

# Foundations of Painting and Decorating



***This answer book will only be marked and certificated if this is completed by the learner AND prison staff***

## Learner Statement of Authenticity

By returning this answer book you are confirming that the work contained is entirely your work and does not include any work completed by anyone other than yourself. You also confirm that you have completed the assignment/portfolio in accordance with the instructions given by your establishment.

**Learner Prison No. in CAPITAL LETTERS**

--	--	--	--	--	--	--

**Prison:**

--

**Learner's Initials:**

--	--

**Date:**

--

## Establishment Confirmation of Authenticity

I confirm that the above-mentioned learner, to the best of my knowledge, is the sole author of this completed answer book.

**Staff Name:**

--

**Signed:**

--

**Date:**

--

## STAFF USE ONLY

Date Issued	Date Marked	Assessor Initials	Result	
			<input type="checkbox"/>	<input type="checkbox"/>
			PASS	REFER

## Contents

How it Works .....	3
Episode Guide .....	4
Learning Outcomes.....	5
Knowledge Check .....	6
Learning Evaluation .....	23
Distance Travelled .....	23
Course Feedback .....	25

## How it works

### Welcome to your Way2Learn course.

This course is designed to enable access to education for all – whether in-cell or in your establishment's education facility.



To complete this course, you will need to watch all of the episodes. Times for each episode are provided on the next page.



You can request a copy of the episode transcript from your Distance Learning Coordinator or Learning and Skills Manager if you need to revisit any of the information.



If you have any difficulties in completing this course, please speak to a suitable peer mentor or member of staff for some help.



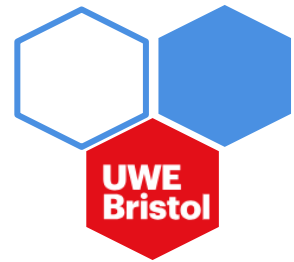
Once completed, return your answer book to the appropriate member of staff. After it has been received, it can take up to 3 weeks to be assessed and issued a certificate.



You can ask a member of staff for a copy of our policies and practices for further details.

## Episode Guide

# Foundations of Painting and Decorating



Content Guide	Mon/Wed	Tue/Thurs	Saturday
<b>Ep 1:</b> This episode establishes the foundational attitudes required for a career in decorating, moving beyond basic skills to professional responsibility.	07:35AM – 08:00AM	07:35AM – 08:00AM	12:35PM – 01:00PM  6:35 – 7:00PM
<b>Ep 2:</b> This episode emphasises the "80/20 rule" of the trade: that most of the decorator's time is spent preparing surfaces, not painting them. It walks the learner through the sequence of creating a chemically clean, smooth, and stable surface, explaining why paint fails if these steps are ignored.	07:35AM – 08:00AM	07:35AM – 08:00AM	12:35PM – 01:00PM  6:35 – 7:00PM
<b>Ep 3:</b> Moving on to the actual painting, this episode breaks down the mechanics of tool control for both brushes and rollers. It corrects common amateur mistakes and introduces specific industry techniques that ensure an even, professional finish on both walls and woodwork.	07:35AM – 08:00AM	07:35AM – 08:00AM	12:35PM – 01:00PM  6:35 – 7:00PM
<b>Ep 4:</b> The final episode focuses on the longevity of tools and the decorator's environmental responsibility. It teaches cost-saving maintenance habits and ethical waste disposal, before concluding with a motivational overview of the career trajectory within the UK construction industry.	07:35AM – 08:00AM	07:35AM – 08:00AM	12:35PM – 01:00PM  6:35 – 7:00PM

## Learning Outcomes



- 1. The Professional Mindset & Site Safety** Understand essential site safety practices, including correct PPE use, COSHH symbol awareness, and safe ventilation rules to prevent fume exposure and workplace accidents.
- 2. Preparation is Everything:** Learn the correct surface preparation process, from washing and filling cracks to sanding smoothly for a flawless base ready for painting.
- 3. The Art of Application:** Develop professional painting technique by improving cutting-in control, achieving even roller coverage, and creating clean finishes using laying off and wet-edge methods.
- 4. Cleanup, Care & Career Paths:** Learn how to maintain tools efficiently, follow responsible waste disposal practices, and understand the pathway for career progression in the trade.

## Starting Out

Consider the learning outcomes above.

On a scale of 1 -10, how would you rate your knowledge of **'Painting and Decorating'** before starting this course?

*(Please tick the appropriate box)*

1	2	3	4	5	6	7	8	9	10
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



Low

High

At the end of this course, you will have the opportunity to rate your knowledge once more.

## Knowledge Check

To pass this course you will need to correctly answer **80%** of the questions.  
This equates to 25 correct answers out of 32 the marks available.



