

Best Products to Use in a Healthcare Facility Repaint Project



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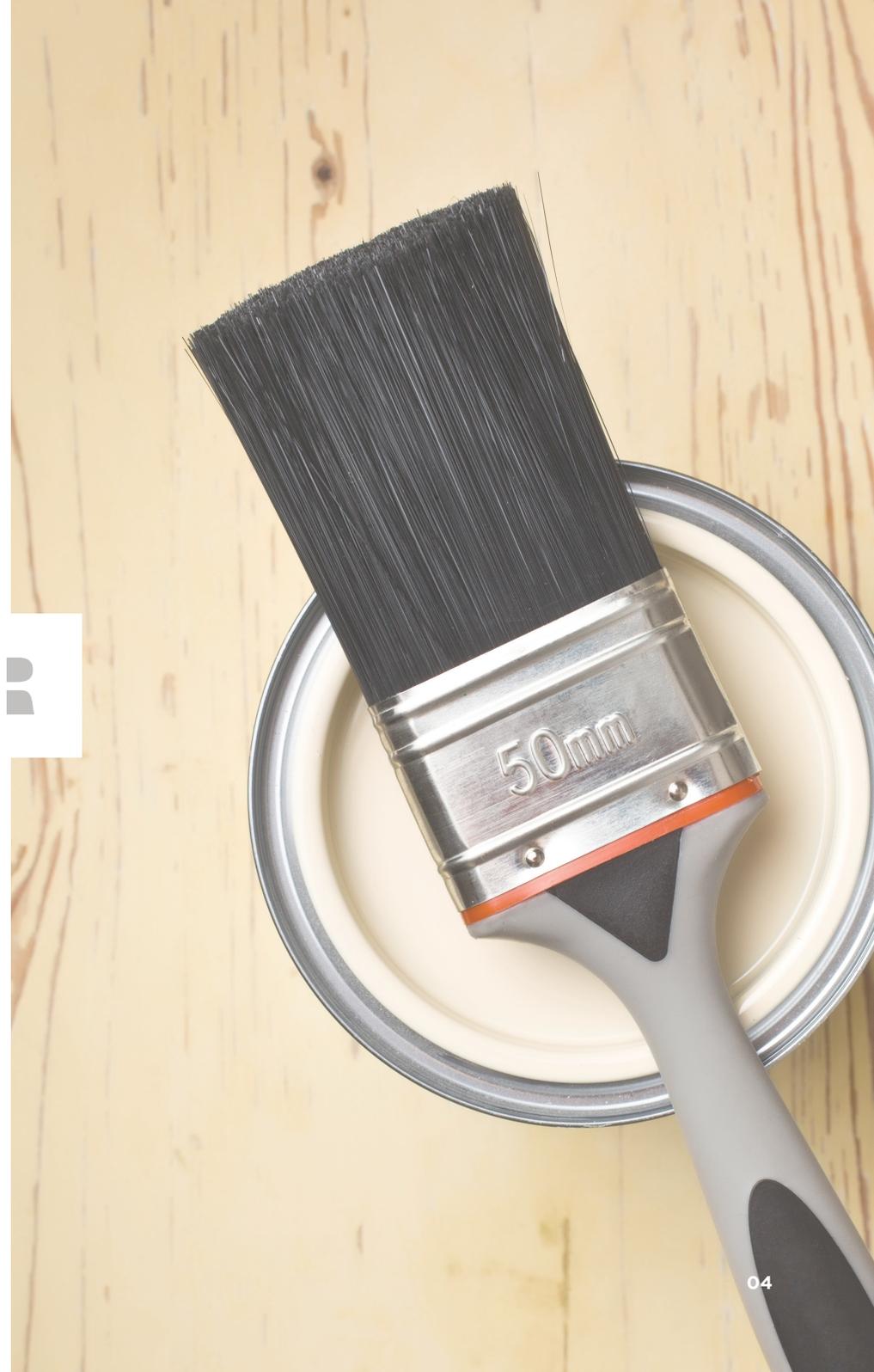
Introduction

Healthcare communities have a duty to provide a safe and nurturing environment for all staff, patients, and visitors. To provide the best care for their designated spaces, healthcare community managers should choose the best paint and other related products for small and large jobs. Paint has an impact not only on the look and style of healthcare communities, affecting the mood of people who walk in, but also the safety of staff and patients who are in these environments for the long-term.

When selecting the best products for a healthcare community repaint project, consider these factors to ensure your project is done to your satisfaction, completed on time and meets your needs now and in the future.

