

**PAL**<sup>®</sup>



**FOR THE PERFECT FINISH**

# HOW TO SELECT & USE A **ROLLER**



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# 1 select the right roller

The two most important things for a great paint finish are: a good quality paint, and the right roller sleeve to match the paint type and surface.

People seem to overlook the importance of choosing the right applicators when planning a paint project. The fact is, even fancy 'one-coat' paints will never live up to their potential unless they're applied with the right applicators.

## WHAT TO LOOK FOR WHEN CHOOSING YOUR PAINT ROLLER

The first 3 things you need to think about are:

- 1) The type of paint you'll need to use
- 2) The type of surface you're painting and;
- 3) The quality of the finish you'd like to achieve

Refer to the PAL® 1-6 roller system to easily select the right roller sleeve.

Paint roller sleeves come in different fabrics and pile lengths which are designed for varying surfaces, substrates and type of paint used.

Look for a good quality roller sleeve that has a phenolic core which will not soften in water and will withstand every paint solvent. Avoid using economy all purpose roller sleeves which will give you a poor surface finish by putting too much paint on smooth surfaces and not enough on rough surfaces.

## SELECTING THE RIGHT SIZED ROLLER

Using the right sized roller sleeve will give you far better results as well as saving you valuable time and effort. The general rule of thumb is the bigger the roller the more paint it will load and therefore the faster the job will be. Dependent on the surface area you are painting, the following sizes could be used as a guideline:

- 75mm & 100mm for cupboards, doors, etc.
- 180mm for small walls, doors & small surfaces
- 230mm for larger areas including walls & ceilings, fences, etc.

## ROLLER HANDLES & TRAYS

When choosing a roller handle look for one that spins on roller bearings. The roller bearings help maintain a "friction free roll!" providing an even disbursement of paint onto the surface. A heavy duty steel frame is designed to stop flexing and bending during painting. Another important feature to consider apart from being comfortable to hold, is to make sure it can be used with an extension pole.

PAL® roller handles are available in five different sizes: 75mm, 100mm, 180mm, 230mm and 270mm.

Paint Trays: The importance of a strong, self supporting paint tray cannot be over emphasised. Trays which are too flexible make handling difficult and can cause spillages. A paint tray with a deep reservoir holds more paint and does not need to be refilled as often as a cheaper low profile tray.



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

# 2 quick selection guide

## USING THE PAL 1-6 ROLLER SYSTEM

The PAL® 1-6 roller system provides a quick reference guide for selecting the right roller for your paint type and substrate you are painting.

<b>PAL</b>	<b>SURFACE TYPE</b>	<b>ROLLER SLEEVE FOR USE WITH</b>	<b>IDEAL FOR PAINTING THESE SURFACES</b>	<b>ROLLER SIZES</b>
<b>1</b>	Smooth	Water Based Paints	Walls, ceilings, gib-board, plaster, smooth wallpaper, hardboard	75mm 100mm 180mm 230mm
<b>2</b>	Textured	Water Based Paints	Imperfect walls & ceilings, textured plaster, embossed wallpaper, fences, rough sawn timber	100mm 180mm 230mm
<b>3</b>	Rough	Water Based Paints	Rough plaster, brick work, stucco, trellis, block work	100mm 230mm 270mm
<b>4</b>	Smooth	Acrylic Enamel Paints	Doors & joinery	100mm 180mm 230mm
<b>5</b>	Smooth	Oil Based Paints	Walls, ceilings, floors, plaster, wood, gib-board	75mm 100mm 180mm 230mm
<b>6</b>	Extra Smooth	Oil Based Paints	Fine finishing on doors, cupboards, marine work, varnishes	75mm 100mm 180mm 230mm

# 3 preparation

## WHAT YOU WILL NEED

- Recommended roller sleeve and matching roller handle
- Matching paint tray
- Extension pole (highly recommended for painting walls & ceilings)
- Drop cloth
- A tapered edge paint brush for fine trim work
- A 50mm or 63mm brush for larger work
- Masking tape
- Paint mixer/paddle
- Clean cloth for wiping away small drips and runs

Other tools & accessories:

- Filler or putty
- Sandpaper
- Pole or hand sander
- Filling knife
- Wood or window scraper
- Tack rag
- Turpentine
- Sanding block
- Cap
- Dust masks
- Roller spinner

## SURFACE PREPARATION

The key to achieving the best paint finish is to make sure the substrate has been prepared properly.

