



Canada's **Building** Centre®

## Project Of The Month

# PAINT

Start your next paint project with TIMBER MART. Whether you're a beginner or an experienced painter, we are your source for paint supplies and expert advice.



## Where to start?

Start with a colour and a plan. But how? Think about what you like and dislike in other people's homes. When you visit a friend with deep coloured walls in their living room, do you compliment them on their bold choice or cringe at the thought of having something so dark on your own walls? Once you have an idea of what you like, it's easy to put together a personalized palette.



### Finding colour inspiration

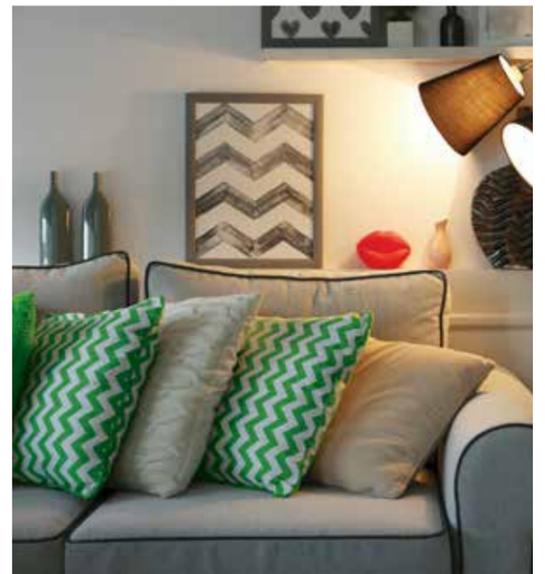
Discovering paint colour for your home is as easy as looking around you. Choose a specific colour in a throw pillow or in a piece of art or look to nature for infinite inspiration. Take your inspiration to TIMBER MART and see how our Paint Specialists can colour match for your perfect paint colour.



Make a statement with bold colour on every wall for a dramatic result.



If you like bold colour but not too much, try limiting your inspiration colour to an accent wall.



If you find bold colour hard to live with, perhaps limit it to accessories and go for a complementary neutral palette.

Once you have selected your paint colour and design direction, measure your room and our TIMBER MART Paint Specialists can help you calculate paint quantities for your particular paint project.

# What to know about:

## Paint rollers

Rollers are generally available in mini to 12-inch sizes. Mini rollers are good for painting trim and other small areas while large rollers will cover a large area fast.

For nap rollers, select the type of nap (fuzzy surface) that best suits your paint project. Roller nap is made from natural fibres (for oil based paint) or synthetic fibres (for latex paint). Next, consider the surface you are painting to determine the thickness of the nap:

**5mm** for smooth or fine surfaces, such as new walls, ceilings, wood doors, and trim

**10mm or 13mm** for smooth to light-textured walls, a good general purpose roller

**15mm** for most walls and medium rough surfaces, a good general purpose roller

**19mm** for rough surfaces, such as textured walls and ceilings

Foam rollers are ideal for smooth surfaces and latex paint (oil paints are generally too thick). Foam rollers apply paint in thin coats, leave fewer lap marks and work well with gloss or semi-gloss latex paints.



## Paint brushes

A good quality paint brush will hold more paint, distribute paint more evenly and last longer. The two main types of bristles are natural or synthetic. Natural brushes are recommended for oil based paints, synthetic brushes can be used with all paint types.

**Nylon** Ideal for water-based paint and most can also be used with oil-based paints.

**Nylon/polyester blend** Recommended for water based and oil based paint. Bristles vary in stiffness; softer bristles will produce a smoother finish

**Polyester** Can be used for water based or oil based paint and stain, as well as varnish, lacquer and shellac. Stiff bristles tend to leave brush strokes.

Paint brushes are available in various sizes and angles, each designed for specific purpose.

**1-inch** -straight or angled

Works well with corners, window sashes & sills, edging, trim, tight corners, fine detail work.

**2-inch** -straight or angled

Use for woodwork, trim, framework, moulding, corners.

**3-inch** -usually straight

Ideal for large flat surfaces like doors, stairs.

