

Volume 2

INTERIOR PAINTING

A STEP-BY-STEP GUIDE

DO IT YOURSELF SERIES



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STEP-BY-STEP GUIDES

Volume 1 Exterior Painting

Volume 2 Interior Painting

Volume 3 Brush & Roller

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Volume 7 Wallcoverings



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INTERIOR PAINTING

A STEP-BY-STEP GUIDE

Checklist for interior painting

Preparation

- Putty knife & filler
- Steel wool, sandpaper & sanding blocks
- Extension pole for paint roller & pole sander
- Masking tape to make "cutting in" easier
- Drop cloths for protection and easier clean-up
- Cleaner (TSP) to clean walls, bleach to kill mildew, plastic bucket
- Sponges
- Paint hats, disposable paint suits, gloves

cont. next page

Planning & Buying

Painting is the fastest and most economical way to improve the appearance of your home. You can add drama, style and personality to a room faster with paint than with most any other kind of decorating. In addition to beautifying your living space, paint can add valuable protection to a surface for prolonged life and easy cleaning.

This guide will help you plan the project, select the right materials, prepare for painting and apply paint quickly and efficiently.

Let's Get Started

Inspect the surface to find any problems requiring special attention.



Identify colors on fixed features such as carpets, room furnishing or drapes to help you choose the color. Bring in samples for color coordination when possible.

Determine features that you want to highlight or conceal such as artwork, unique moldings, etc.

Think about the mood and feel that you want to achieve in the room.



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Checklist for interior painting

Application

- Cloths/rags for clean-up
- Proper rollers & tray
- Angled edger & brush for "cutting in"
- Trim brush – usually 2" or 50mm wide
- Brushes – synthetic for latex or alkyd, natural bristles for alkyd paints (2" or 50mm brush is usually the easiest and the most efficient size).
- Stepladder
- Pail hook – frees your hands when working on a ladder.

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Tip:

Before painting your walls, paint the ceiling.

Calculate How Much Paint You Will Need

The average bedroom requires 1 gallon (3.70 litres) of wall paint. A one gallon (3.70 litre) can of wall paint covers about **375 – 400** square feet (35 to 37 square metres).

Example:

Your room to be painted is 12' x 14' with 8' ceilings (3.65m x 4.26m x 2.4m). Calculate the total surface area by multiplying the width by the height for each wall and add them together.

$$2 \times (12 \times 8) + 2 \times (14 \times 8) = \mathbf{416 \text{ sq.ft.}} \quad \text{or} \\ 2 \times (3.65 \times 2.4) + 2 \times (4.26 \times 2.4) = 38.6 \text{ sq. metres}$$

Formula:

$$\frac{\text{total surface area}}{\text{coverage per can}} = \text{Amount required} \quad \frac{416}{375} = 1.1 \text{ gallon} \\ \text{(3.70 litre) cans}$$

Calculate one room at a time and determine if you need 1 or 2 coats:

One (1) coat of premium paint will cover most surfaces when you are painting over a similar color.

Two (2) coats may be required for major color changes, painting over damaged or old surfaces or if you desire greater durability and coverage.



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Clean-up

- Thinner to clean tools used with alkyd (oil based) paints
- Garbage bags
- Pen and masking tape to mark paint cans with the room, color and formula number for future touch-ups

Selecting & Buying Paint

Choosing the correct paint depends on the surface condition and results you want to achieve. This section will help you select and buy the right products.

Choose the Gloss

Refer to our Gloss Selection Guide for more detailed information on gloss selection and actual examples of what different glosses look like. Gloss is the amount of "shine" the paint has when it dries, ranging from flat (no gloss) to high gloss.

Gloss Selection Guide

traffic/wear	Areas	Gloss	Features
Low	master bedrooms & ceilings	flat	warm, absorbing, hides well
Moderate	living, family rooms, halls, bedrooms	eggshell/low gloss	washable, resists marking
Medium	kitchens, kids rooms & woodwork	semi gloss	withstands scuffing, moderate shine
High	furniture, trim & metal	high gloss	cool, bright, "wet look", tough, durable

Tips:

Do not overspread the paint. If you are covering more than 400 sq. ft. (37 sq. meters) per gallon (3.70 litre) can, your paint film will be too thin which will result in poor coverage and washability.

