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# DIY Auto Body and Paint

## USING HAMMER AND DOLLY

- 1 Properly clean the repair area with soap and water.
- 2 Wipe the repair area with wax and grease remover.
- 3 Remove any parts needed to gain access to the back side of the damage. Door panel, wheelhouse liner, tail light, etc.
- 4 Using a dolly that fits the shape of the part you are working on, reach behind the damaged area and push out of the low area. Start from the outside of the damage (indirect damage.)
- 5 Hammer Off Dolly: while pushing on the low area of the damaged area, use a body hammer to lightly tap on surrounding high areas. You may want to analyze and mark high areas ahead of time.
- 6 Hammer off dolly: continue moving dolly as need working from the outside towards the center of the damage.
- 7 To help determine highs and lows use a body file or long sanding block, file or sand the damaged area. Highs will be identified with metal; lows will be identified with glossy paint that has not been filed or sanded. The remaining areas will show file marks or sand scratches.
- 8 If needed, continue to hammer off dolly to level metal.
- 9 Hammer on dolly: once the damage is close to the desired shape, begin hammer on dolly to finish leveling the metal. Do not use the hammer on dolly method too much or you will stretch the metal. A slapping file can also be used for this stage.
- 10 Check the metal to determine if it is stretched. Push on the damage area to see if it pops in. If metal does not stay locked when pushed, the metal is stretched and will need to be shrunk.



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- 11 If shrinking is needed, you can try a cold method first. Try shrinking the metal with a shrinking hammer. This is a hammer with teeth. Locate the highest area and lightly strike the area while drag the metal away from stretched area.
- 12 If cold method does not work use a heat method. Again, locate the highest part of the damage and heat a spot in the metal about the size of a dime until dull red.
- 13 Using a body hammer, lightly tap the red spot.
- 14 Using compressed air or a wet sponge, quench the metal.
- 15 If metal is locked in place, finish straightening the metal. The pick end of a pick hammer can be used to knock small highs down.
- 16 Pick and file the surface until level if metal finishing thicker metal; Or straighten metal within 1/4 inch to prepare for body filler.