

Revive Hardwood Floors: A Gentle Guide to Sanding and Buffing



Step	Description	Key Points	Tools / Materials
Preparing Your Hardwood Floor	Clear the room entirely, clean the floor thoroughly, and check for nail heads, loose boards, or structural damage.	- Remove furniture, rugs, and belongings. - Deep clean to remove debris. - Inspect and fix potential issues.	Vacuum, hammer, cleaning supplies
The Sanding Process	Remove old finish and prepare the wood surface using sandpaper of varying grits.	- Start with coarse grit. - Use medium and fine grits progressively. - Vacuum after each grit change.	Drum sander, edge sander, sandpaper (36-100 grit), respirator mask
The Buffing Process	Smooth the floor surface and blend sanding patterns for a uniform finish.	- Buff the floor systematically. - Use overlapping passes. - Ensure consistency throughout the surface.	Floor buffer, fine sanding screen (100-120 grit)
Applying the Finish	Choose and apply the appropriate finish for a polished look and durability.	- Opt for oil-based or water-based polyurethane. - Apply thin, even coats. - Sand lightly between coats.	Polyurethane finish, applicator, fine sandpaper
Maintenance	Protect and preserve the refinished floor with regular care.	- Attach felt pads to furniture. - Sweep and vacuum regularly. - Use a wood-safe cleaner sparingly.	Felt pads, wood floor cleaner, vacuum (soft-bristle attachment)