

Resene TradeLines

November 2003



“Time to get going on all those jobs that you promised you’d have done by Xmas... after all you’ve got less than two months left before the summer holiday season kicks in to slow down the motivation. Since the weather is hotting up, we thought we’d match the temp outside with a hot Concrete Primer special, hot new Fireguard, Lustacryl and Enamacryl formulations and some great skin saving advice for you to see you through the month. Keep safe!”

Good Deals

Extra special Special

New Resene Concrete Primer hit the Resene ColorShop shelves not so long ago. With all the spring painting season frenzy we know many of you are probably still trying to find time to try out this new product. So just to give you a little extra incentive we’re offering a hot launch special on 10L of Concrete Primer. For November only a 10L bucket will cost you just \$65 inc GST - make the most of this special deal cos it ain’t gonna last at this price.



Resene Concrete Primer is purpose built for interior and exterior cementitious surfaces where you might previously have used Quick Dry or Smooth Surface Sealer. For porous, powdery or extremely well weathered cementitious surfaces or cementitious surfaces prone to salt staining use Resene Sureseal; for fresh plaster use Limelock, for all other cementitious surfaces grab your handy bucket of Concrete Primer at this hot price and get the best product for the job at the best price.

On Fire

Talking about products hitting the shelf, new formula Resene Fireguard is another hot new product that has joined the shelves. Designed to do the same job as the old Fireguard but in one less coat, this new formula is bound to be a winner - after all, the same performance with one less coat is always going to be popular. Plus, as an added bonus you’ll find the coats you do have to put on are easier to apply as well. Check out new Data Sheet D39 for more info.



Wetter Ones

By popular demand, Resene Lustacryl and Resene Enamacryl have been tweaked to improve their wet edge, which means you get two benefits for one tweak - you’ll find it easier to get a good finish because of the longer open time plus you won’t need as much Hot Weather Thinner. Of course, when it gets to the real hot summer weather you’ll still need to add in Hot Weather Thinner to help the paint keep its cool (after all a tweak can only do so much)... the rest of the time you’ll generally find you can manage without it. Look for the new formula logo on packs.

A Layman’s Guide to Exercise & Diet

With the Xmas party season due to kick off towards the end of the month... let alone the December party schedule, here’s a little gem to alleviate any guilt in advance.

Everything you wanted to know about exercise and diets but were afraid to ask... explained in layman’s terms...

Q: I’ve heard that cardiovascular exercise can prolong life. Is this true?

A: Your heart is only good for so many beats, and that’s it. Don’t waste it on exercise. Everything wears out eventually. Speeding up your heart will not make you live longer; that’s like saying you can extend the life of your car by driving it faster. Want to live longer? Take a nap.

Q: Should I cut down on meat and eat more fruits and vegetables?

A: You must grasp logistical efficiencies. What does a cow eat? Hay and corn. And what are these - Vegetables. So a steak is nothing more than an efficient mechanism of delivering vegetables to your system. Need grain, eat chicken. Beef is also a good source of field grass (green leafy vegetable). And a pork chop can give you 100% of your recommended daily allowance of vegetable slop.

Q: How can I calculate my body/fat ratio?

A: Well, if you have a body, and you have body fat, your ratio is one to one. If you have two bodies, your ratio is two to one, etc.

Q: What are some of the advantages of participating in a regular exercise programme?

A: Can’t think of a single one, sorry. My philosophy is: No Pain...Good.

Q: Aren’t fried foods bad for you?

A: You’re not listening. Foods are fried these days in vegetable oil. In fact, they’re permeated in it. How could getting more vegetables be bad for you?

Q: Will sit-ups help prevent me from getting a little soft around the middle?

A: Definitely not! When you exercise a muscle, it gets bigger. You should only be doing sit-ups if you want a bigger stomach.

Q: Is chocolate bad for me?

A: Are you crazy? Hello..... Cocoa beans... Another vegetable!!! It’s the best feel good food around!

Well, I hope this has cleared up any misconceptions you may have had about food and diets. Have a cookie...flour is a veggie!



the Eneser news the professionals use

Tips 'n Tricks

Touchy Stuff

With summer coming up, avoiding skin disease will become a popular theme for suntan lotion and Cancer Society commercials. Resene is also doing its bit to help the cause by offering a free pot of suntan lotion to professional painters - all you need to do is ask your ColorShop or rep for a pot... and then make sure you actually use it!!