**4-inch** -usually straight

For very large surface coverage like ceilings, walls, floors.



## Paint finishes

When it's time to purchase paint, colour isn't the only thing to consider. Choosing the right interior paint finish will determine the final look of your room. With so many types of paint finishes to choose from, it's important to understand which finish works best for each paint project.

### Flat/Matte

Absorbs light and has the least amount of sheen. Dries quickly. Hides surface blemishes, uneven textures or any other imperfections. Perfect for new construction, drywall, ceilings and low-traffic areas like adult bedrooms and dining rooms.

### Eggshell

One of the more popular and versatile finishes. Has an elegant low sheen and smooth finish like an eggshell. Use in low to mid-traffic areas like hallways, living rooms, entryways and family rooms. More washable than flat or matte finishes, resists stains and scuffs.

### Satin

Has a soft, almost pearl-like sheen. Ideal for busy, high traffic areas and also works well in high moisture areas like kitchens, bathrooms, laundry rooms. Stands up exceptionally well to scrubbing and regular cleaning. Will show some imperfections in wall surface.

### Semi-Gloss

More reflective than satin with a smooth shiny sheen. High resistance to moisture. Works well in high humidity areas such as bathrooms, kitchens and laundry rooms as well as high-traffic spaces like doors and utility rooms. Very easy to clean but will show most surface blemishes.

### High-Gloss

Offers the highest level of reflection. Gives a glass-like finish that is ideal for doors, cabinets, moulding and trim. Surface is very hard, can be easily scrubbed and is resistant to abrasions. High gloss will show every underlying surface imperfection.

## A word about primer

Primers can be water based, oil based or shellac based and are your best bet to ensure a long-lasting, even paint job and to block stains and odours.

### Water Based Primer

Best for drywall, plaster and concrete surfaces.

### Oil Based Primer

Best for raw wood surfaces and MDF.



### Shellac Based Primer/Sealer

Best for rust stains, water stains, wood knots, sealing smoke damage and odours, glossy surfaces and greasy surfaces.



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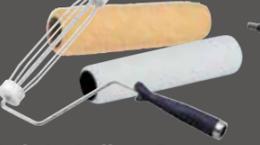
**LePAGE**

**Polyfilla Spackling** Fill holes, small cracks and other surface defects with LePage Polyfilla. A fast-drying, ready-mixed spackling compound that sands to a smooth, hard and dent resistant finish. A proven and trusted choice of DIYers. Available in assorted varieties and sizes.

# We have the tools to get the job done



**Paint Brush** Synthetic bristles are the best choice for latex paint. Choose from flat edge or angled sash edge and the width you are most comfortable with.



**Paint Roller & Frame** Available in assorted sizes. Our Paint Specialists can help you choose the correct roller for your paint project.



**Extension Pole** Telescoping. Roller attaches to threaded end. Saves having to bend down to fill paint roller with paint. Essential for high areas.



**Paint Tray & Liner** Choose a paint tray size that fits your roller. Disposable tray liner saves on clean-up time.



**Paint Edger** Paints a straight line above baseboards, below crown moulding, around window and door trim, etc.



**Sandpaper** After repairing wall with spackling, sand smooth with 120 or 150 grit sandpaper.



**cantech**

**Cantech Painter's Tape** An essential part of any painters' toolkit. Mask off wall trim, floors, windows and other objects. Painter's tape makes any painting job go smoother by helping you produce clean, sharp lines and professional results. Available in assorted widths.



**Putty Knife** Use for applying wall filler for a seamless finish. Use flat end to scrape off any excess. Available in assorted sizes.



**Painter's Caulk** For a neat job, caulk the gaps where door casings, baseboard, crown moulding and other trim meets wall surface.



**TSP** Tri Sodium Phosphate. All purpose heavy duty cleaner. Prepares surface for painting by removing wax and grease.



**Tack Cloth** A cloth treated with a tacky material for removing loose particles of dust, dirt and lint that would contaminate a wall surface.



