

Fridge Running Constantly Checklist

Max Appliance Repair Kitchener - Homeowner Guide 2026

Rule out the easy causes

1 Check the temperature setting

Aim for 3 to 4 C in the fridge, minus 18 in the freezer. Colder just runs longer.

2 Clean the condenser coils

Unplug and vacuum the coils behind or under the fridge. The top hidden cause.

3 Test the door seal

Dollar-bill test at several points. Replace a gasket that no longer grips.

Help the airflow

1 Clear the interior vents

Pull food away from vents so cold air can circulate.

2 Give it breathing room

Leave space at the sides and back, and keep it out of direct sun.

Know when to call

1 Hot sides, warm food

Points to a sealed-system or compressor fault. Call a technician.

2 Never cycles off

If it still runs nonstop after coils and seal, have it diagnosed.

3 New noises

Clicking, buzzing, or sudden silence needs a professional look.

Questions? Visit maxappliancerepairkitchener.ca to get in touch.