### Episode 1

#### Question 1

**According to the video, what does the term 'Whites' refer to in the trade?**

*(Please tick the appropriate box)*

<b>A</b>	The white spirit used for cleaning oil-based brushes	
<b>B</b>	The primer coat applied to bare wood	
<b>C</b>	The overalls used to protect skin from chemicals and dust	
<b>D</b>	The dust sheets used to cover furniture	

#### Question 2

**True or False: If a paint tin is open in a small room, it is acceptable to keep the window closed if you are wearing a dust mask.**

*(Please tick the appropriate box)*

<b>A</b>	True	
<b>B</b>	False	

### Question 3

---

**When inspecting a paint tin label, what does the COSHH acronym stand for?**

*(Please tick the appropriate box)*

<b>A</b>	Control of Substances Hazardous to Health	
<b>B</b>	Careful Operation of Solvents and Hazardous Home-chemicals	
<b>C</b>	Construction Operations Safety and Health Handbook	
<b>D</b>	Chemical Oversight for Safe Handling and Health	

### Question 4

---

**Why is a 'clean site' described as a 'safe site'?**

*(Please tick the appropriate box)*

<b>A</b>	Because clients are more likely to pay faster	
<b>B</b>	Because dust affects the paint finish	
<b>C</b>	Because the most common accidents are slips and trips caused by mess	
<b>D</b>	Because it stops tools from getting lost	

### Question 5

---

Which item of PPE is specifically highlighted as essential because "heavy things fall" on a construction site?

*(Please tick the appropriate box)*

A	Hard hat	
B	Steel-toe boots	
C	High-visibility vest	
D	Heavy-duty gloves	

### Question 6

---

True or False: Taping down the corners of a dust sheet is primarily done to stop the sheet from blowing away.

*(Please tick the appropriate box)*

A	True	
B	False	



## Question 7

In the context of the "Silent Killer," what is the primary danger associated with working with oil-based gloss in a confined space?

*(Please tick the appropriate box)*

A	Spilling the paint on the floor	
B	The paint drying too quickly	
C	The fumes (VOCs) knocking you out	
D	Skin irritation from splashes	

## Episode 2

## Question 1

According to the "80/20" rule mentioned in the video, how should your time be divided on a 5-day job?

*(Please tick the appropriate box)*

A	1 day prep, 4 days painting	
B	2.5 days prep, 2.5 days painting	
C	4 days prep, 1 day painting	
D	Prep should be done as you go along	

## Question 2

---

**Why must you use sugar soap before sanding or painting a wall?**

*(Please tick the appropriate box)*

<b>A</b>	To make the room smell fresh	
<b>B</b>	To chemically strip away grease that stops paint sticking	
<b>C</b>	To fill in hairline cracks	
<b>D</b>	To bleach the wall white so fewer coats are needed	

## Question 3

---

**True or False: When filling a deep hole, you should fill it flush (flat) with the wall surface immediately.**

*(Please tick the appropriate box)*

<b>A</b>	True	
<b>B</b>	False	

#### Question 4

---

**Why do we rake out a crack before filling it?**

*(Please tick the appropriate box)*

<b>A</b>	To remove loose debris and make the gap wider for the filler	
<b>B</b>	To check if there are electrical cables behind it	
<b>C</b>	To make the crack smaller so less filler is used	
<b>D</b>	To test if the plaster is dry	

#### Question 5

---

**When sanding a flat wall, why must you use a sanding block rather than just holding paper in your hand?**

*(Please tick the appropriate box)*

<b>A</b>	It makes the sandpaper last longer	
<b>B</b>	It prevents your fingers from digging grooves into the plaster	
<b>C</b>	It is faster to change the paper	
<b>D</b>	It stops dust getting on your hands	

## Question 6

---

**Which grade of sandpaper is recommended for standard walls and filler?**

*(Please tick the appropriate box)*

<b>A</b>	40-grade (Very Rough)	
<b>B</b>	80-grade (Rough)	
<b>C</b>	120-grade (Medium/Fine)	
<b>D</b>	240-grade (Very Fine)	

## Question 7

---

**What is the "Finger Test" used for?**

*(Please tick the appropriate box)*

<b>A</b>	Checking if the paint is dry	
<b>B</b>	Checking if the filler has shrunk	
<b>C</b>	Feeling for bumps and imperfections that the eye misses	
<b>D</b>	Testing if the wall has too much moisture	

## Episode 3

### Question 1

What is the primary purpose of "Cutting In"?

*(Please tick the appropriate box)*

A	To test the colour of the paint	
B	To create a "picture frame" around the edges where the roller can't reach	
C	To use up leftover paint in the tray	
D	To seal the masking tape	

### Question 2

When rolling a wall, what does a loud, sticky, tearing sound indicate?

*(Please tick the appropriate box)*

A	You are rolling too fast	
B	The roller sleeve is too dry and pulling paint off the wall	
C	The paint is too thick	
D	The roller sleeve is brand new	

### Question 3

---

**True or False: To ensure even coverage with a roller, you should apply paint in vertical straight lines only, starting from the bottom.**

*(Please tick the appropriate box)*

<b>A</b>	True	
<b>B</b>	False	

### Question 4

---

**What is the technique called "Laying Off" used for on woodwork?**

*(Please tick the appropriate box)*

<b>A</b>	Removing excess paint from the brush	
<b>B</b>	Gently brushing vertically to remove brush marks and smooth the finish	
<b>C</b>	Sanding between coats	
<b>D</b>	Applying the primer coat	

### Question 5

---

How should you hold a brush for maximum control when cutting in?

