

FOR THE PERFECT FINISH

GENERAL TIPS FOR PAINTING YOUR INTERIOR



Five decades of experience
designing and manufacturing
paint sleeves, brushes and tools.

INTERIOR DECORATING

Introduction

There's nothing like a fresh coat of paint to brighten up a tired room. But you need to do things right, or you'll end up with the hassle and expense of having to do it all over again later!

So let us help you prepare for your next interior project.

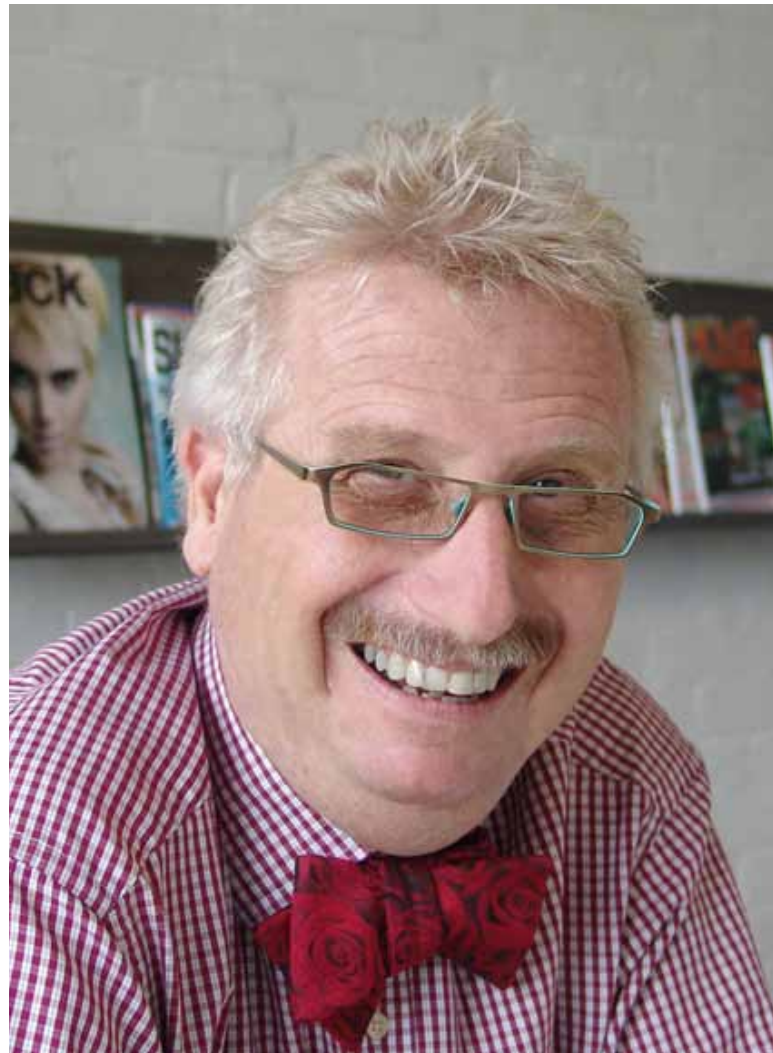
This part of our project planner takes you through some good general guidelines for painting interiors. And then we introduce you to some cleaning, preparation and painting basics for specific interior projects.

The first thing you need to know

If your house was built before 1980 you might be dealing with lead based paint. You need to know what to do and what not to do. Start by visiting the Occupational Health and Safety site for a free do-it-yourself guide.

Match your method, tools & paints to the job

Different interior surfaces will require different methods, tools and paints for cleaning, preparing and painting.



Tools & Materials

A good exterior finish means investing in good tools and materials that help you get the job done right.

The basics

- Paint tray and pot
- Roller handle and extension pole (recommended for painting walls and ceilings)
- Drop cloth
- Masking tape
- Clean cloth for wiping away small drips
- Sugar soap
- Fillers (Use an exterior filler for brick and concrete, and a flexible filler for timber)
- Primer
- Sandpaper, all grades
- Caulking gun
- Chemical paint stripper
- Ladder or trestles
- Turpentine
- Paint Stirrer
- Paint Pail openers (Plastic/Metal)

For stripping exterior surfaces

- Stripping knives in a wide range of sizes from our PAL® range 25mm/38mm/50mm/63mm/75mm/100mm/125mm.
- Also available is a 5-in-1 Stripping Tool.

For scraping interior surfaces

- For scraping surfaces choose from the PAL® shave hook - triangle or combo or the 75mm burn off scraper.

For cleaning surfaces & removing flaking paint

- PAL® Wire Brushes are recommended. Available in 4 Row Plastic, 4 Row Wooden, 6 Row Arch.

