped smooth or stripped entirely.

Loose paint must be removed with a paint scraper; if the flakes leave depressions, fill them with joint or spackling compound and smooth them with sandpaper (medium grit).

Badly deteriorated paint, common on woodwork and trim, can be stripped by melting it with a heat gun or by applying a chemical paint remover. Spread the remover over the surface to be cleaned with a brush. Then wait at least 20 minutes to give the remover time to soften the old finish. It may take several applications of the remover to get the old finish off the surface.
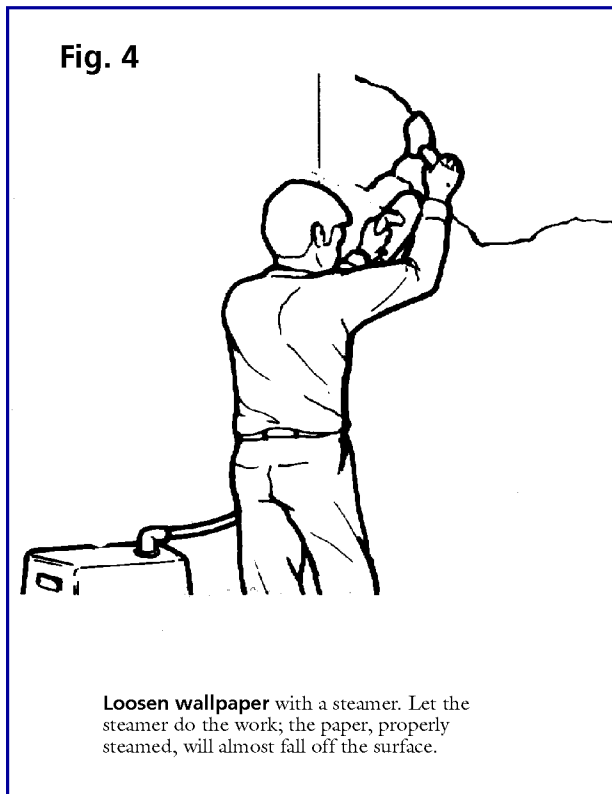
Fig. 4

Loosen wallpaper with a steamer. Let the steamer do the work; the paper, properly steamed, will almost fall off the surface.

STRIPPING WALLPAPER

You can paint over wallpaper IF there is just one layer of wallpaper on the wall and that layer is firmly bonded. Seal the wallpaper surface first with a pigmented shellac sealer. The paper should not have an embossed finish or the embossing will show through the paint surface.

If there are several layers of paper on the wall, or if the paper is bubbled, peeling, or loose, it must be removed. You can do this in one of two ways: rent a wallpaper steamer or use chemicals that you can buy especially for paper removal. Either method works fine(**Fig. 4**).

ROOM PREPARATION

A room ready to paint will look something like the one illustrated. You can use the drawing as a visual checklist of basic preparations (**Fig. 3**).

The walls have been cleaned, slick spots roughened with sandpaper, and old paint has been scraped and patched. The floor and any contents of the room that cannot be removed are completely covered.

Switch and outlet face plates are removed from the wall, but are left in the room. Wall and ceiling lighting fixtures are either removed or loosened from wall or ceiling to permit enclosing them in plastic bags. Other hardware such as door knobs, picture hooks, and thermostat covers have been removed.

The order in which you should paint an entire room is:

      1. Ceiling.
      2. Walls.
      3. Trim.
      4. Doors.
      5. Windows.

If you will paint a surface that has never been painted before, use a primer. Do not thin down finish paint. Primers are specially formulated to bond properly with never-painted work and provide a surface for finish coats of paint.

You can buy primers for latex, alkyd, and other finishes. New gypsum wallboard and wallboard patches should be primed with latex primer or a pigmented shellac sealer.

HANDLING PAINT

Always have the store shake the paint finish for you—even though you may not use it for a couple of weeks. This can save you mixing time, since the pigment in the paint vehicle will be activated through shaking.

You can paint right out of the bucket with a brush. But, you need a roller pan with roller frame and cover. For additional mixing procedures on the job site, we recommend that you buy a mixing bucket —plastic or metal.

USING ROLLERS AND BRUSHES

Illustrated in this section of the How-To Booklet are roller and brush techniques. We've put the information in "steps" to help you.