**Painter's Rags** Use for paint overlaps, cleaning tools and general cleanup of painting projects.



**Drop Cloth** Keep drips from becoming disasters. Protects your furniture and floors.



**Paint Pail & Liner** An easy to carry container for smaller amounts of paint. Liner saves on clean-up time.



**Stir Sticks** Paint will eventually separate so be sure to stir when you start and every so often while painting.



**5 Gallon Paint Bucket** Use for mixing paint for large paint projects.



**Step Stool** For reaching high areas. Choose from a variety of styles.





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# So how much paint do I need?

Before you start your paint project, you need to estimate the amount of paint you'll use. Estimates require specific calculations for each surface you want to paint. First determine the square footage of your surface to be painted. Each different painting surface will need it's own calculation. For instance, measure square footage of walls for wall paint, measure square footage of ceiling for ceiling paint and measure square footage of trim for trim paint. To determine square footage, measure width and length, then multiply these two numbers together, the resulting number is square footage.

**Walls** Once you determine your wall square footage, subtract the square footage of any windows in your room. A 3.78L can of wall paint roughly covers 350 square feet so divide your square footage amount by 350 to find the number of cans of paint you need for your walls. Double the result if your walls require two coats. Other variables like wall texture, paint colour and consistency of paint can affect the quantity of paint.

**Ceilings** The calculation for ceilings is similar to the calculation for walls, divide the square footage of your ceiling by 350 to find the number of cans of ceiling paint. Double the result if your ceiling requires two coats. Your paint quantity will increase if you have a popcorn ceiling and increase again if your popcorn ceiling has never been painted.

**Doors & trim** Measure the length of door casings, crown moulding, baseboards and any other trim and multiply that number by 6 inches (6 inches is an approximate width). Add 20 square feet for each door that you want to paint. Double the result if your doors and trim require two coats.



PPG | How Much Paint Do I Need



VIDEO

Find out how much paint you need for your next project

## Having trouble with your calculations? We can help!

A TIMBER MART Paint Specialist can guide you through all the variables and help you calculate the quantity of paint needed for your project.

# Painting a ceiling

Giving your ceiling a fresh coat of paint is a great way to brighten up a room but it can also be a little tricky

- Painting a ceiling can be a messy project. Make sure everything below your work area is covered by putting down plenty of drop cloths.
- Use a roller telescoping extension pole. You can also use a step ladder but an extension pole allows you to freely move around.
- Use a stain blocking primer sealer to cover water stains and smoke stains prior to applying ceiling paint.
- Use ceiling paint with that doesn't splatter and dries slowly. A baseball cap is essential and safety glasses protect your eyes and let you watch your work without squinting.
- If you are only painting the ceiling, carefully cut in paint along the edge of the ceiling in sections before you start to roll. This allows you to cover most of the wet brush marks with the roller so the edges blend better. If you are planning on painting the wall also, cutting is not necessary. Instead, paint down the wall a little and this overlap will be covered by your wall paint.
- Feather out the paint where you can't keep a wet edge. A thinner, feathered edge will avoid paint buildup that causes visible lap marks.
- Roll on paint in 5 or 6 ft square sections. You'll get good coverage by immediately rerolling each section in different directions.

## Painting popcorn

A spray-on textured ceiling, also called popcorn, is painted slightly differently than a flat ceiling.



- Use a thick paint roller with a long nap
- If your popcorn ceiling hasn't been painted before, roll gently, don't excessively go back and forth with the roller and paint in one direction. Then gently roll another coat perpendicular to the first coat.
- It's difficult to paint the edge of a popcorn and taping doesn't work. To get a clean edge, knock off the texture close to the edge and use a utility knife to create a small groove in the ceiling. Now when you cut in with a brush along the top of the wall, the paintbrush bristles will slide into the groove, giving you a crisp paint line without getting paint on the ceiling. This line of missing texture will not be noticeable.



