

# MITREPLAN

## Paint the interior of your home



## PROJECT PLANNER

An easy-to-follow  
guide to achieving  
a 10/10 result.

Outlines all the  
tools you will need  
for the job.

Including materials  
checklist.

### PLEASE NOTE:

Before starting this project or  
buying any materials, it is well  
worth your time to read through  
all steps first to be sure you  
understand what is required.

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# No. 11

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# MITRE 10

# Give your home a 10/10 new look – with a little help from Mitre 10.

There are lots of painting jobs to do inside the home. Ceilings, walls, cupboards and furniture – even the kid's toys. And if you've looked at paint commercials on TV and thought "...My painting never looks like that..." then take heart. You can get truly professional results when you do things right. And doing it right is what this MitrePlan is all about. You'll also get tremendous satisfaction, and make considerable savings, from doing it yourself. The secret is in good surface preparation, using the right tools and paint – and seeking the advice of the specialists behind the paint counter at your nearby Mitre 10 store.

## Step 1: Which paint, where?

Choosing the correct paint depends on the particular area you're painting and knowing that you have a choice of two paint types: water based or solvent based.

**Water-based paints** are popular for most walls and ceilings. They're easy to apply, touch dry in 20 minutes, can usually be re-coated in two hours, and clean up in water.

**A semi-gloss or satin finish acrylic** gives a hardy surface in high traffic areas, such as kitchen, family rooms or childrens' rooms where frequent wall cleaning is a must. **Flat or low sheen acrylic or vinyls** are commonly used for more formal, less frequented areas like dining rooms, bedrooms and lounge rooms and where the light matt effect subdues the atmosphere.

For ceilings, try a special **ultra flat plastic**, known as ceiling white, that helps mask imperfections. But choose one that doesn't drip. You can add a tint to match your overall colour scheme, but remember to record the mix on the can in case you need to re-order at any time.

Generally, **solvent based enamel paint** is the toughest, giving the hard-wearing surface you want for areas that need constant cleaning, such as doors, windows and furniture.

## Step 2: How much paint?

For flat areas like ceilings, walls and doors, just multiply their length by their height, subtracting such areas as windows. This gives you the area your paint will have to cover.

Once you've worked out the total area to be covered, allow one litre for each 16 square metres for one coat. Add an extra 20% to this for rough or porous surfaces.

## Step 3: Collect all your tools

Your job will be easier by assembling all the tools and materials you need from the start – there is nothing more aggravating than not having the right materials when you need them. Choose brushes with no gaps in the bristles and a springy feel to them. A sparse brush feels limp, is hard to control, and leaves a streaky finish.

Rollers depend on the surface you're painting as well as the paint you're using. Use a short nap (6-7mm) for smooth surfaces and higher gloss paints...a medium nap (8-12mm) for moderately uneven surfaces and lower gloss paints...and a long nap (20mm or more) for rough surfaces. Make sure you select one with a threaded handle to allow you to fit an extension to take the backache out of reaching ceilings and high walls.

## Step 4: Preparing for painting

As in all things, preparation is the heart of the matter. It not only speeds up the finishing coats, but lays a smooth base, ensuring a fine result.