1 Roll the roller through the bottom of the paint pan, where the paint should not be more than 1/2-inch deep. Distribute paint over the entire roller and make it as even as you can. But don't overload the roller with paint.

Start laying the paint on the wall in a zigzag pattern. Go back over the zigzag with parallel strokes at a 90-degree angle to the original zigzag.

2 Without reloading the roller, finish this area by carefully rolling up and down, overlapping the strokes slightly, or side-to-side if you have decided to do your finish strokes that way (**Fig. 5**).

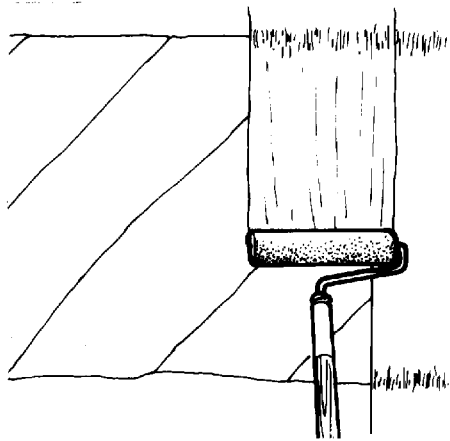Start and stop your strokes gently so you don't leave roller marks or "tracks" on the wall surface.

Use plenty of paint; don't skimp. But don't overload the surface with paint. When you have completed an area, back off from the area and look at it from several different angles as well as up close. You may find skipped spots. Go back over these spots with a fairly "dry" roller cover.

3 Cutting and trimming is best done with a brush, although roller covers are made for this. It's really a matter of personal preference; we've found a brush easier to handle than a roller (**Fig. 6**).

Make a clean edge where a ceiling meets a wall of another color or along an edge where paint stops. This is called "cutting in."

When painting a wall and ceiling different colors, the standard approach is to let the lighter of the two colors overlap this edge, cutting in the darker of the colors over it.

If you have a steady hand, you can use the method detailed above for cutting in along trim and moldings. A faster method is to use a painting guide, as illustrated (**Fig. 7**).
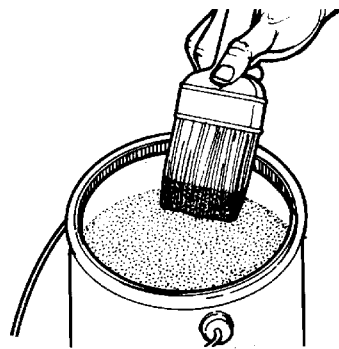
On some moldings, you can mask them off with masking tape.

4 Painting double-hung windows take organization. You can mask the glass in the windows with tape laid up to the edge of the strips that divide the panes.

Or, you can paint the strips freehand. The method for painting a double-hung window is to lower the top sash and raise the bottom sash, as illustrated. Paint the outside sash first as far as you can reach, then paint the inner sash (**Fig. 8**).

Reverse the position, of the windows, but do not close either sash all the way. After the windows are painted, paint the sill and casing around them. You can use a edger at the casings to prevent spreading paint on the adjoining wall surface (**Fig. 8**).
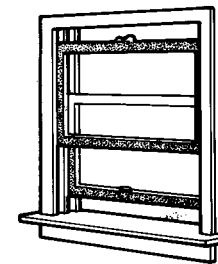
Fig. 5

Without reloading the roller cover, go over the painted area with parallel up/down strokes.

Fig. 6

Dip brushes only about 1/3 the length of the bristles into the paint. This deters dripping.
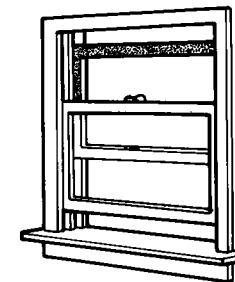
Fig. 7
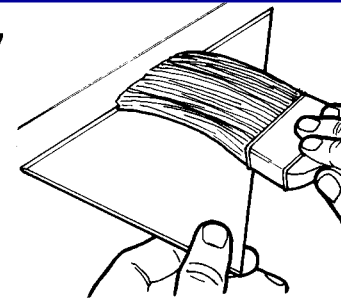
Paint trimmer or edger is helpful in painting clean edges along trim and moldings.

Fig. 8

Raise the lower sash to paint and also the upper sash to within a few inches of the top and bottom; then paint the exposed areas.

Fig. 9

Reverse sash positions and finish the paint job. Then do the sill and the trim casing.