Of course, being in the painting trade, the sun is only one cause of skin damage that you are likely to encounter... so apart from liberally slapping on the suntan lotion make sure you also minimise the other hazards.

There are three main ways solvents enter your body:

- Inhalation
- Ingestion
- Absorption

Ventilation and proper use of respiratory protection can protect you from inhalation and breathing of solvents and other volatile chemicals. Add to this good personal hygiene such as thoroughly washing your hands after you finish painting and before you start eating to prevent ingestion of any materials that may have come into contact with your hands and you'll be pretty well protected from the inhalation and ingestion hazards, which just leaves you the absorption hazard to tackle.

Absorption occurs through the skin, the largest organ of the human body and is very, very commonly associated with work related illnesses. With skin being our protective layer between our insides and the environment, it's not surprising that there are lots of causes of skin disease such as damage from friction and impact; sunlight, heat and cold radiation; contact with plant poisons and biological agents; and contact with chemical compounds.

Of these, chemical compounds are the major cause of skin disease and associated negative health effects for painters. As with most things, what affects one person does not affect another, so don't be tricked into thinking that just because a substance doesn't harm you that it won't harm a fellow co-worker or vice versa. Sensitivity to chemicals depends on gender, skin type, weather, existing skin conditions, chemical concentration, length of exposure and the list goes on... in short a myriad of conditions combine together to determine your sensitivity. Sensitivity of an individual will also vary over time - if for example you have sunburnt arms you are likely to be more sensitive to chemical exposure than you may be normally.

The effects of chemical exposure on skin can generally be classed as either irritation and/or sensitisation.

For most, irritation, if it is going to occur, will occur quickly after exposure and show itself as cracking, redness and/or itching of the skin. Even very mild reddening means irritation has occurred so don't be fooled into thinking that you are bulletproof just because your skin doesn't break out in huge Resene Hot Chile coloured blotches. Common materials found in the painting game such as turpentine can cause severe reddening and even blisters on prolonged exposure. Plus there are numerous other materials that have equally hazardous or even worse effects.

Sensitisation is quite a different process and is more akin to an allergic reaction to the material... however this allergic reaction will generally occur over time rather than be an immediate response to exposure. In short, the first time you use the material you may find there is no effect. This can lull you into a false sense of security leading you to believe the protective equipment suggested isn't required. The trouble is over time your body can become sensitised to the material

without you realising until eventually any time you go near the material you will experience an allergic reaction. The allergic reaction can be a simple case of swelling or redness or in the worse case result in a trip to the emergency department for treatment for a severe asthmatic reaction or difficulty breathing due to a swollen throat. No matter how severe the allergic reaction, it isn't pleasant.

Particularly aggressive materials can penetrate the skin and circulate through your blood stream to your vital organs such as your brain and liver. Damage of this nature is unfortunately irreversible, so the only solution is to take care this never happens in the first place.

Organic solvents can remove protective oils from the skin, drying it out and causing burns, cracking, itching, and lots of other nasty effects, not to mention dermatitis - it also reduces the skin's defence against bacteria and the like making it prone to new bugs. Dermatitis is a common bugbear among painters, particularly on hands and forearms that have been washed in organic solvents to clean off paint... so whatever you do, don't do this!

In short, exposure to solvents is a pretty nasty business and one you'd be well advised to take seriously - take the time to avoid exposure now and save yourself time, pain, discomfort and frustration later. Protecting yourself is as easy as wearing the right protective clothing including gloves, making sure you wash your hands regularly when taking breaks and finishing for the day and never underestimating the hazard of a material.

After all, your hands are an important part of your business and are well worth investing some time into to ensure they are preserved for the long haul.

More news in December!

Eneser 
Buckettt

Eneser Buckettt, Editor.

I BOUGHT SOME GLOVES
TO PROTECT OUR SKIN
BUT I'M NOT ENTIRELY SURE
EITHER ARE QUITE RIGHT...



Painting with
Eneser Buckettt
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