



Architectural Coatings

GLIDDEN® *Grab-N-Go* Interior Flat Ceiling Paint**GENERAL DESCRIPTION**

*Glidden Grab-N-Go* Ceiling Paint is ideal for use on properly prepared interior ceilings. Use on properly prepared new or previously painted drywall, plaster, masonry, and wood surfaces.

**RECOMMENDED SUBSTRATES**

Concrete/Masonry  
Gypsum Wallboard-Drywall  
Plaster  
Wood

**FEATURES / BENEFITS**

Excellent Hide  
Spatter Resistant  
Uniform Flat Finish - Minimizes Surface Imperfections

**CONFORMANCE STANDARDS**

VOC compliant in all regulated areas

**TINTING AND BASE INFORMATION**

2070T                      White

Ready-Mixed Paint, DO NOT TINT.

**PACKAGING**

Quart (946 mL)  
1-Gallon (3.78 L)  
5-Gallon (18.9 L)

**PRODUCT DATA**

**PRODUCT TYPE:** Vinyl Acrylic Latex  
**SHEEN:** Flat  
**VOLUME SOLIDS:** 22% +/- 2%  
**WEIGHT SOLIDS:** 33% +/- 2%  
**WEIGHT/GALLON:** 10.6 lbs. (4.8 kg) +/- 0.2 lbs. (91 g)  
**VOC:** <0 g/L (0.0 lbs./gal.)

**COVERAGE:** One gallon (3.78 Liters) covers approximately 300 - 400 sq. ft. (28-37 sq. meters) per U.S. gallon (3.78 L) on primed, smooth non-porous surfaces.

Wet Film Thickness: 4.0 - 5.3 mils  
Wet Microns: 102 - 135  
Dry Film Thickness: 0.9 - 1.2 mils  
Dry Microns: 23 - 31

Coverage figures do not include loss due to surface irregularities and porosity or material loss due to application method or mixing. Some colors, drastic color changes, or porous substrates may require more than one coat to achieve a uniform finish.

**DRYING TIME:** Dry time @77°F (25°C) & 50% relative humidity.  
To Touch: 30-60 minutes  
To Recoat: 4 hours  
To Full Cure: 30 days

Drying times listed may vary depending on temperature, humidity, film build, color, and air movement.

**CLEANUP:** Clean tools with warm, soapy water. Clean spills immediately with a damp cloth.

**WASHING INSTRUCTIONS:** Wait at least 30 days after painting before cleaning the surface with a non-abrasive mild cleaner.

**DISPOSAL:** Contact your local environmental regulatory agency for guidance on disposal of unused product. Do not pour down a drain or storm sewer.

**FLASH POINT:** Over 200°F (93°C)

**LIMITATIONS OF USE**

FOR INTERIOR USE ONLY. Apply when air, product and surface temperatures are between 50°F (10°C) and 90°F (32°C). USE WITH ADEQUATE VENTILATION. KEEP OUT OF REACH OF CHILDREN. Read all label and Safety Data Sheet (SDS) information prior to use. SDS are available through our website or by calling 1-800-441-9695.

PROTECT FROM FREEZING.

Read Label and Safety Data Sheet Prior to Use. See other cautions on last page.

**GENERAL SURFACE PREPARATION**

Surface must be dry. Remove all loose and peeling paint, dirt, grease and any other surface contaminants. Remove loose paint, chalk, and efflorescence by wire brushing, scraping, sanding, and/or pressure washing. Putty all nail holes and caulk all cracks and open seams. Sand all glossy, rough, and patched surfaces. Masonry and plaster surfaces must be allowed to cure for 30 days prior to painting. Uncoated substrates, repaired surfaces or lightly stained areas may require additional coats. For severe stains, water marks, and other challenging conditions use the appropriate primer.

**WARNING!** If you scrape, sand, or remove old paint, you may release lead dust or fumes. LEAD IS TOXIC. EXPOSURE TO LEAD DUST OR FUMES CAN CAUSE SERIOUS ILLNESS, SUCH AS BRAIN DAMAGE, ESPECIALLY IN CHILDREN. PREGNANT WOMEN SHOULD ALSO AVOID EXPOSURE. Wear a properly fitted NIOSH-approved respirator and prevent skin contact to control lead exposure. Clean up carefully with a HEPA vacuum and a wet mop. Before you start, find out how to protect yourself and your family by contacting the USEPA National Lead Information Hotline at 1-800-424-LEAD or log on to [www.epa.gov/lead](http://www.epa.gov/lead). Follow these instructions to control exposure to other hazardous substances that may be released during surface preparation.

**CONCRETE/MASONRY:** New concrete and masonry should cure for at least 30 days and preferably 90 days prior to priming. The pH of the substrate must be less than 10 before priming with an alkali resistant primer.

**GYPHUM WALLBOARD-DRYWALL:** Nails or screws should be countersunk, and they along with any indentations should be mudded flush with the surface, sanded smooth and cleaned to remove any dust, then prime prior to painting the substrate.

**PLASTER:** Plaster, hardcoat, skim coat, or other alkaline surfaces should be allowed to cure for at least 30 days prior to priming with an alkali resistant primer.

**WOOD:** Countersink all nails, putty flush with surface. Unpainted wood or wood in poor condition should be sanded smooth, wiped clean, then primed. Any knots or resinous areas must be primed before painting.

**APPLICATION INFORMATION**

Stir thoroughly. When using more than one can of the same color, intermix to ensure color uniformity.

**Application Equipment:** Apply with a high quality brush, roller, paint pad or by spray equipment.

**Airless Spray:** For airless spray application, use tip size .015" - .021" and pressure range of 1500-2000 psi. Spray equipment must be handled with due care and in accordance with manufacturer's recommendation. High-pressure injection of coatings into the skin by airless equipment may cause serious injury.

**Brush:** Polyester/Nylon Brush

**Roller:** 3/8" - 3/4" nap roller cover

**Thinning:** DO NOT THIN

**Permissible temperatures during application:**

Material: 50 to 90°F 10 to 32°C

Ambient: 50 to 90°F 10 to 32°C

Substrate: 50 to 90°F 10 to 32°C

**PRECAUTIONS**

**WARNING! CAUSES RESPIRATORY TRACT IRRITATION.** Sanding and grinding dusts may be harmful if inhaled. This product contains crystalline silica which can cause lung cancer or silicosis. The risk of cancer depends on the duration and level of exposure to dust from sanding surfaces or mist from spray applications. Do not breathe the vapor or mist. Do not swallow. Do not get on skin or clothing. Keep container tightly closed and sealed until ready for use. Wash thoroughly after handling. Provide fresh air ventilation during and after application and drying. Avoid the inhalation of dust, particulates, spray or mist arising from the application of this preparation. Use personal protective equipment as required. **Note: These warnings encompass the product series. Prior to use, read and follow product-specific SDS and label information.** **FIRST AID:** If swallowed, rinse mouth with water (only if the person is conscious). Do not induce vomiting unless directed to do so by medical personnel. If in eyes, rinse with water for 15 minutes. Check for and remove any contact lenses. If on skin, rinse well with water. Wash with soap and water. Get medical attention if irritation develops. If inhaled, remove to fresh air. If experiencing respiratory symptoms call a POISON CENTER or doctor/physician. Keep out of the reach of children. For workplace use, an SDS is available from your retailer or by calling (412) 492-5555. EMERGENCY SPILL INFORMATION: (412) 434-4515 (U.S.).

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