Choose the Color

We can offer you thousands of color alternatives! Refer to our In-Store Color Selector or purchase a decorating guidebook for a more detailed look at color. Color choice can dramatically change the look of a room. It can accentuate architectural features and can create harmony or drama.

Custom color matching is available at all of our stores.

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Tips:

Color changes under natural, fluorescent or incandescent light. Consider buying a small quantity and paint a portion on the wall in the room to be painted to see the Color under your light conditions.



Choose the Paint Type

Latex – By far the most popular paint. Latex (water based) is easy to apply, dries quickly and can be cleaned-up with soap and water. Once dry and cured for 30 days, latex will be washable and durable (depending on gloss). Second coats can normally be applied within 12 hours of the first coat.

Alkyd – Alkyd (oil based) paints provide excellent adhesion and color retention. They are more suitable for high moisture areas such as bathrooms or areas requiring high washability such as laundry rooms, workshops, kitchens and woodwork. Alkyd paints require mineral spirits for clean-up and maximum ventilation while painting. Allow overnight drying between coats.

Enamel – Enamel type finishes are now available in an acrylic water-borne formulation. This new product type has the desirable application properties of latex and the durable finish properties of alkyds. These are popular in hospitals and buildings where flammable products or solvent odors are not acceptable. Water-borne enamels require a well prepared surface and overnight drying between coats.

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Tips:

Use a 4 foot extension pole for ceilings and walls so that you don't have to run up and down a ladder.

Use drop sheets to protect furniture and the floor.

Choose the Paint Type

Primers – New or repaired surfaces require a prime coat or spot priming to seal porous surfaces, to maximize the adhesion of the top coat and to prevent “flashing” (dull, flat or shiny patches).

Specialty Paints – Wood floors, concrete, masonry and metal surfaces may require special products. We carry an extensive selection of coatings for all architectural, industrial, maintenance and marine applications.

Buy Your Paint with the Following Considerations:

- Get the best quality paint that you can afford.
- Buy premium grade products, they produce better results, save application time, cover more area and have a longer life between paint jobs.
- Watch for sales and save!
- Buy only what you need to reduce storage or waste.

What Kind of Paint Should You Choose?

Room/Surface	wallboard ceilings & walls	wood trim, cabinets, shelves	metal trim
living room, dining room, bedroom	latex primer, if new & unpainted flat latex finish coat	varnish or oil-based primer latex or oil-based finish coat	metal primer oil-based finish coat
kitchen, bathroom	latex primer, if new & unpainted latex or oil-based finish coat	varnish or oil-based primer latex or oil-based finish coat	metal primer oil-based finish coat
basement	concrete floors & walls	varnish or oil-based primer latex or oil-based finish coat	metal primer oil-based finish coat
	sealer or special masonry primer latex or alkylid masonry paint		

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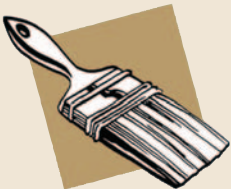
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Tips:

Special Tools – surfaces with unusual angles and contours are sometimes difficult to paint. Special tools can make difficult areas easier to paint.

- Pipe rollers & paint mitts for pipes and other contoured surfaces.
- Various paint pads & trimmers for inside cabinets, trimming and applying gloss enamels.
- Aerosol spray for any small intricate jobs like ventilation covers.

Use our ceiling paint to minimize splattering and an extension pole to speed up the application.



Buy Your Tools and Materials

Buy the best quality tools that you can afford. Top quality tools will save application time and achieve better results. Most jobs can be done with a few quality tools including 1 or 2 premium brushes, a sturdy paint tray that can be attached to a ladder and 1 or 2 good rollers.

Brushes – Select a quality 2" – 2.5" (50mm - 63mm) angled brush for cutting in trim. Choose pure bristle natural hair brushes for alkyd or oil based paints and synthetic brushes for use in either water based or alkyd paints. Top quality brushes will hold more paint, have less dripping and splattering, apply paint more smoothly with minimal brush marks, give a long even release of paint and provide better "cut-in" ability.

Rollers – Rollers are available with various nap sizes, fabrics, lengths and quality grades. Choose premium quality rollers to minimize fluff, splattering and unwanted marking.

nap length	applications
5mm - 1/4"	semi or glossy paints on smooth surface walls or ceilings
10mm - 3/8"	flat or low gloss on smooth walls or ceilings
15 - 30mm 1/2" - 1-1/4"	all paint types on rough or stippled surfaces

Spray Application – Sprayers can be bought or rented. Ask your in-store professional for advice before attempting this method of application.