Types of Products to Consider in Healthcare Painting Projects

There are many products involved with healthcare painting projects, from the paints themselves to sealants designed to make spaces look put together.





Paints

There are two main kinds of paints: oil-based and water-based. Whether for indoor or outdoor use, decide which paints are appropriate for the needs of your healthcare facility.

Oil-based Paints

Oil-based paints consist of pigment and resin that reside in a solvent thinner. Oil-based paints are considered to be longer-lasting than water-based paints because they adhere to surfaces better. However, they take longer to dry compared to water-based paints.

Pros of oil-based paints:

- Tough yet smooth finish
- Blocks stains
- Less expensive

Water-based Paints

Water-based paints have water to act as a carrier and contain pigments. This type of paint includes latex paints that are known to dry more quickly than oil-based paints.

Pros of water-based paints:

- Faster dry times
- Easier cleanup
- Resistant to discoloration

Cons of water-based paints:

- Longer curing times
- More likely to shrink than oil-based paint

Paint Finishes

To complete the look of your healthcare community painting project, contemplate the finish you would like, from the most reflective sheens in gloss paint to the least in matte paint.

- Matte finish
- Eggshell and satin finish
- Semi-gloss and gloss finish

Paint Strippers

Paint strippers are needed when communities decide they no longer want old paint or finishes on their surfaces. When applied, paint strippers have compounds that will break down paint and loosen the hold it has on surfaces, making it easier to remove and clean the area.

Caulking & Sealants

Your choice of caulking or sealants is important, especially when painting trim, and window areas. These will need to work together with the paint to withstand exposure to the elements.

Pressure Washers

In order for the paint to adhere well to a surface, consider washing the area before painting, as dirt, grime or old paint will lead to uneven finishes. This is recommended for cases where communities want to paint over oil-based spaces with water-based paint. After washing the surface, painters can use sandpaper to clean and dull the area and then



Factors to Consider in Product Use

Safety

Paint poses a potential hazard because of its ingredients, which may lead to adverse health effects as a result of exposure. According to the U.S. Environmental Protection Agency, some paints may contain volatile organic compounds, defined as gas emissions from solids or liquids, that are known indoor air pollutants. In addition to paint, paint strippers and other solvents may also be a source of VOCs.

The EPA notes concentrations of VOCs can be up to 10 times higher indoors compared to outdoors. The concentration of VOCs can depend on several factors, including the overall ventilation of the community where products containing VOCs are stored or used.

Since exposure to VOCs can cause health issues like eye and respiratory tract irritation, headaches, nausea and other effects, safety should be a top priority in choosing products for healthcare painting projects.

To minimize exposure to chemicals, hire trained painting professionals who take the proper precautions to ensure they and anyone around the area being painted is protected. These health and safety procedures may include wearing personal protective equipment like masks and gloves to avoid exposure and painting staff taping off or posting signs in areas that are not ready for use.

Time Area is Out of Use

With any painting project, expect a certain amount of downtime in the area that was recently painted, from the time it takes to perform the painting and as the paint dries completely. This could affect places in which healthcare staff is expected to work as well as where residents are waiting to be seen, examined or recovering.

Account for the time it will take for the area to be out of use, depending on several factors, including:

Size of the painting project- Larger jobs, such as entire wings of a healthcare community, will naturally take longer to complete.

Type of paint - Some paints take longer to dry because of the ingredients in the product and the nature of these components. For example, latex paint dries from the outside in so latex paint takes a shorter time to dry.

Drying time - Paints that are oil-based take at least six to eight hours to dry. Latex paint takes less than half that time. One major paint manufacturer notes that most latex paints are dry to the touch within an hour and recoating can happen within four hours.

Curing time - While paint may be dry, it does not reach its maximum hardness until it fully cures - when all solvents evaporate, allowing the paint to harden.

Humidity - Places with high levels of humidity will cause paint to take longer to dry because of the moisture in the air.

Temperature - Cold temperatures increase the time it takes for paint to dry. Additionally, many paints need temperatures ranging between 35 degrees F and 50 degrees F or more in order to dry.

Durability and Quality of Paint

Healthcare communities have a unique set of challenges that could be aided with the right choice of paint. Durability is a big issue as paints must be able to resist damage in environments like hospitals and senior living communities.