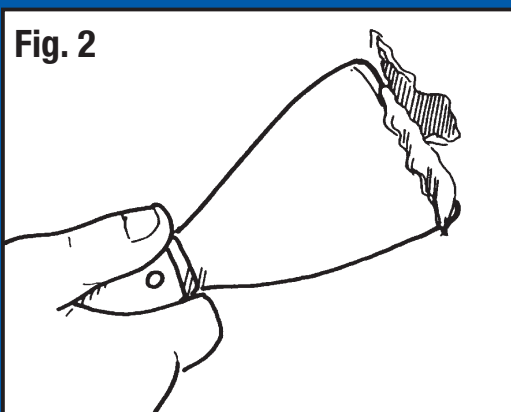
### New Surfaces

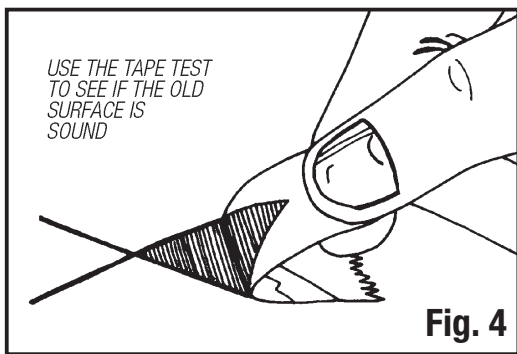
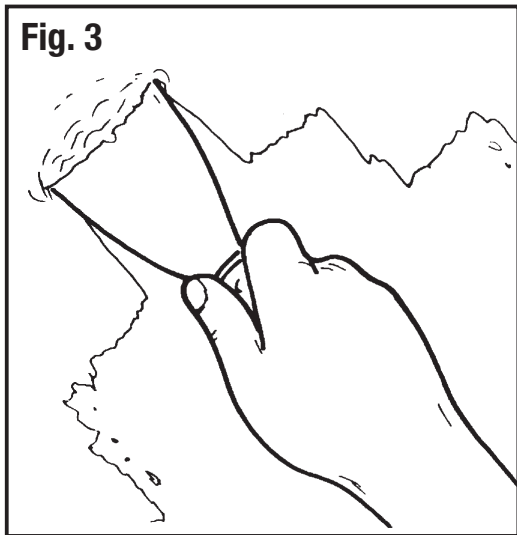
You'd be surprised by the number of blemishes and scuffs new surfaces can have. So sand smooth and dust off. Prime timber surfaces before repairing any faults. Check plaster and plasterboard for any nail depressions or cracks. Fill these with an interior filler, overfilling so you can sand back to a smooth, even finish. Then apply undercoat.

Fig. 1



Fig. 2





### Painted Surfaces in good condition

If there's no flaking or peeling, wash down well with Accent sugar soap to remove dirt, grease and smoke stains (Fig. 1). If there's any mould treat with an anti-mould preparation. Check for any cracks and fill with an interior filler (Fig. 2). Overfill, then sand to an even finish. If the existing surface is an enamel paint, sand thoroughly to break down the glossy surface. Now undercoat.

