Step 1: Rolling on   **Step 2:** Blending   **Step 3:** Covering
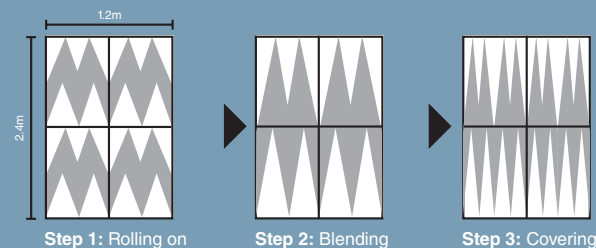
Illustration 2: Painting Walls

area aiming for a smooth, even paint coverage. The four areas should now be blended into one.

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.
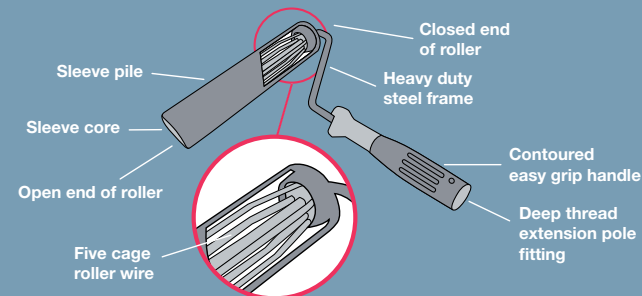
Painting Ceilings (See Illustration 3)

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.

Illustration 3: Painting Ceilings

Sleeve pile — Closed end of roller — Heavy duty steel frame — Sleeve core — Open end of roller — Contoured easy grip handle — Five cage roller wire — Deep thread extension pole fitting

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.

Handy Tips

Valuable Decorating Advice

- Always use a good quality roller sleeve. It 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 manufacturer's 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 (water-based paints and stains only).
- 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.

SELECTING

THE RIGHT ROLLER

YOUR COMPLETE KNOW HOW GUIDE

PAL
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Please Note:

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GETTING STARTED

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.

Selecting the Right Roller

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 dispersion 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® Masterflow® 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 overemphasised. 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.

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.

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

PlaceMakers Roller Sleeves

SURFACE TYPE	ROLLER SLEEVE FOR USE WITH	IDEAL FOR PAINTING THESE SURFACES	TYPE OF FINISH	ROLLER SIZES
Smooth	All Paints	Walls & ceilings	Flat	230mm
Medium	All Paints	Textured walls & ceilings	Flat	230mm
Rough	All Paints	Blocks, fences & rough work	Flat	230mm

Tools

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

Other Tools & Accessories

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

Preparation

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 plasterboard must be extremely smooth and even. Don't sand the paper area of plasterboard as it raises the grain of paper; just sand the plaster. A final light sanding with 220 or finer 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 and a wash with sugar soap for mould treatment is all that is needed.

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 manufacturer's 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 (See Illustrations 1 & 2)

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 plasterboard 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 an '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 3: Covering
Once you have painted the segments, roll the roller back and forth over the entire
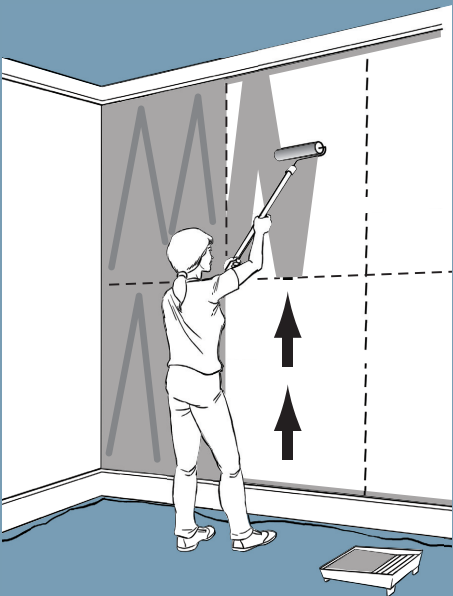

Illustration 1: Painting Walls