## GENERAL GUIDELINES PRIOR TO PAINTING

- Loosen switch plates and fittings so that you can clean, sand and paint underneath the outline of the fitting.
- Cover and mask all edges with masking tape where possible, especially where fittings cannot be removed.
- Have a damp cloth with you so that you can quickly clean up any spills or splatters.

**New walls & ceilings:** The stopping of plaster board must be extremely smooth and even. Don't sand the paper area of gib-board as it raises the grain of paper, just sand the plaster. A final light sanding with 100-200 grit sandpaper is recommended.

**Previously painted walls & ceilings:** The surface must be well prepared by sanding smooth and filling any imperfections. If the surface is properly prepared, a light sanding is all that is needed.



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# 4 painting step by step

## USING YOUR ROLLER

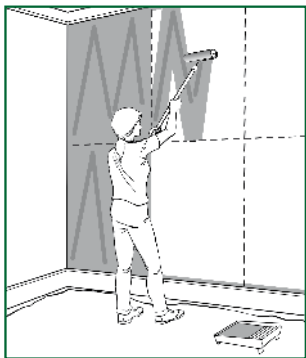
Always use good equipment. Clean rollers, trays and handles are important to get a good finish. Make sure you follow the paint manufacturers instructions for thinning, application and number of coats.

Before you start rolling, use a brush to cut in the tops, bottoms, sides, windows, power plugs, etc.

### Loading the roller

Pour paint into the tray so that the paint is level with the first grid markings. Roll the roller into the paint to saturate all the fabric. Then roll up and down the tray grid to squeeze out any excess paint. By following this method your roller gets an equal distribution of paint which makes application easier and more consistent.

## PAINTING WALLS

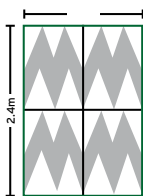


### Step 1: Rolling on the paint

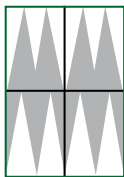
Aim to coat an area of 1.2 metres wide by 2.4 metres high. This is the size of a gib-board sheet. To cover this area will take approximately four roller loads. Divide the area into four segments and use one roller load per segment. Roll in a 'M' motion.

### Step 2: Blending

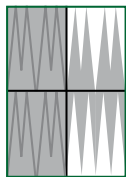
Then blend areas together using long 'M' strokes from top to bottom until wall is completely covered. By adopting this technique you will achieve an even flow and spread.



Step 1: Rolling on



Step 2: Blending



Step 3: Covering

### Step 3: Covering

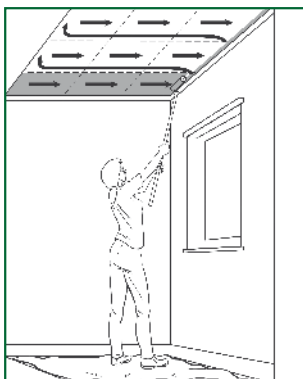
Once you have painted the segments, roll the roller back and forth over the entire area aiming for a smooth, even paint coverage. The four areas should now be blended into one.

# 5 painting step by step

## Step 4: Finishing Off The Surface (Laying Off)

Use this to achieve a perfectly smooth finish, if you prefer a fine textured surface, leave this step out.

- Roll out the roller into the next section you intend to paint, to dry out the roller.
- Make one last pass from floor to ceiling in one direction only using very light pressure (the weight of the roller head is sufficient), this will make the surface smooth and free of bubbles.

