



**Defence
Homes**

Helpful Tips for Decorating Walls & Ceilings

Practical guidance for painting your home interiors.

Key

Preparation

- Clean walls and ceilings to remove dust, grease, and marks.
- Fill small holes or cracks and sand smooth.
- Mask light fittings, switches & sockets. Cover floors and furniture.
- Ensure surfaces are completely dry before painting.

Choosing Paint

- Vinyl Matt – ideal for walls and ceilings with a soft, modern finish.
- Vinyl Silk – great for high-traffic or high-moisture areas like kitchens or bathrooms.
- Stick to light, neutral colours for a fresh and clean look.
- Check the tin for suitability (walls vs. ceilings).

Painting Ceilings

- Start with ceilings before walls to avoid splatter.
- Use an extension pole for even coverage & safety.
- Apply light, even coats to prevent drips.
- Prime any water stains before painting.

Application

- Use good-quality brushes and rollers for a smoother finish.
- 'Cut in' edges first with a brush, then roll the main area.
- Keep a 'wet edge' to avoid streaks and visible roller lines.
- Apply two thin coats rather than one thick coat.

Drying & 2nd Coats

- Check the tin for recommended drying times (usually 2–4 hours).
- Allow full drying before applying the second coat.
- Inspect under natural and artificial light for missed spots.
- Touch up carefully if required after final drying.

Aftercare

- Avoid scrubbing freshly painted walls for at least 2 weeks.
- Wipe gently with a damp cloth for marks on vinyl matt or silk.
- Keep some leftover paint for future touch-ups.
- Label tins with room and colour for easy reference.

Safety

- Always use a sturdy ladder and avoid overreaching.
- Ensure good ventilation when painting.
- Store paint out of reach of children and pets.
- Adhere to storage guidance on the paint tin.
- Dispose of empty tins responsibly at local recycling centres.

Paint Specification Matrix

Room / Area	Recommended Finish	Reason for Choice
Ceilings (all rooms)	Matt	Flat finish reduces light reflection and hides imperfections; ceilings have no traffic.
Bedrooms	Vinyl Matt	Durable, soft look suitable for low-traffic areas; wipeable for minor marks.
Living Rooms	Vinyl Matt	Subtle, modern finish with durability for moderate traffic and easy cleaning.
Hallways and Corridors	Vinyl Silk	High-traffic areas; silk is more washable and resists scuffs and marks.
Stairwells	Vinyl Silk	Durability and washability for high-contact, high-traffic spaces.
Kitchens	Vinyl Silk	Moisture- and grease-resistant; withstands regular cleaning.
Bathrooms	Vinyl Silk	Better moisture resistance; withstands condensation and frequent cleaning.
Utility Rooms	Vinyl Silk	Durable and washable for heavy-use spaces.
Children's Playrooms	Vinyl Silk	High washability and durability for areas prone to marks and scuffs.
Feature Walls (optional)	Vinyl Matt	Low-sheen modern look while maintaining durability in accent areas.