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Play it Safe:

Make sure you are wearing a long sleeved shirt, paint hat, safety glasses, dust mask and gloves as needed.

Tips:

All surfaces to be painted must be clean, dry, free of mildew, grease or loose paint. Paint accentuates the surface condition. It is worth a little extra effort to make sure that your surface is smooth and well prepared.

Preparing to Paint

This section will help you prepare the room and surface(s) for painting and provide you with valuable application advice to help you apply paint quickly with excellent results.

Preparing the Room

1. Remove or cover window and door hardware, light fixtures and cover plates on outlets, wall switches and heating ducts. 
2. Take drapes, blinds, pictures and easy to remove furniture out of the room.
3. Move remaining furniture to the center of the room. Cover furniture and floors with a dropsheet. 
4. Mask wood molding with self-adhesive paper or masking tape.
5. Bring all tools that you will be using into the room.

Prepare the Surface

The amount of preparation depends on whether it's new work or a painted surface. Unpainted or damaged surfaces may require a prime coat or two topcoats.

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Tips:

Steel wool works well for sanding fine woodwork.

Sanding large areas? Use a sanding pad and vacuum before you start painting.

A color matched primer will minimize the risk of patched areas showing and reduce the possibility of applying multiple coats.

Prepare the Surface

1. Remove wallpaper. In general, don't paint over wallpaper! Wallpaper inks may bleed or the paper may lift. Use a chemical remover or steam it off.
2. Wash the surface to remove dirt and marks using TSP. Thoroughly rinse to remove the residual film. If mildew is present, wash the wall with a solution consisting of 1 part bleach with 3 parts water. Keep the area wet with bleach for at least 20 minutes to kill the mildew. Scrub solution vigorously on the surface and rinse thoroughly with water. Allow to dry. We recommend that you use gloves and follow the bleach manufacturer's instructions.
3. Scrape or wire brush off any loose or peeling paint.
4. Patch and fill all holes and cracks.
5. Fill holes and imperfections in wood surfaces with wood filler or putty.
6. Sand all patches smooth. Ensure that trim and woodwork are not glossy.
7. Sand painted surfaces. Light sanding for surfaces already coated with flat or low sheen finishes, heavier sanding for semi and high gloss surfaces. Use 80 grit paper.
8. Spot prime all patched or bare areas. We would be happy to tint the primers a similar color as the finish coat. If you are painting a light color over a dark color, prime the entire wall and prime bare wood.



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Tips:

Use a wet putty knife on the final "smooth-out" to reduce sanding.

If a hole in your wall is too large to fill with patching compound, use a piece of scrap drywall that is at least 1" larger than the hole. With a utility knife, cut the back side of the drywall patch to fit the damaged area without cutting through the front surface. Peel away the outer excess leaving a paper flange. Apply patching compound to the damaged area and to the back side of the paper flange. Fit into the repair area and apply a layer of compound over the top of the patch to level and "feather" the patch to the existing wall surface. This may require an additional finish coat of compound when dry. Sand area smooth and prime.

Fixing Cracks

Use a can opener or tool to clear away excess bits and make a "V". Vacuum or brush out crack so that it is dust free. Dampen the plaster in and around the crack.



Moving the putty knife downward, press compound firmly into and under edges of the opening. Fill no more than 1/8" at a time. Apply first layer then feather the final layer into the surrounding plaster. Once dry, the area will be ready for sanding and priming.

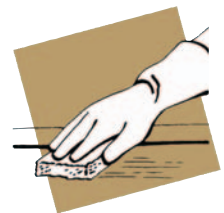


Repairing Holes in Drywall

Drywall holes may present a challenge if there is no backing to hold the patching material. Clear away loose material. A piece of string through the center of a glued piece of stiff cardboard is an effective patch. Stuff the cardboard through the hole and pull it tight with the string until the glue sets. Fill the hole with patching compound in layers to prevent shrinking. Sand smooth when compound has dried completely.



All our stores have knowledgeable staff to assist you with any preparation question and project.



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Tips:

Before you start, make sure that your work area is well ventilated. Open windows and doors and use a fan if you are painting with alkyds in a closed area. Shut off exposed flames or pilot lights.

Read product labels. Some paint products can be poisonous or flammable. Labels identify safe handling instructions and warnings.

