

Windows laptops & PCs | Easy | 2 min read

My computer is hot or the fan is very loud

Computers get warm when they work hard, and fans spin faster to cool them. But constant heat or a loud fan can be a sign of blocked vents or a program using too much power.

Quick fixes to try first

- Put the computer on a hard, flat surface. Beds, sofas and laps block the vents underneath.
- Make sure the vents on the sides and back are not covered or pushed against a wall.
- Close programs and browser tabs you are not using, particularly video and games.
- Take it out of direct sunlight and away from radiators.

Step by step

1. Windows: press Ctrl, Shift and Esc together to open **Task Manager**. Look at the **CPU** column in **Processes** and see which program is using the most.
2. If one program is using a lot and you do not need it, select it and choose **End task**. Warning: unsaved work in that program will be lost.
3. Mac: open **Activity Monitor** from Spotlight, and look under the **CPU** tab for busy programs.
4. Restart the computer, and check for waiting updates.
5. Switch it off, unplug it, let it cool, and gently clean dust from the outside vents with a soft brush.

Be careful

Do not open the case, and do not spray anything into the vents. Compressed air can spin the fan too fast and damage it. If the vents are dusty inside, it is best handled by a professional.

Never put a laptop in a bag while it is warm or running.

When to get more help

Stop using it and unplug it if there is a burning smell, the case is too hot to touch, it shuts down suddenly, or the battery looks swollen. Ask for help if the fan is loud even when you are doing very little, or it is hot every day. Tell us the make, age and what you were doing when it got hot.

Still stuck? Email admin@visiontech336.com and tell us what you can see on the screen. Menus and button names can differ slightly between versions and makes. If something does not match, stop and ask rather than guess. Please never send passwords or card details.