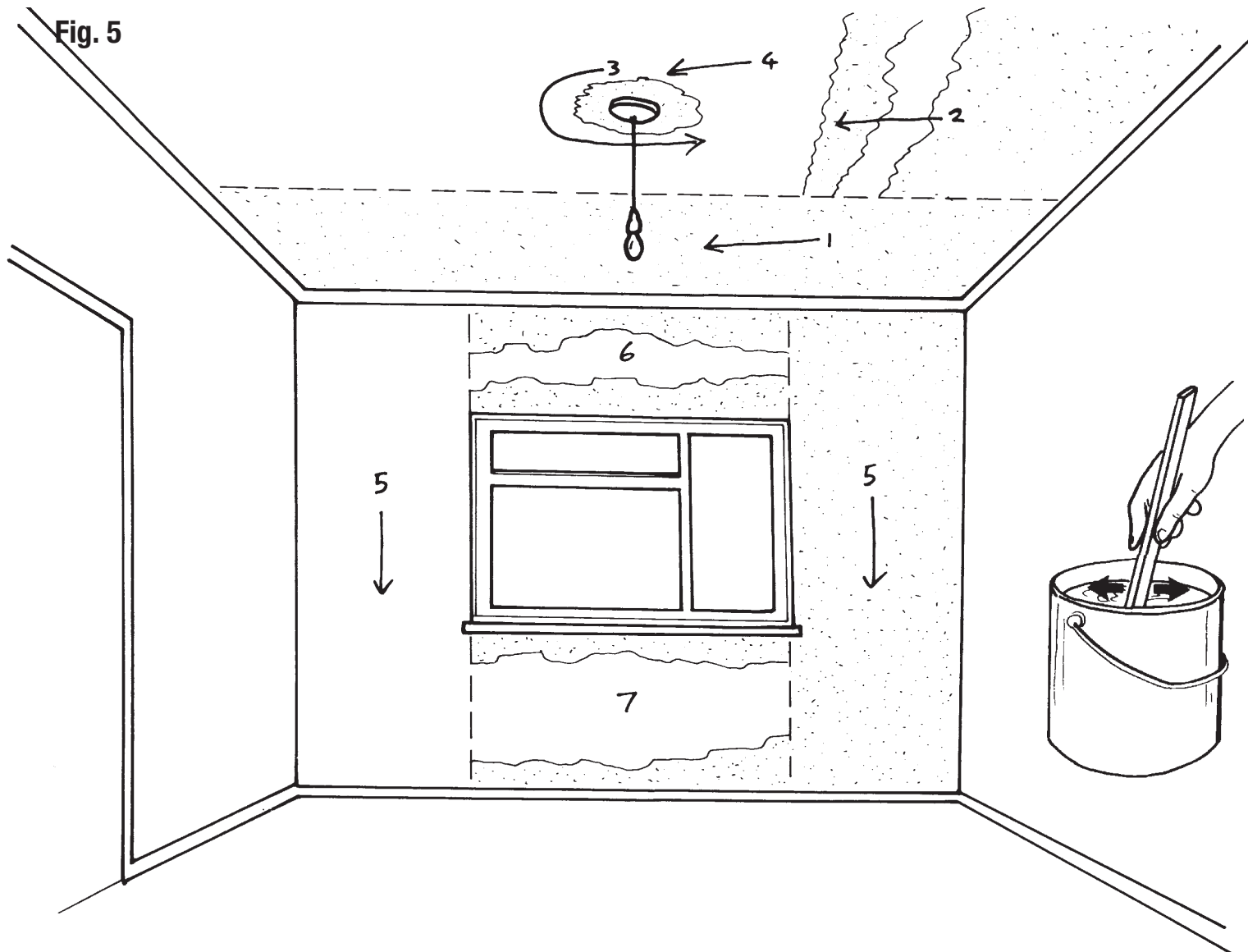
### Painted Surfaces in poor condition

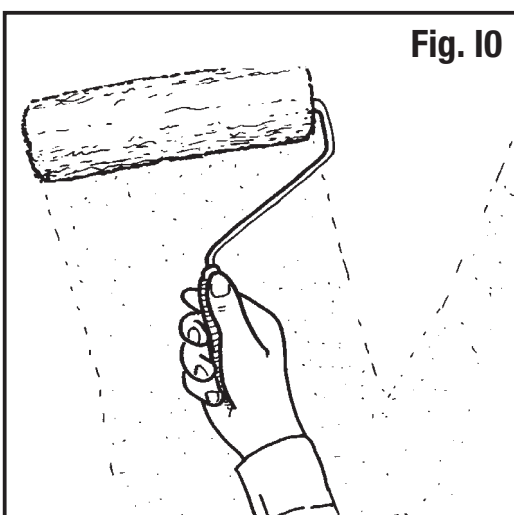
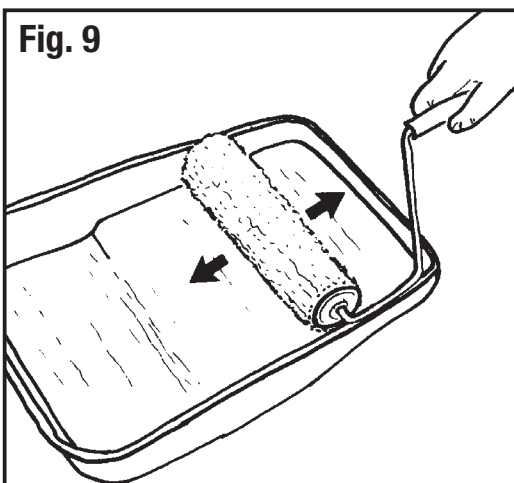
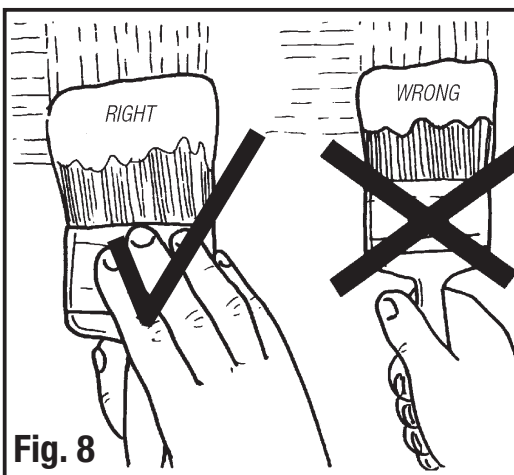
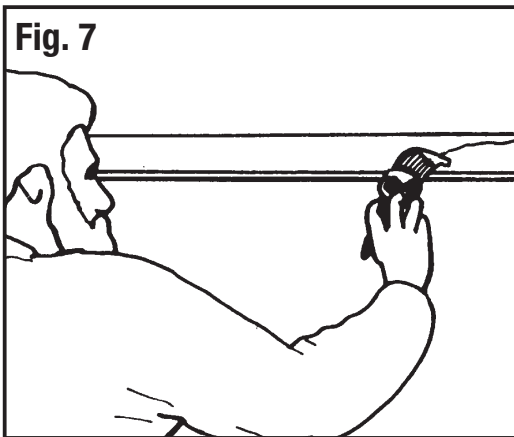
Scrape away flakes and blisters then smooth edges with sandpaper. Touch up bare areas with an undercoat or primer. If the surface is really bad, scrape it right back to bare surface (Fig. 3). Use an electric hot air stripper or Accent paint remover to soften the old paint, making it easy to remove with a blade. Then sand, wash down with sugar soap and treat as for new surfaces. If you're unsure just how bad the old surface is, try the tape test (Fig. 4). Cut an 'X' through the paint surface with a utility knife, press on a length of masking tape, then rip it off. If some of the paint comes off with the tape, strip the surface before painting.