Determine whether your paint needs to withstand these factors:

- High moisture environments
- Stains and liquids
- Severe weather changes
- Discoloration or fading over time
- Microbial growth
- Corrosion

Color of Paint

There is a long-held belief that color can affect the mood and this can impact how healthcare facility managers decide on paint color. Whether touching up small problem areas or covering entire floors of a medical building, color plays a large role in how staff and patients react to a healthcare environment. For example, some residents react more positively to brightness in color. However, it depends on the kind of space the area is designated for - a big-thinking point before determining paint color.

One director of color marketing for a major paint manufacturer told HEALTHCARE DESIGN Magazine that spaces in children's hospitals tend to have brighter colors where you want a high level of activity, such as playrooms. On the opposite end of the spectrum, avoid bold hues and select more muted tones for patient rooms. Placement of color in the room is also crucial. For example, it is recommended to put darker colors behind where residents are facing in a hospital or other healthcare communities so they are not staring at these colors throughout the day.

Furthermore, when choosing a color scheme, ensure it matches the types of finishes, textiles or building materials that are existing with the space or will be completely new. Whether you want a calming space or an area that stimulates the senses, your paint choices should coordinate with your overall designs.



Best Types of Painting Products to Use for Healthcare Settings and Why

Low-VOC or Zero-VOC Paint

To prevent VOCs from affecting the indoor air quality of your healthcare community, choose paints that have a minimal amount. The EPA notes that acrylic latex paints that are water-based have a lower level of VOCs than paints that are solvent-based. Zero-VOC paint is also ideal if you are painting large areas of a community or building, such as a hospital wing, to prevent other spaces from being affected by lingering odors.

Low-VOC paint manufacturers usually make their paints with no more than 50 grams per liter of VOCs. Despite its name, zero-VOC paint may still have a trace amount of VOCs. To be marked as zero-VOC paint, the product must have 5 grams per liter or less. However, adding color to this paint may push up the concentration of VOCs.

Benefits of low-VOC or zero-VOC paint:

- Lower emissions of VOCs
- Little odor
- Available in a wide range of colors





Non-toxic Paint

While paints may describe themselves as having low or no amounts of VOCs, they may still have solvents or additives that could cause negative health effects. This is one reason why some healthcare community managers may choose a paint that does not have solvents or additives included in its ingredients that may be harmful, such as formaldehyde. Non-toxic paint is a good choice for healthcare environments because it is less likely to cause reactions in staff or residents who may have sensitivities to particular substances or odors and it reduces the risk of exposure to hazardous chemicals.

Benefits of non-toxic paint:

- Good for people with chemical sensitivities like pregnant women and children
- Easy to clean up with water
- Low to no odor

Eco-friendly Paint

In addition to being conscious of the health implications of their paint choice, healthcare managers often consider the effect paint and other building materials have on the environment.

Some paints are better for the environment than others. For example, latex paint can be recycled, allowing facilities to dispose of their leftover paint in an environmentally-friendly way.

So-called “green” paint that is eco-conscious may also be made from everyday ingredients such as eggs that act as a natural binder and plant-based materials like pigments to provide color.

To find products that are eco-friendly, look for paint that has the Green Seal. Paint products that achieve Green Seal certification mean they have met standards of the Green Seal nonprofit organization whose goal is to lower the impact products, services and companies have on the environment or health of consumers. Green Seal paints have less than 50 grams per liter of VOCs.

Benefits of eco-friendly paint:

- Made from sustainable materials
- Reduces landfill waste and groundwater contaminants
- Low in VOC emissions

High-durability Paint

Healthcare buildings like hospitals and doctor's offices are typically high-traffic areas, making high-durability paint necessary to keep up. This type of paint includes oil-based paints that last longer than water-based paint. Though oil-based paint takes longer to dry than oil-based or latex-based paints, this and other high-durability paints are well worth it.

Benefits of high-durability paint:

- Many paints are waterproof
- Resistant to fading or yellowing
- Hard finish

With paint having a large impact on how staff and patients interact with their environments, keep these factors in mind before your next repaint project. From the type of paint and finishes to the colors of paint, your choices affect how your facility is perceived.

Since minimizing negative health effects of paint is a pain point for many healthcare managers, there are paint options that have to meet VOC regulations and have lower concentrations of VOCs to avoid exposing those who may be vulnerable to these chemicals. Additionally, consider the need for downtime in critical areas of the facility and how they can affect how operations are run.

Think ahead to how you want your space to be used and decide how your paint will play a role in this. You will need paint that is not only durable to years of wear but also resistant to factors that many medical buildings face like microbial growth.

With these considerations in mind, carefully decide on the best products to use in your healthcare building or community painting project before picking up the first brush.





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Conclusion

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