For sanding

- The PAL® Sanding Sponge (coarse), or PAL Cork Sanding Block for wrapping your sandpaper around.

For filling cracks, holes & gaps

- PAL® Filling Knives are available in a wide variety of sizes : 38mm/50mm/63mm/75mm/100mm.

For applying putty around windows

- Try the PAL® Putty Knife.

For applying your chosen paint

- Check the packaging of PAL® products to match applicators to your chosen paint.



General tips for painting your interiors

Allow time for preparation work

Life's busy and you only have a certain amount of free time to get the job done. But if you're planning to paint a whole room, don't forget to allow time for cleaning and preparing surfaces. Allow at least a day for this. You'll be needing to remove all the furniture from rooms, remove fixtures and fittings, loosen switch plates, clean, sand, scrape, mask and more!

So count this process in when estimating how long the entire job will take.



Have a variety of brushes &/or rollers handy

You'll encounter all kinds of fiddly bits when trying to paint interiors. The one big fat brush or wide roller won't do everything. You'll need a variety of larger applicators and smaller ones for various sections of your project. And you'll need special use brushes that are designed to work at tricky angles.

Break the job up into do-able chunks

Tackle your interior paint job one section at a time. That way you achieve lots of milestones and break down a large job into achievable tasks.





WALLS & CEILINGS

Cleaning & preparing

1. Clear the room of all removable furniture.
2. Turn off the power and loosen switch plates and fittings so that you can clean, sand and paint underneath the outline of the fitting.
3. Bring down ceiling fans and remove trim pieces of ceiling fixtures.
4. Remove door hardware.
5. Remove dirt and marks using sugar soap.
6. Lightly scrub off mould and mildew with a solution made of 3 parts bleach to 1 part water.
7. Scrape off any loose or peeling paint.
8. Sand painted surfaces to remove gloss.
9. Pull out nails and picture hooks and fill holes and cracks with joint compound.
10. Cover floor coverings and immovable fixtures and furniture with drop cloths.
11. Make sure all of the surfaces you'll be painting are clean and dry. That means they must be free of mildew, sanding dust, grease and loose paint.
12. Cover and mask all edges with masking tape where possible, especially where fittings can't be removed.
13. Spot prime patched/bare areas.

New walls & ceilings

- The stopping of plaster board must be extremely smooth and even. Make sure that the stopping is specified as a 'paint finish'.
- Check the plaster for nail depressions and cracks. Fill these with interior filler. Make sure you overfill the flaws so that you can sand it back to a smooth finish.
- Then we recommend a final all-over sanding with 100-200 grit sandpaper.
- Never sand the paper area of Gib board. Doing so raises the grain of paper. Sand the plaster only.

Previously painted walls & ceilings

- Generally, surfaces must be well prepared by sanding smooth and filling imperfections. If the surface is properly prepared, a light sanding is all that's needed.

Previously wallpapered walls

- See Wallpapering.

If you're painting a whole room, paint ceilings first, then walls.

Painting

Type of paint first coat

- Use a water-based sealer on paperfaced plasterboard, wallpaper and lining paper in good condition.
- Use a solvent-based sealer on gypsum plaster, fibrous plaster, old wallpaper, yellowed paper and especially in wet areas like laundries, bathrooms and kitchens.

Top coats

- For wet areas (laundries, bathrooms and kitchens) apply 2 coats of a semi-gloss water-based enamel paint.
- Try an acrylic washable paint for other walls throughout your home, and a good general ceiling paint for ceilings.

Best applicators for the job

- our first step when painting walls and ceilings is to “cut in” around edges, light fixtures and other fixtures and fittings. Use a 25-63mm brush.
- When you’re happy with your cut in work, you can start rolling. Consult the PAL[®] Roller System to help you decide which roller will best suit your job.
- Be sure to choose a matching handle for your roller. And an extension pole is handy for reaching your ceiling easily.

You’re then ready to start rolling.

Handy Hints

Take care to protect the surface coat when sanding. All you need is a light scuff between coats.

Be sure to avoid painting onto walls if you’re not planning on painting them fully. A small handheld shield can help you avoid overlapping onto walls.

When painting ceilings:

Always paint across the shortest distance when painting a ceiling. That means, if a ceiling is 5 metres by 3 metres, paint across the 3 metre distance, you’ll find you get a better finish.

Work in a “W” pattern, spanning 4’ sections at a time. Then go back over each section to distribute paint evenly.

When painting walls:

Always roll the first stroke upwards on vertical surfaces, this helps prevent paint drips.

Aim to coat an area of 1 metre wide by 2.5 metres, this height is a floor to ceiling measurement on a typical house wall. To cover this area will take approximately three roller loads. Divide the area into three segments and use one roller load per segment, this allows you to achieve an even flow and spread.

