



Interior Painting Tips

*With premium quality **GLIDDEN PROFESSIONAL™** paint products and the availability of over 6000 colors, interior painting is an easy and inexpensive method for homeowners to dramatically change and improve interior design schemes. The following are some basic tips on interior painting.*

Now Much Paint Will You Need For Walls and Ceilings?

To estimate the amount of paint you will need, add together the lengths of all four walls and multiply the total by the height of the room. This will give you the total square feet of surface area to be painted. Divide this number by the recommended spreading rate of the paint to determine the gallons of paint needed (an average spread rate for interior paints on a sealed surface is usually 350 to 400 square feet per gallon). Picture windows, doorways, etc. can be subtracted from the figure.

How Should the Surface Be Prepared?

The surface to be painted must be sound, clean, and free of oil, grease and foreign matter. Wash surfaces with a soft sponge using a solution of water and mild detergent. Rinse clean, and allow to dry thoroughly. Remove grease, grime and oil deposits in kitchens, bathrooms and around electrical switches. Dull glossy areas by lightly scuff sanding. Remove loose paint or any unsound substrate and repair with suitable materials. Spot prime repaired areas with the appropriate primer.

How Should the Paint Be Mixed Before Use?

All paint should be mixed well before and periodically during use, stirring up from the bottom of the bucket. Pour off some of the paint into a painting bucket for convenience. If multiple cans of the same color paint are used, intermix or "box" different containers. Mix some of the paint in newly opened cans with paint remaining in previously opened cans. Pour contents back and forth to ensure proper mixing. Keep cans closed when not using to prevent the paint from skinning over.

What Sheen Level Paint Should Be Used?

- *FLATS* - Use flat paints on walls and ceilings where you want a muted, low-reflecting surface. Flat paints also help hide surface imperfections and patches.
- *EGGSHELL* - Use a low-sheen paint where a near flat, scrubbable finish is desired.
- *LOW LUSTRE and SATIN* - Use where a soft-sheen, scrubbable finish is desired.
- *SEMI-GLOSS and GLOSS* - Use glossier enamels for trim and hard usage areas such as kitchens, bathrooms and corridors where maximum durability and washability are needed. High-sheen paints highlight surface imperfections, so more attention to the surface preparation and patch repair is required.

Starting To Paint

Observe all precautionary requirements. Ensure temperature and humidity levels are within recommended ranges. Keep a "wet edge" while painting, blending one painted area with another until finished.

What is the Best Method for Brush and Roller Applications?

Use large (four inch) flat bristle brushes for large open surfaces and smaller (two inch) angled bristle brushes for more detailed work. When loading the brush, dip it into the product no more than halfway up the bristles. Tap the brush on each side of the bucket to remove excess product. Apply smooth, even strokes finishing in the same direction. Frame edges, corners, trim, windows, etc. Allow the product to level out undisturbed while drying. For best blending, only stop painting when you reach a natural break point.

Before starting to paint with a roller, rub the dry roller cover briskly or wrap with tape and pull off to remove loose fibers. Precondition new roller covers by wetting and rolling some of the paint on another surface such as a scrap piece of cardboard to work out entrapped air.

Use shorter nap roller covers (1/4"- 3/8" nap) on smooth surfaces, especially with enamel paints. Use longer nap roller covers (3/8"- 1/2" nap) for rough or textured surfaces. Paint walls by "framing" along the ceiling, baseboards and around windows and doorways with a brush first. Follow this by rolling out the paint on the walls using a large "W" design, initially, then roll back and forth to

evenly spread out the product. Finish by rolling out in one direction, top to bottom, from one side of the wall to the other.

To help select the correct brush and roller cover consult your local **GLIDDEN PROFESSIONAL** paints store.