## Step 5: Getting it on

If you're painting a whole room, move all the furniture out if possible. Protect the floor with a drop sheet.

The first step is to mix the paint thoroughly. Use a flat paddle stick or a ruler and stir from the bottom upwards (not just around) until there are no thick bits in the bottom (Fig. 6).





Start with the ceiling, firstly painting the cornices (the moulded pieces where the walls join the ceilings) with a brush (Fig. 7). Then fill in the main area with a roller, working from the darkest corner of the room toward the light (Fig 5: 1 & 2). Apply the paint by rolling an 'M' over an area about a metre square, then fill in the gaps by rolling randomly with even up and down strokes. Finish by rolling smoothly and lightly across the area to feather the edges. Paint around the ceiling light fitting (Fig 5: 3), then complete the rest of that band (Fig 5: 4).

Next, the walls. Start in a corner, cutting into wall edges, window and door frames. Cut into the cornice and wall junction and the skirting and wall junction around the room before proceeding further. Fill the main areas using a roller (Fig 5: 5), apply the paint by rolling an 'M' over an area about a metre square, then fill in the gaps by rolling randomly with even up and down strokes. Finish by rolling smoothly and lightly across the area to feather the edges. At a window, paint along the top band (Fig. 5: 6), and repeat at the bottom (Fig 5: 7).

For window and door frames, do the edges first, then the frame, returning to the edges to lightly feather off any surplus paint with the tip of the brush. The same applies to doors. You'll probably be using an enamel here, so it's better to remove them completely and paint on trestles.

You'll also save a lot of fiddling about by removing all door, cupboard and window handles, and putting a strip of masking tape along the inside edges of all window glass to make sure you don't accidentally brush paint onto the glass.

## How to use a brush

Hold your brush as shown (Fig. 8). Apply only enough pressure to support it with your fingertips. Dip only about half the length of the bristles into the paint, then tap the brush gently on both sides of the can to remove any excess. Apply the paint evenly using light, short strokes. After several brushes full, lightly stroke the surface in a uniform direction with the tip of the brush to give an even finish.