PPG | How To Paint A Ceiling In Your Home



VIDEO

Here's tips on how to paint your ceiling

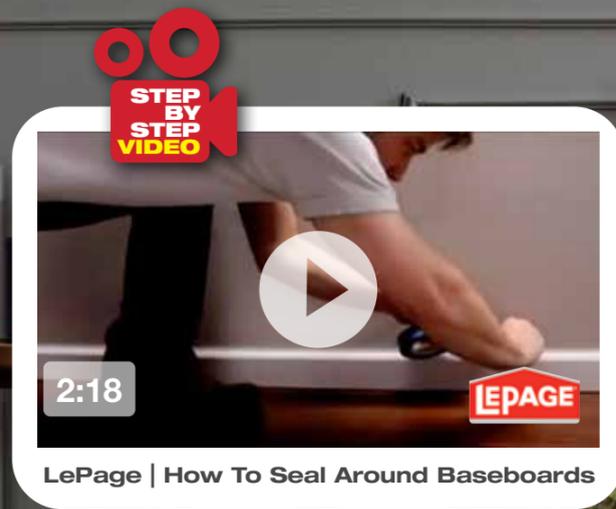
# Prep matters

## 9 simple steps to prepare a room to paint

- 1** Remove as much furniture as possible from the room.
- 2** Use drop cloths to cover the floor and any remaining furniture.
- 3** Remove any pictures, mirrors, window treatments, electric/light switch plates, registers and grills. Loosen ceiling plates of hanging light fixtures and cover the fixtures.
- 4** Fill nail holes, cracks, or any other surface imperfections with spackling and let dry completely.
- 5** Sand smooth dried spackling areas as well as any raised surface imperfections with fine sandpaper. Also sand glossy surfaces to ensure proper paint adhesion.
- 6** To remove sanding dust, vacuum wall surface and wipe down with a damp cloth and tack cloth.
- 7** Use TSP (trisodium phosphate) to remove greasy or waxy stains and let dry completely.
- 8** Use a primer/sealer on any water or oil stains to prevent "bleeding" through the finish coat.
- 9** Apply painter's tape to door casings, baseboard and ceiling to ensure a clean professional result.

## How to properly apply spackling compound

Start by cleaning and smoothing the area around the hole or crack. You won't be using a lot of compound so only put enough compound to fill the hole onto a putty knife. Place the putty knife at a 45 degree angle to the wall and spread the compound into the hole or crack in a smooth, feathering motion. Do this until the hole is completely filled. Scrape away excess compound and let the patch dry completely. Once dry, the surface of the patch may be slightly raised. Lightly sand with fine-grit sandpaper then wipe sanding dust from wall. Now you are ready for paint.