Try to complete a whole wall before taking a break. Giving part of a wall time to dry could mean you end up with “lap marks” in your finish.

WINDOWS & DOORS

Interior windows & doors

Window frames and doors are most usually made of timber, metal or aluminium. Here's how to clean, prepare and paint each type of surface.

Cleaning & preparing

General guidelines

- The first thing to do is to wash the windows and doors down with a warm water and sugar soap solution. Dirt and grease tend to build up around door handles and window catches especially. So be sure to give these areas a really good scrub.
- If the paintwork is glossy, you might want to rub the gloss down to remove imperfections and create a slightly rougher surface for the new paint to stick properly. Rub down with 200 grit wet and dry abrasive paper dipped in water.

Timber

Previously painted timber in good condition

- If the timber has been previously painted, check to see if the paint work is in good condition. If it is, just rub it down with a rag dipped in methylated spirits. Then rub down gloss with 200 grit sandpaper.
- This is all the stripping you'll need to do before filling and then priming.
- Always prime previously painted timber with an oil-based primer unless you have totally stripped the timber bare.

Previously painted timber in poor condition

- Harder stripping will be needed if the previous paintwork is in poor condition (flaking, cracked, peeling, etc) or if the previous colour is much darker than the new colour.
- Rub down gloss.
- Replace or repair any rotted timber.
- Prime bare patches of wood.
- Fill gaps, cracks and nail holes with exterior wood filler (flexible filler).
- Give the surface a light sand. Try using a sanding sponge or wrap your sandpaper around a cork sanding block.
- Remove any loose putty on windows, and replace with new putty.
- Always prime previously painted timber with an oil-based primer unless you have totally stripped the timber bare.

Other types of timber

- See Exterior Walls for information on how to clean and prepare other types of timber.

Metal (iron, steel etc.)

- As with timber windows and doors, clean off grease with sugar soap, and get rid of mould (use either a moss and mould cleaner or a 3 part water to one part bleach solution). Use a nylon bristle brush.
- Remove flaking paint.
- Then use a wire brush or scraper to remove all loose mill scale, rust, paint, and other loose foreign matter.
- Prime with an anti-rust primer.

Aluminum

- As above, clean the surfaces of grease, and mould. Use a nylon bristle brush.
- Then make sure you thoroughly clean off products applied with clean water.
- Allow to dry.
- Use wet and dry sandpaper to remove any corrosion. Sand it all down so that it is even and smooth.
- Round off sharp edges on the edges of the frames and doors to allow better film build when painting.
- If the aluminum hasn't been painted before, or if you've just stripped back poor paint, apply a coat of a specified paint for aluminium (check with your paint supplier) before you top coat.

Painting

Type of paint

- You need a good quality hard-wearing paint for windows and doors. Try a water-based enamel (gloss or semi-gloss). It's easy to wipe clean and much faster drying than a solvent-based paint.

Best applicators for the job

Windows

- For painting windowsills and frames we recommend using a PAL[®] Angle Trimmer brush. The angle lets you control where the paint goes and is easier than painting with a straight edge.

Doors

- For doors with a smooth surface we recommend using a smaller roller 75mm. But don't forget to match the right roller to the paint you have chosen. Use the PAL[®] Roller System.
- For doors with glass inserts or surface designs brushes may provide the best result and we would recommend using a PAL[®] Angle Trimmer brush around the edges.

Handy Hints

Whether you're painting windows or doors, always paint from the top down.

Windows

- Your first step when you start painting is to either cut in around the glass with a cutting in brush, or mask the glass.
- Then use a small trim brush to paint muntons (the dividers in the window). Start at the top and work down, painting both the vertical and horizontal dividers.
- Then paint window surrounds.
- Make sure you work from top down and wipe off drips before they dry.
- Lastly, paint the face trim around the window using an angled trim brush.

Doors

- Paint the edges first then apply paint to the face of the door, starting at the top.
- If the door has a moulding, or raised inset panels, paint the mouldings and inside the panels first. Then do the remainder of the panels and door surface. If the door has a threshold, do that last.

WALLPAPERING

Cleaning & preparing

Previously painted walls

1. Wash walls with sugar soap. Remove all mould. Use a moss and mould killer or make up a solution of 3 parts water to 1 part bleach.
2. Scrape walls with a PAL® shave hook.
3. Then sand walls smooth. Try a PAL® Sanding Sponge (Coarse), or PAL® Cork Sanding Block for wrapping your sandpaper around.
4. Then dust the walls off.
5. Remove any gloss on walls with a rag dipped in methylated spirits.
6. Repair all cracks, gaps and holes with filler and putty.
7. Then wash the walls again to remove all product.
8. Once the surface is dry (allow 24 hours), apply primer sealer.

