



A summary of the presentation on  
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## Painting in Historic Homes

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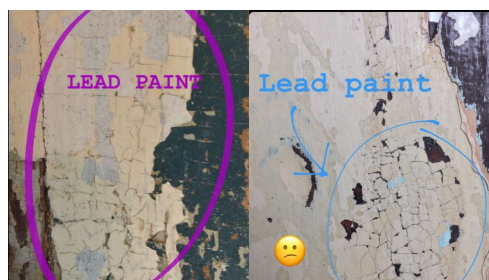
### Safe and Effective Paint Practices for Existing Buildings

Eco Friendly Practices for Painting in Historic Homes

#### Lead-based Paint

- Homes constructed before 1978 contain lead-based paint. Lead from paint, chips and dust can pose serious health hazards.
- Lead affects the body in many ways. It is important to know that even exposure to low levels of lead can severely harm children.
- Deteriorated lead-based paint (peeling, chipping, chalking, cracking, or damaged paint) is a hazard and needs immediate attention. Lead-based paint may also be a hazard when found on surfaces that children can chew or that get a lot of wear and tear, such as on:
  - Windows and window sills
  - Doors and door frames
  - Stairs, railings, banisters, and porches
- Lead-based paint is usually not a hazard if it is in good condition and if it is not on an impact or friction surface like a window.
- Lead dust can form when lead-based paint is scraped, sanded or heated.
- In preparing for renovation, repair, or painting (RRP) work in a pre-1978 home, presume that lead-based paint is present and use lead-safe work practices.
- Use EPA-recognized test kits to determine if lead-based paint is absent.

For more information about lead-based paint hazards in the home and safe work practices, visit [www.epa.gov/lead](http://www.epa.gov/lead).



Old lead-based paint often appears cracked and alligatored. Latex paints are more elastic and generally won't crack.

#### Lead Abatement Versus Lead RRP

##### Lead-Based Abatement

- Designed to permanently eliminate existing lead-based paint hazards
- Usually performed by order of state or local government in response to lead-poisoned child.

##### Renovation, Repair and Painting (RRP)

RRP projects are typically performed at the option of the property owner for aesthetic or other reasons, or as an interim control to minimize lead hazards. It is **NOT** designed to permanently eliminate lead-based paint hazards.

- Contain the work area.** The area must be contained so that dust and debris do not escape from the work area.
- Avoid renovations methods that generate large amounts of lead-contaminated dust** such as:
  - Open-flame burning or torching
  - Sanding, grinding, planing, needle gunning, or blasting with power tools and equipment not equipped with a shroud and HEPA vacuum attachment
  - Using a heat gun at temperatures greater than 1100° F
- Clean up thoroughly.** The work area should be cleaned up daily. When all the work is done, the area must be cleaned using special cleaning methods.
- Dispose of waste properly.** Collect and seal waste in a heavy duty bag or sheeting. When transported, ensure the waste is contained to prevent release of dust and debris.

To learn more about EPA requirements for RRP projects, visit [www.epa.gov/getlead safe](http://www.epa.gov/getlead safe).

#### RRP Products Recommended by NOLA Paint Girl

##### Paint on Encapsulant

- Instl-X Lead Block, Lead Encapsulating Coating
- Ecobond Lead Defender Pro, Lead Paint Sealant & Treatment

##### Lead Encapsulant Paint Stripper

- Peel Away 1
- Dumond Smart Strip Advanced Paint Remover

##### Paint Removal Equipment

- Speedheater Cobra (\$449)
- Speedheater Standard 1100 Kit (\$539)
- IR Paint Stripper (\$100)
- Paintshaver DIY Combo Kit (\$1,099)

## Volatile Organic Compounds

"Volatile organic chemicals (VOCs) are emitted as gases from certain solids or liquids. VOCs include a variety of chemicals, some of which may have short- and long-term adverse health effects. Concentrations of many VOCs are consistently higher indoors (up to ten times higher) than outdoors." -- Volatile Organic Compound's Impact on Indoor Air Quality, EPA

#### What are low VOC Paint standards?

Generally, a low VOC paint has less than 50 grams of VOC per liter for flat and non-flat sheen.

#### Why are VOCs dangerous?

VOCs are poisonous and can cause cancer. Moreover, they collide with the gases in the air when emitted, causing environmental damage.