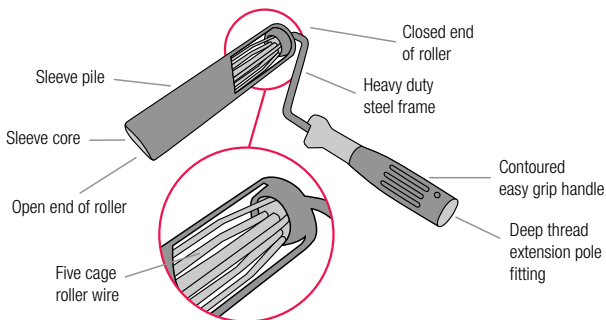


## PAINTING CEILINGS

Before you start rolling the ceiling, cut in around your scotia with a brush.

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

Use the same technique as painting walls.



## THE DIFFERENT PARTS OF A ROLLER

The illustration above shows what to look for when selecting a good roller handle. Along with selecting the correct roller sleeve, a good handle will ensure you get the best possible finish for your decorating job.



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# 6 handy tips

## VALUABLE DECORATING ADVICE

- Always use a good quality roller sleeve. They will hold more paint and give a better finish than an inexpensive generic roller.
- When painting a room, start from the top and work down. Therefore, paint ceilings first, then scotias, then walls, followed by doors and finally skirting boards and floors.
- Always make sure your paint is thin enough, so that it will roll easily and finish off properly. (Refer to the paint manufacturers thinning instructions.)
- When using strong smelling solvent paints, make sure there is plenty of ventilation.
- If you stop for a break, seal your roller sleeve in a plastic bag and store upright. It will remain usable for at least 24 hours.
- If painting rough surfaces (fences, etc.) where the substrate is very absorbent, thin the first coat or alternatively dampen the surface with a fine spray from a garden hose.
- Always use a drop cloth to protect your floors and furnishings when painting.
- Extension poles make painting large areas easier, saving time and effort.
- Before using a new roller sleeve rinse it in water or turps (depending on the paint being used) to remove any loose fibres or dust. This also helps the roller absorb the paint quicker. Spin to remove excess liquid.
- Always have the open end of the roller handle pointing into the wet painted area to help eliminate join lines.
- When painting walls, always roll your first stroke upwards, this helps prevent paint drips.
- Always paint into wet areas. Paint should be applied to a dry area and then worked into a wet area. This allows any overlap to blend.
- Always do the cutting in around trim, windows, etc. before applying the rolled coat.

For more painting tips & information  
visit our website: [www.paintaids.co.nz](http://www.paintaids.co.nz)

# 7

## decorating checklist

### PREPARATION

- Stripping Knife
- Wire Brush
- Putty Knife
- Filling Knife
- Sanding Blocks
- Sanding Paper
- Painting Gloves
- Dust Mask
- Paint Stripper
- Sugar Soap
- Paint Pot/Bucket
- Drop Cloth
- Gap Filler
- Filler/Putty
- Pole & Hand Sander
- Caulking Gun
- Masking Tape
- Ladder
- Moss & Mould Killer
- Tack Cloth

### PAINT APPLICATORS

- Brushes
- Angle Trim Brushes
- Roller Sleeve
- Roller Frame
- Roller Tray
- Extension Pole
- Specialty Roller
- Paint Stirrer
- Speedbrush

### WALLPAPER APPLICATORS

- Wallpaper Smoother
- Wallpaper Trough
- Straight Edge
- Pasting Brush
- Wallpaper Paste
- Plumb Bob
- Trim Guide
- Decorators Sponge
- Scissors
- Snap Blade Knife
- Wallpaper Size
- Wallpaper Stripper

### CLEAN UP

- Brush Care Clip
- Roller Spinner
- Turps
- Window Scraper
- Brush Comb
- Brush Cleaner
- Rags



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