New plaster walls

1. Before you start wallpapering, you'll have to allow the new plaster to cure thoroughly. This can take anywhere between one and four months. Ask the contractor who installed the plaster for the recommended time.
2. Once cured, rub the walls down with vinegar. This neutralizes the plaster.
3. Then apply two coats of high-quality primer sealer.

New wallboard

Wallboard joints need to be taped, spackled, sanded, and dusted with a short-napped soft brush. Remove the last particles of dust with a damp sponge. Finally, apply primer sealer.

Uneven surfaces

1. Uneven surfaces include block, concrete, wood panelling, textured plaster, and textured paint. All of these need to be smoothed before you apply wallpaper.
2. For walls that are light to moderately uneven and for small areas:
 - Apply a 'non-shrinking spackle' or wallboard taping compound to the build the surface up so that you can sand to an even all-over surface. DAP have a quality range of products for spackling.
 - When the wall is completely dry, sand the area and apply primer sealer.
 - If you prefer, you can smooth uneven surfaces by hanging liner paper. This should be available from any store where you buy wallpaper.
 - For severely uneven surfaces: You'll need to plaster over the surface.

Handy Hints

1. If you're wallpapering for the first time, we recommend you start wallpapering on your longest uninterrupted wall area first. That way, you can practice your technique before you have to encounter any corners or obstacles.
2. Hang your first piece of paper in the middle of a wall and work outwards from that point in opposite directions. This will mean that the paper will meet in the corners of the room.
3. It's important to remember that most house walls are unlikely to be completely square. So use a plumb bob to mark a vertical line from ceiling to floor. Get someone to help you by holding the string on the wall and pulling until the line steadies. Then you can mark the wall against the string line and use the line as a guide for hanging your paper straight.
4. Measure your wall length from ceiling to floor. Allow about 3-4 inches overlap from the wall onto the ceiling or skirting board. Cut your length of paper with this in mind.
5. Then using your paste brush start to paste the paper at the centre and move outwards from that point. Make sure you coat both edges as well.
6. Carefully bring your paper to the wall area you're covering and gently slide the paper onto the wall up against your marked line, making sure it's straight.
7. Then smooth out the bubbles under the paper by brushing across the top of the wallpaper. Work from the centre to the outside edges of the paper.
8. Push the top of the paper onto the edge of your architrave or ceiling and on the bottom onto the skirting board or floor. Then peel back to the edge and cut the excess paper with paperhanging scissors.
9. Once the first piece has been placed, continue onto the next, repeating the process. As you add a piece the edges should be butted up against the previous piece and not overlapping.
10. Finally, seal your edges by rolling over them with a seam roller.

APPLYING WALLPAPER

The perfect accessory for wallpapering is the PAL® Wallmaster® Decorator's Toolkit. It's the perfect toolkit for wallpapering at home. The toolkit includes a scraper, putty knife, seam roller, plumb bob, scissors, a snap off knife and 10 replacement blades for the knife.

Handy Hints

How to get around the tricky parts

When you're papering around power points and switches:

1. Firstly, turn off your electricity supply.
2. Then loosen the screws in the switches - but don't remove them completely.
3. Hang the paper as you normally would and cover the switch.
4. Then make diagonal cuts from the centre of the socket into each corner.
5. You can then trim the flaps with only a small overlap left that you can then tuck behind the switch.
6. Make sure you don't allow excess paste to enter the socket and make sure the area is absolutely dry before you turn the electricity back on.

When you're papering around rounded or shaped objects:

1. Hang the paper over the item lightly.
2. Then mark the centre of the object and cut from the nearest edge of the wallpaper towards this point.
3. Complete radial cut outs from the centre mark, and then push the paper back into place.
4. Mark the flaps where they meet the edge of the item and trim them before you brush the paper back.

When you're papering around door and window frames:

1. Hang the paper lightly down over the frame.
2. Mark the position of the corners.
3. Make cuts from the excess area of the paper moving towards these marks.
4. Smooth the paper down gently against the wall and into the edges of the frame.
5. Lastly mark and trim as you would normally.



General Handy Tips

When hanging patterned wallpaper you need to make sure your patterns will match up from piece to piece. Once you've hung one piece, measure the second piece against the wall first to match the patterns. You may need a large amount of overlap at the top or bottom of the paper. And you'll need to factor this in when you're buying your wallpaper. Check with your wallpaper shop to see how often a pattern repeats. The more often, the easier to match. Also, you might be able to save waste by cutting from alternate rolls.

Make sure you have a stable ladder to do wallpapering.

You should wallpaper after you have painted your ceiling or nearby walls! You don't want to get paint on your wallpaper. Make sure your paint is dry before you do any wallpapering.