*(Please tick the appropriate box)*

A	Like a hammer	
B	Like a tennis racket	
C	Like a pencil	
D	With two hands	

### Question 6

---

What is a "Wet Edge" and why is it important?

*(Please tick the appropriate box)*

A	It is the edge of the paint tin; keeping it wet stops the lid sticking	
B	It is the overlap of fresh paint onto wet paint to prevent "tram lines."	
C	It is dipping the brush in water before painting to make the paint go further	
D	It is washing the wall immediately before rolling	

### Question 7

---

**True or False: If the paint tin says, "Re-coat in 4 hours," you can paint sooner if the wall feels dry to the touch.**

*(Please tick the appropriate box)*

<b>A</b>	True	
<b>B</b>	False	

## Episode 4

### Question 1

---

**Why is it important to clean the "heel" of the paintbrush?**

*(Please tick the appropriate box)*

<b>A</b>	It is the only part that touches the wall	
<b>B</b>	If paint dries there, the bristles splay outwards and ruin the brush shape	
<b>C</b>	It prevents the metal from rusting	
<b>D</b>	It makes the handle easier to grip	



## Question 2

---

What is the "Overnight Trick" for storing a wet roller sleeve?

*(Please tick the appropriate box)*

A	Leave it in the paint tray covered with a newspaper	
B	Wash it out completely and dry it with a heater	
C	Wrap the head airtight in a plastic bag or cling film	
D	Leave it in a bucket of water	

## Question 3

---

What is the correct way to seal a paint tin to prevent a skin forming?

*(Please tick the appropriate box)*

A	Hammer the lid directly in the centre	
B	Place a block of wood across the lid and hammer the wood gently	
C	Press the lid down with your thumb only	
D	Leave the lid slightly open to let the paint breathe	

#### Question 4

---

**True or False: It is acceptable to pour small amounts of water-based emulsion down a sink if you run the tap for a long time.**

*(Please tick the appropriate box)*

<b>A</b>	True	
<b>B</b>	False	

#### Question 5

---

**Why should you store a brush in its cardboard "keeper"?**

*(Please tick the appropriate box)*

<b>A</b>	To keep the brand name visible	
<b>B</b>	To stop the brush getting dusty	
<b>C</b>	To force the bristles back into a sharp shape as they dry	
<b>D</b>	To prevent the metal ferrule from scratching other tools	

### Question 6

---

In the career path described, what is the level typically reached after being an Apprentice/Trainee but before being Self-Employed?

*(Please tick the appropriate box)*

A	Site Manager	
B	Journeyman	
C	Labourer	
D	Foreman	

### Question 7

---

True or False: A brush used for oil-based gloss can be cleaned effectively with warm soapy water.

*(Please tick the appropriate box)*

A	True	
B	False	

## Workplace Scenarios

### Question 1 (Episode 2)

#### Scenario: The Peeling Kitchen

You are called to a job in a kitchen where the homeowner tried to paint over a greasy wall near the cooker, and the new paint has started flaking off after just two weeks. They want you to fix it.

**Using the knowledge from Episode 2, explain step-by-step how you would rectify this issue to ensure the new paint sticks permanently.**

**Word Count:** 50-100 words, (2 marks available)


### Question 2 (Episode 2)

### Scenario: The Door Frame Finish

You are painting a door frame with satinwood (an oil-based paint). You notice that your finish has heavy brush marks and ridges.

**Explain what technique you likely failed to use, how you should perform it correctly, and why 'gravity' helps the final finish.**

**Word Count:** 50-100 words, (2 marks available)

[illegible]

## Learning Evaluation

You must comment on the three most important things you have learnt and complete distance travelled.

1.....

.....

.....

2.....

.....

.....

3.....

.....

.....

## Distance Travelled

Now that you have completed this course, on a scale of 1 -10, how would you rate your knowledge of Painting and Decorating?

*(Please tick the appropriate box)*

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

←-----→

Low High

## End of Knowledge Check

## Course Feedback – Foundations of Painting and Decorating

**TO QUALIFY FOR A MUG OR WATER BOTTLE YOU MUST COMPLETE IN FULL, THE LEARNING EVALUATION. THIS IS A VOLUNTARY SUBMISSION. IF YOU DO NOT COMPLETE THIS YOUR WORKBOOK WILL STILL BE MARKED AND CERTIFICATED, BUT YOU WILL NOT BE ELIGIBLE FOR ANY OF OUR INCENTIVISED GIFTS.**

Please clearly write your full name here:

We value your feedback. Please rate each aspect on the scale below:

**1. The quality, style, and tone of the videos.**

1      2      3      4      5      6      7      8      9      10

--	--	--	--	--	--	--	--	--	--

Low

High

**2. The clarity of the answer book.**

1      2      3      4      5      6      7      8      9      10

--	--	--	--	--	--	--	--	--	--

Low

High

**3. Your enjoyment of this course.**

1      2      3      4      5      6      7      8      9      10

--	--	--	--	--	--	--	--	--	--

Low

High

Please tell us what you enjoyed most about this course

---

---

---

---

Please give us one suggestion to improve this course

---

---

---