

WITH
HANDY
TIPS



HOW TO PAINT INTERIOR WALLS & CEILINGS

CHECKLIST

MATERIALS

Household cleaners
Paint remover/stripper
Spackle, patching compound
Paintable caulk
Primer
Paint (depending on application)
Brush/Roller cleaner
Thinner
Turpentine
Kooyman All Clean©
Aquafix©

TOOLS

Sponge
Putty knife
Caulking gun
Dust mask
Sand paper fine and rough
Paint coverall
(plastic) glove
Protective goggle
Paint scraper
Screwdriver
Tape measure
Tack cloth
Masking tape
Drop cloth
Trim guard
Brushes (depending on application)
Paint rollers covers (depending on application)
Roller frame
Roller tray
Roller extension pole
Paint paddle

The Kooyman How-To-Manuals are designed to help our customers make informed decisions when purchasing materials for their Do-It-Yourself (DIY) projects. Our How-To-Series covers a wide range of DIY-projects providing a step-by-step description of the project, the tools required, valuable tips and a checklist with the must have items to get the job done. Clear pictures and drawings will help with visualizing the various steps in the process.



Paint is one of the simplest and most flexible ways to lend your personal signature to any room. It can add warmth, create a mood, hide imperfections, emphasize your personal taste and simply reflect your personality. Paint transforms a basic space into your cherished home. If you carefully plan and execute the job it is definitely well worth the effort.

Step 1: Preparations

Step 2: The right brush/roller

Step 3: Colors

Step 4: Painting the ceiling

Step 5: Painting the interior walls

Step 6: Care for the brush/roller during break or after the work is finished.

Step 1: Preparations

- Accurately calculate the required amount of paint:
- To calculate the surface area of a room multiply the height of each wall by its width and add all wall areas together;
- Multiply the height of each window and door by its width and add all window and door areas together;
- Subtract total window and door area from total wall area to get the square meters of the surface needing paint;
- After you have calculated your paint area you can always consult with a Kooyman paint expert for the quantity of paint needed.
- Identify what other materials you need; for this use the checklist at the end of this manual;
- Start with a clean surface. Dirt, oil and grime on a surface will prevent paint from adhering properly. A thorough cleaning is thus an important part of the preparation process. Cleaning and degreasing can be done with special formulated All Clean© from Kooyman. Remove old paint layers with paint removers or strippers.
- After degreasing and cleaning, we advise to sand the surface so the paint can stick well to the wall or ceiling. Always sand after cleaning so dirt and grease won't be sanded into the wall or ceiling. We advise to use a wall sealer/primer. Wall sealer/primer will cover marks, stains and repair work. Also wall sealer improves the adhesion of the new coat of paint and thereby the end result of your paint job.
- Chalking or powdery surfaces can best be treated with Aquafix© before painting. This will improve the adhesion of the new paint coat. Aquafix© can be found near the wallsealers/primers at Kooyman.
- Ensure good ventilation;
- Before painting:
- Cover all furniture with plastic foil;
- It would be better to remove smaller pieces of furniture;
- Move large and heavy furniture to the centre of the room;
- Cover All sections which do not require painting, such as boards, frames and doors with painter's tape and the whole floor with plastic foil if necessary;
- Disassemble sockets and switches and disconnect from the power;
- Assemble again after painting.



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Sheen level	Ideal Surface	Where to use it
Flat/Matt finish	Textured or smooth rooms, wall and ceilings	Living room, dining bedrooms, hallways
Eggshell finish	Textured or smooth walls, ceilings, trim, doors	Living rooms, dining rooms bedrooms, hallways, kids rooms, kitchens, baths
Satin/Pearl finish	Smooth walls, trim, doors	Living rooms, dining rooms kids rooms, hallways, kitchens, baths.
Semi-gloss finish	Smooth walls, trim, doors	Hallways, kitchens, baths
High-gloss finish	Trim, doors	Kitchens, baths

Step 2: The right brush/roller

Brush

Always choose a brush that matches the paint and the surface. Dip a new clean brush till the first half of the hairs in the paint. Then run it tightly along the can. Always dip the brush in the paint up to the first third in the paint when painting, this will prevent it from leaking. Apply the brush immediately after you have dipped it in paint, to the surface, Holding the brush between your fingers.

TIP: If using a new brush just rub it against a sandpaper to remove the loose brush hairs.



Roller

Choose the right roller for each paint job. A roller that is rounded on both sides is perfect for topcoats or smoother surfaces. There will be no stripes if the roller is round on both sides. A paint tray and a roster will make painting with a roller much easier. Fill the deep section of the tray with paint. Make sure that higher ribbed part is not covered with paint. Saturate the roller well with paint first and then roll it out along the ribbed part of the paint tray.

TIP: Do you want to keep the handle of the brush clean? Paste one corner of the paint can with paper tape and let the brush handle rest there, that way it won't get paint on it.



Step 3: Colors

By using certain colors on walls you can give an optical change to the space. Bright, cool colors such as light blue ensure a wider appearance of the space. Warm, light colors such as yellow will brighten up your house and give your walls a fresh touch. For larger spaces to show more warmth and a cozier appearance, paint the walls in warm, dark colors, such as brown or red-orange.

As for painting of the ceiling, a light color will make it seem higher. Dark colors will give the appearance of an optical reduction, especially in older homes with high ceilings. This optical reduction can also be emphasized if there is a border of this color painted on the wall.

TIP: If using a new roller, rinse it under water first to remove all the fluff so it won't come unto the wall when you are painting.



Kooyman offers:

- Quality brands like Kooyman-paint, Benjamin Moore and Global Professional Paint;
- More than 20.000 different colors;
- Color scan: With the new color scan it is possible to make color from virtually any material;
- Color chips in different sizes, you can find them in one of the color selections in store;
- Wide assortment of paint accessories;
- For all your paint jobs check the information on www.kooymanbv.com/paintexpert.

Step 4: Painting the ceiling

When painting, always start with the ceiling because there is a chance that the paint can drip and ruin an already painted wall. All sides and transitions should be painted with a flat brush. Do these first to ensure straight lines. After you have painted the sides and transitions proceed with the rest of the ceiling.

TIP: If you are painting over your head, paint will quite likely drip on your head or your body. To avoid this, put an old sponge around the handle of the brush. The sponge will absorb the paint and is easy to rinse afterwards.



Step 5: Painting the interior walls

Start painting the wall where the ceiling meets the wall or trim. Avoid brush marks and overlaps by maintaining a wet edge when you paint. Always paint from dry surfaces to wet surfaces. If you are using a latex paint, keep moving. Do not go back repeatedly into already painted areas. Once the edges have been cut in with paint, use a roller with an extension handle to paint the rest of the wall.

Paint the walls in "W" strokes with the roller. Then apply the paint in straight lines so to cover the space equally. If the ceiling has a different color than make sure you use painter's tape.

Step 6: Care for the brush/roller

When you start painting a room try to finish as soon as possible but if this is not the case than do the following: with a short break you can just leave the brush on the lid (upside down) or if it is for a long break, put the rollers and brushes in an plastic bag closed airtight.

If you have remaining paint and the can is at least half full, you can save your paint in the following way; Close the lid securely then hold the can upside down just so the edge fills up with paint. The can is sealed, this will prevent skinning. If the remaining paint in the can is less than half, then put the rest into a smaller can. Do the same as the above method.