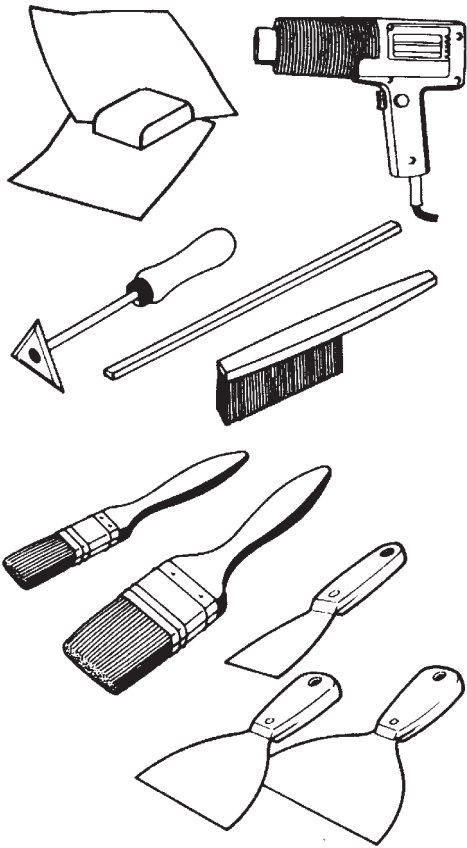
## How to use a roller

Pour paint into a paint tray and move the roller back and forth in the tray to get paint deeply and evenly spread in the roller (Fig. 9). Don't put too much paint on as the surplus can flick off if you roll a little too quickly. Apply the paint by rolling an 'M' over an area about a metre square, then fill in the gaps by rolling randomly with even up and down strokes. Finish by stroking smoothly and lightly across the area to feather the edges. An even pressure will give you a fine result (Fig. 10).

## Step 6: Cleaning up

Clean brushes and rollers using turpentine for solvent based paints and clean water for acrylic paints. For brushes, work the bristles in the cleaning medium until all paint has been flushed out. Clean rollers by flushing out under running water for acrylic paint or by working turpentine through the nap for oil-based paints. Then wash in warm soapy water and rinse well. Always store brushes by hanging up. Set rollers on end to avoid the flat spot that results from resting a roller on its nap.

## Tools for the job



Our experienced Mitre 10 staff will be pleased to assist you with all the materials and advice that you will need, to make your next painting project a complete success.

# Accent®

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## ✓ Your Painters Checklist

PREPARATION	PRICE
Masking tape	
Drop cloth	
Paint scraper	
Heat gun	
Wire brush	
Sugar soap	
Paint stripper	
Sandpaper – Fine, Medium and Course	
Sanding block	
Orbital Sander or Angle Grinder	
Coloured caulk	
Gap filler	
Putty and Filling Knives	
Silicone	
Disposable overalls	
Goggles	
Gloves	
Dust mask	
APPLICATION	
Selected Paint	
Paint pot	
Paint stirrer	
Paint brush	
Edging tool	
Paint pad	
Roller frame & cover	
Spray gun	
Roller tray	
Roller extension handle	
Ladder – Step or Extension	
Primer	
Undercoat	
CLEAN UP	
Mineral turpentine	
Brush comb	
Rags	

Verbal quotes are indicative only. Written quotes on materials are available upon request from your Mitre 10 store.

## 10/10 handy hints to make the job easier.

■ When buying any paint or stain, record the maker's name, type of paint and any colour mix details in a handy place – like the bottom of the can. Then when it's time to touch-up or re-coat, you'll be able to accurately re-order the right stuff.

■ If you're using several cans of the same colour, thoroughly mix them together first to make sure the overall colour is consistent.

■ If you're simply taking an hour or two's rest from painting, wrap your brush or roller in a plastic bag or Gladwrap to keep it moist and ready to be used again. For longer breaks, clean up completely.

■ When removing old, unstrippable wallpaper, paint on a mixture of 8 parts hot water to 1 part methylated spirits. Let this soak for 20 minutes, keeping the surface damp. The paper should then easily scrape off in small pieces.

■ Remove all door handles, cupboard handles and other removable fittings from wood work – it avoids getting paint on them and permits easier and better painting.

■ Don't try to make a can of paint go too far – the result can be too thin a coat and inadequate protection.

■ Store paint tins upside down to prevent paint skinning on top.

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**IMPORTANT:** This project planner has been produced to provide basic information and our experienced staff are available to answer any questions you may have. However, this information is provided for use on the understanding that Mitre 10 is not liable for any loss or damage which is suffered or incurred (including but not limited to indirect or consequential loss), for any personal injury or damage to property suffered or sustained as a result of using the information contained in this MitrePlan Project Planner. Mitre 10 advises you to call in a qualified tradesperson, such as an electrician or plumber, where expert services are required, and to independently assess any safety precautions that will need to be followed prior to using the information in this MitrePlan Project Planner.

**WARNING:** There may be by laws or regulations of councils or other statutory bodies that you must comply with when following this MitrePlan Project Planner.



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