Painting

For a professional looking paint job, paint must be spread evenly onto the surface without running, dripping or lapping onto other areas. Keep these three steps in mind when painting; Paint is first applied, then distributed, then finally smoothed out for an even finish.

1. Read application directions on labels thoroughly.
2. Stir the paint before and occasionally while using.
3. Pour paint into roller pan until it's one-third full. Use a small pail for brushwork.
4. Apply paint in the following order:
Ceilings - Walls - Doors - Windows



Brush Application Technique

Pour stirred paint $\frac{1}{2}$ the depth of your brushes bristles into a pail. Dip the brush, loading one-third of the bristle length then tap the bristles against the side of the pail. Do not scrape the brush on the pail rim. Cut in edges using the narrow edge of the brush, pressing just enough to flex the bristles. Keep an eye on the edge to keep it straight.



Ceilings – Begin by cutting a 2" (50mm) brush stroke where your ceiling and wall meet. Paint ceiling along narrow end in 3' x 3' (1 sq. metre) sections. Start with the corner furthest away from the entry door.

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Tips:

Clean brushes with a "brush comb" to align the bristles and remove traces of paint. Store brushes in their original covers, brown wrapping paper or plastic wrap.

See our Decorative Finishing Guide for special effects and techniques to create unique finishes. This includes sponging, color washing and stenciling.

Clean painting tools and equipment.

Quality tools will last for years if properly cleaned and stored.

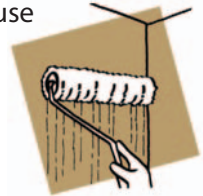
Latex: Clean brushes, roller and tray using soap and warm water.
Alkyd: Use the correct thinner and remove thinner residue with warm soapy water.

Place a thin film of solvent on top of alkyd paints to prevent skinning. Do not shake.

Roller Technique

Roll the roller back and forth in the lower portion of the paint tray until it is loaded. Then roll back and forth on the ridges of the upper section to remove excess paint. Paint a large "W" about 3' (1 metre) across, then work in a back-and-forth motion to distribute the paint, then up and down to smooth. The final stroke is up, rolling in one direction only (called "Backrolling").

Walls - Do one wall at a time. Cut in next to all trim areas and in the corners. Overlap roller 2" or 3" (50 - 75mm) to avoid missed spots. Keep roller strokes parallel and remember to backroll. For brushing use a 3" - 4" (75 - 100mm) wall brush and work in areas of about 2' (60cm) square - Brushing walls is more difficult and time consuming.



Trim - Paint baseboards and other trim using a 2" - 2.5" (50 - 63mm) angled brush.

Doors - Start with the edges using a 2" - 3" (50 - 75mm) brush then paint the rest of the door with a roller working from the top to the bottom. For paneled doors, start with the edge and moldings then complete the flat areas.

Windows - Lower the outside sash completely. Use a 2" - 2.5" (50 - 63mm) angled brush to paint side and top areas where the sashes slide, then paint the entire lower sash and crossbars. When the paint is dry, push up the outside sash and window and paint them. Finish the side and bottom sliding areas. Open and close frequently until paint is dry.

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Tips:

- Store paint & mineral spirits safely.
- Ensure that paint containers are sealed airtight.
- Store paint in a cool, dry area – ideally a shed, closet or locking cabinet.
- Keep out of storage areas that freeze.
- Keep away from children.
- Ensure that paint is stored away from radiators or any other source of combustion.
- Transfer partially empty containers to smaller containers where there's less air to dry the paint.

Cleaning Up & Finishing

Quality tools will last for years if properly cleaned and stored.

1. Clean painting tools and equipment.

Latex – Clean brushes, roller and tray using soap and warm water.

Alkyd – Use the correct thinner and remove thinner residue from tools with warm soapy water.

2. Dispose of paint

If you bought too much paint and don't want to store it, offer it to a friend or local group. If you can't give it away, check with your local community for disposal advice. If you have a little left over, you can get rid of it by painting it onto cardboard then throwing out the dried cardboard instead of disposing of the liquid. Let rags, paint cans, newspaper etc. dry before disposal.

Record paint name and number for future reference and correct matching. Label each can by room. Ensure that can lid is closed securely.



Clean any specks of paint off windows with your scraper or razor blade.

Replace fixtures and switches.

Enjoy your new, revitalized home.

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