

# How to Paint Linoleum Floors

## Tools & Materials Required

- TSP cleaner
- Fine to medium-grit sandpaper
- Paint rollers and brushes
- Floor primer
- Acrylic floor paint or epoxy coating
- Scrub brush
- Degreaser or wax stripper

## Step-by-Step Process for Painting

- **Check Your Floor:** I always start by looking at the floor's condition. Take time to check for cracks or waves. If you find big cracks or the floor feels unsteady, you might need new flooring instead of paint.
- **Clean Thoroughly:** First, I use TSP cleaner with a scrub brush to remove all dirt and grease. If the floor still looks shiny, I apply a degreaser. Then, I rinse it well and let it dry completely.
- **Sand the Surface:** Using medium-grit sandpaper, I sand every inch of the floor, including the corners. This helps the paint stick better. Make sure to clean up all the dust afterward.
- **Apply Primer:** I use a special floor primer and put it on with a roller. For tight spots, I use a brush. You might need more than one coat. Let it dry based on what the label says - this usually takes a few days.
- **Paint Time:** Roll on your chosen floor paint or epoxy coating. Use brushes for edges and corners. Wait a full week before moving heavy stuff back - this is really important for the paint to set properly.

Pro tip: I always check the floor at night with a flashlight to spot any dents I might have missed during the day.