#### How long do VOCs last after painting?

VOCs tend to dissipate fairly quickly from paint, lasting only 6 months or so after applications. However, they continue to emit gas slowly for years to come.

#### What is a safe level of VOCs?

According to experts, a level of 0.3 to 0.5 mg/m<sup>3</sup> is safe.

Examples of VOCs include formaldehyde, d-limonene, toluene, acetone, ethanol (ethyl alcohol), 2-propanol (isopropyl alcohol), and hexanal.

#### VOC Content Limit for Architectural Coatings

Flat coatings	100 grams VOC/liter
Non-flat coatings	150 grams VOC/liter
Non-flat, high gloss coatings	250 grams VOC/liter

## Paints & Tools

### Paints

All of the following products may be cleaned up with soap and water. Other manufacturers produce similar products. These are used by NOLA Paint Girl.

#### Benjamin Moore - Interior Products

- Fresh Start High-Hiding All Purpose Primer  
VOC Level: 44.0
- Advance Interior Paint - Satin  
VOC Level: 47.0
- Ultra Spec 500 Low Sheen Eggshell  
VOC Level: 0.0
- Door, Trim & Cabinet Enamel - Satin  
VOC Level: 19.00

#### Benjamin Moore - Exterior Products

- MoorGlo Soft Gloss Finish  
VOC Level: 50.0
- Regal Select Exterior High Build, Soft Gloss  
VPC Level: 50.0
- Ultra Spec EXT Satin  
VOC Level: 46

#### Romabio Masonry Paints

Neither acrylic or latex paints. Mineral based products that are derived from sustainable materials to create a natural, breathable coating. They are zero VOC and are toxin-free, odorless, do not contribute to asthma, and are hypoallergenic.

#### Linojefärg Allbäck Linseed Oil Paint

Made from Swedish, boiled degummed, filtered and sterilized linseed oil.

It is completely free of dangerous additives and is emissions tested.

## Tools

- Painters' caulk
- Smooth rod dripless caulk gun
- Foam backer rods for caulking wider cracks
- Foam sanding blocks
- Painters tape
- Spackling
- Plastic putty knives
- Dewalt orbital sander
- Vacmaster HEPA filtration shop vacuum
- IR Paint Stripper
- 3/8" nap professional paint rollers
- Foam cabinet and door rollers
- Wooster thin angle sash brushes
- Carbide scrapers
- Telescoping paint roller extension pole
- One quart hand held paint pale with disposable liners

Alway purchase a paint sample and apply large areas of paint in different lighting conditions within the room to check the color.



*Tools used by NOLA Paint Grlr*

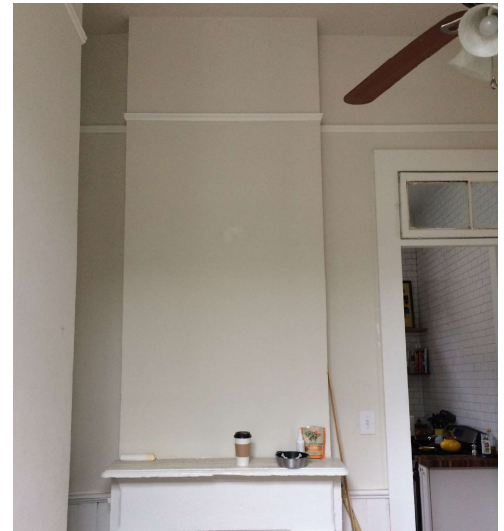
## NOLA Paint Grlr Projects



*Before*



*Before*



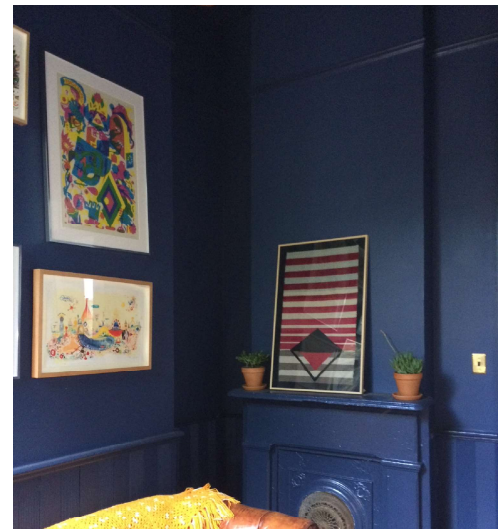
*Before*



*After*



*After*



*After*