

# Tips on Maintaining a well Running Fridge

## 1. Don't overfill your fridge.

Inside your fridge the cold air needs to be able to circulate, as this is how it keeps the food chilled throughout. If your fridge is crammed full, the unit has to work even harder to make sure the air can circulate.

## 2. Keep your freezer nearly full.



It's the opposite of a fridge. Freezer's work at their most efficient when at least 75% full. The less space available, the less the freezer has to do to keep the temperature down.

### Overfilling the Freezer

It's true that a [full freezer](#) works more efficiently than an empty one. But there can be too much of a good thing. Overfilling the freezer can block air vents, restrict the flow of cold air, and overtax your refrigerator's condenser, which could lead to a burn out.

### 3. Defrost your freezer regularly.

Some modern freezers have an automatic defrost setting, but if it doesn't, don't let the ice buildup above about a ¼ of an inch or around 6 millimeters. This level of ice will mean the freezer is working much less efficiently.

### 4. Check the door seals.

If your appliance door doesn't shut tightly then you are letting warm air in and cold air out, as well as making the unit work even harder to compensate. Make sure that the seals are still in good condition and making a good seal to ensure that you are running efficiently.

### 5. Keeping the back clean.

The back of the unit is not an area we go regularly but this is the place where the dirt and dust builds up and can stop a fridge or freezer from working correctly. Every now and then give it a quick clean and free the area of dust.

### 6. Take care when positioning appliances.

Make sure that you try to keep fridges and freezers away from sources of heat, like cookers, or even direct sunlight. If you have to place units close to each other, try to leave a gap between.

### 7. Take care with hot food.

It's common sense but if you have hot food leftovers, make sure you let the food cool before placing it into the fridge. Not only does the fridge have to work harder to compensate but you could inadvertently put other food in the fridge at risk.

### 8. Use your fridge thermostat correctly.

Make sure it is set right for your fridge within the manufacturer specification and your usage. If your fridge doesn't have a thermostat then you should consider getting one.