**VIDEO**  
How to fill the gaps and cracks around baseboards

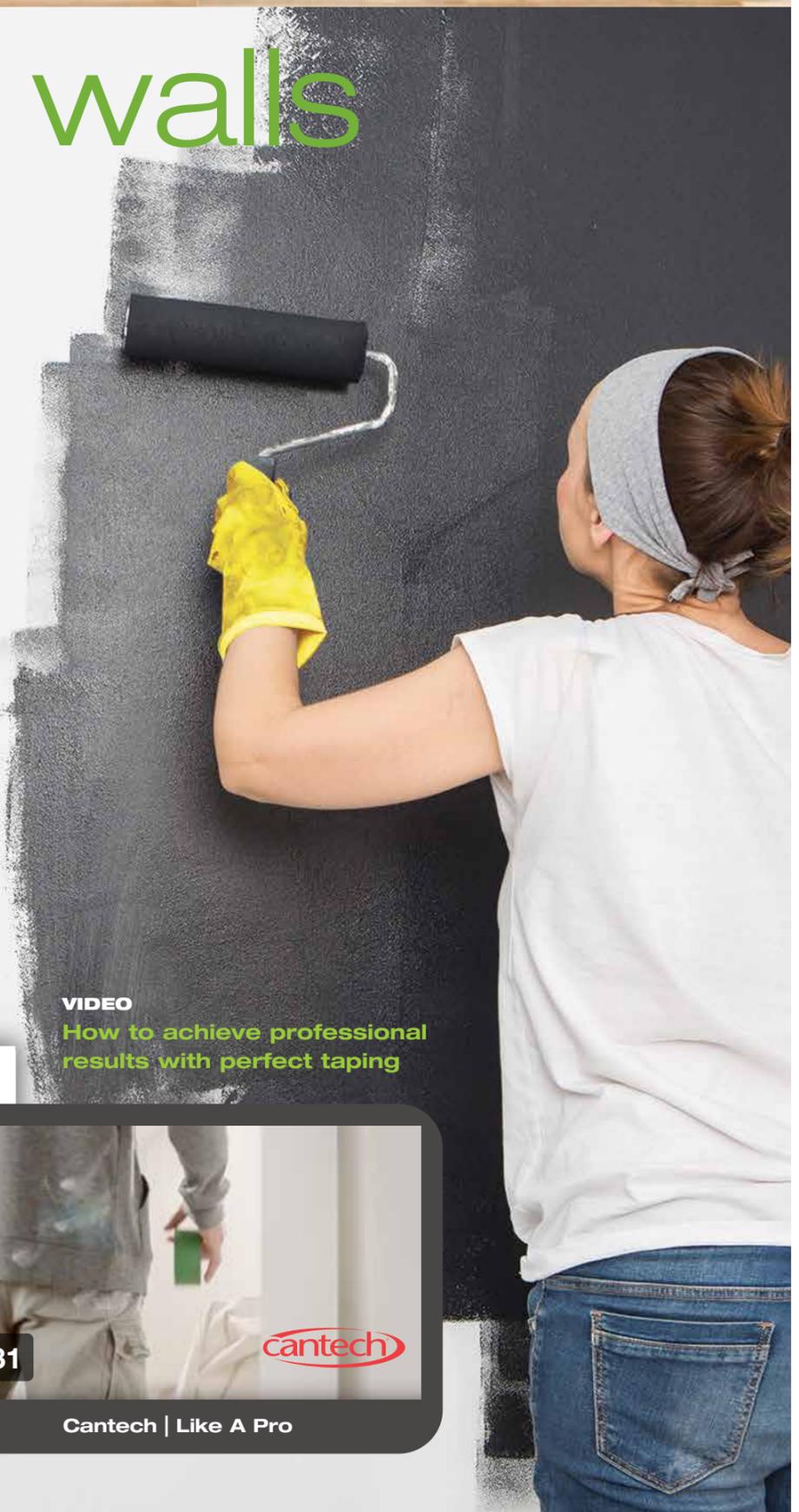
# Painting walls

Painting walls is not that difficult to do but it's important to prepare carefully and work efficiently for professional results.

- Determine what tools and supplies you need in advance. It's not always easy to run to the store with wet paint on the walls!
- Follow the 9 steps above to prepare a room for paint.
- If necessary, prime walls. A primer sealer is a must if you are covering difficult stains, painting unfinished drywall/wood/metal or if you are applying latex paint over oil paint.
- You can start applying primer/paint at the edge of the wall or you can start in the middle and leave the edging to the end.
- Edging: if you have a steady hand you can try "cutting" paint freehand with a brush. You can also use an Edger which is a square pad that slides along an edge or you can use "no bleed" masking tape.
- Begin painting: paint rollers are the ideal tool to cover a wall quickly and smoothly. Roll a wide "W" with the roller then go back and fill in the empty areas around that "W" before you need to fill the roller with paint again.
- Once you have finished painting a small section, check your work for lap lines, drips and runs, smooth out if necessary.
- Apply as many coats as necessary to completely cover the wall.

## Tips on painter's tape

- Even the stickiest masking tape won't stick to dirt and grease so start every masking job by cleaning the surface to be taped.
- After tape is applied, press down the edge to seal it, otherwise paint will bleed under the edge.
- To apply tape in corners, make the first piece of tape long and run it up the wall a bit. Press down into the corner with a putty knife then cut off excess with a sharp utility knife. The next piece of tape can sit on top and doesn't have to go all the way to the wall.



**VIDEO**  
How to achieve professional results with perfect taping



**VIDEO**  
Cantech | Like A Pro