



# Heavy Appliance Maintenance: A Comprehensive Guide

## Abstract

Whether your home is small and simple or expansive and high-tech, you'll need to routinely maintain it. Regular home maintenance is a key part of homeownership, ensuring that your home is in excellent shape year-round. Think of home maintenance as investment protection. Not only will it keep you and your family comfortable, but it will also prevent your home's value from declining.

Some home maintenance tasks are very DIY-friendly—things like cleaning your siding and testing your smoke detector. Leave the more complex tasks to a professional. As the seasons change, routinely check off the items on this list.

## Getting Started

Heavy appliances, such as refrigerators, washing machines, ovens, and HVAC systems, play a crucial role in both households and businesses. These machines are built for durability, but without regular maintenance, even the most robust appliances can lose efficiency or break down unexpectedly. Proper care not only extends the lifespan of these essential appliances but also ensures optimal performance and reduces energy consumption.

This guide aims to provide readers with practical knowledge, preventive maintenance tips, and troubleshooting advice to avoid costly repairs. Whether you are a homeowner looking to protect your investments or a business owner managing multiple appliances, this comprehensive resource will equip you with the tools and strategies needed to keep your appliances running smoothly for years to come.



# **1. Home Maintenance Tasks To Complete Regularly**

## Fall

- **Check and Clean Heating Systems**

Hire a professional to inspect your heating system before the cold weather arrives. They will test the furnace and thermostat to make sure the system is working, change air filters and test radiators as needed.

If you have a fireplace, clean it thoroughly and consider hiring a chimney sweep. A dirty chimney can cause house fires.

- **Test Smoke, Carbon Monoxide Detectors**

Come winter, you'll probably be using your furnace regularly. If it isn't working properly, a furnace can spew out harmful chemicals, like carbon monoxide, and cause fires. Keep your family safe by regularly testing your smoke and carbon monoxide detectors and replacing old batteries. It's also a good idea to check that your fire extinguisher works.

- **Seal Windows and Doors**

Keeping your home warm in the winter is a necessity. It's nearly impossible to do that with cracks in your windows and doors allowing frigid air to seep inside. Take time in the fall to either seal cracks yourself or hire a professional to do it for you.

## Winter

- **Clean Dryer Exhaust Duct**

Ideally, you should do this more than once a year. Lint buildup in your clothes dryer exhaust duct can prevent your dryer from drying clothes efficiently and even cause house fires. If your duct is accessible, you may be able to clean it yourself without hiring a pro. Make sure to vacuum every nook and cranny.

- **Vacuum Refrigerator Coils**

The condenser coils on the back or bottom of your refrigerator push heat out to keep the inside of the fridge cool. Vacuum them at least once a year to get rid of dust and debris, which will keep the appliance running smoothly.

- **Clean Interior Spaces.**

Instead of using the cold weather as an excuse to be lazy, use it as an opportunity to complete indoor home maintenance tasks. Deep clean interior spaces, including the garage, basement and bathrooms. While you're at it, check for leaks.



## Spring

- **Check Roof for Damage**

It's especially important to assess damage to your roof if you live in an area that experiences harsh winter weather. Climb up on a ladder if you can and inspect the roof for any dents or holes. Remove any debris, like branches, while you're up there and consider trimming trees back if they're too close to the house.

If you notice any sagging spots in your roof, or other visible roof damage, call a roofer to repair it as soon as possible to prevent permanent damage. And if you do need to repair or replace your roof, spring and summer are the best seasons to get it done.

- **Hire a Pro to Inspect HVAC System**

Your air conditioning system is sure to get a workout once warm summer temperatures arrive. Make sure it's in good working order by hiring an HVAC professional to inspect it, change filters, and make necessary repairs. That way, you'll be prepared for whatever the summer brings.

## **2. Simple Storage Ideas for Bulk and Backstock Items**

Shopping at wholesale retailers like Costco or Sam's Club comes with a number of advantages. One downside to bulk buying, however, is that it can be difficult to keep those large packs of paper towels or an entire flight of soup cans organized. And if you find yourself stuffing oversized packs of toilet paper into any available space you have, it's easy to lose track of what you have in the house—and you won't be able to find it when you need it.

### **Remove Excess Packaging**

Remove the packaging of larger items such as a pack of paper towels, a case of sparkling water, and an oversized box of garbage bags. The towel rolls and drink cans will be easier to store if you're not constricted to the bulky packaging they come in. Trash bags can stand vertically or lay horizontally in an open bin. By decanting backstock items like these, you'll free up space to store more. Plus, it'll be easier to see when you're running low.

### **Maintain Your Storage System**

The beauty of organizing your backstock items is that you'll have a much better handle on your home's inventory. Rather than searching in every corner or crevice for that extra roll of tin foil or box of light bulbs, you'll know exactly where they're located and where to store the new ones you buy. A quick scan of your shelves and bins will tell you what needs to be restocked soon.

Remember, organizing systems work so long as you do, therefore maintenance is key. Ensure that every member of the household is aware of the new system and is committed to keeping it up. It might be helpful to create a digital inventory list that you can share with the family and update it every few months. Alternatively, try placing a memo board near the storage location, especially if it's all in one place, and keep a running shopping checklist.

### **Designate a Backstock Storage Space**

Ideally, all backstock should be kept in one place so things are easy to find when it's time to replenish. Whether it be hand soap for the half bath or your kid's favorite snack, it's convenient to have a one-stop-shop. But, depending on the space you have, you may need to break it up. Taking inventory of your current supplies should give you an idea of how much space you'll need, so you'll know whether you can store everything together, or whether you'll need to break things down by category.



## Take Inventory

The first step is to figure out the average volume of backstock you have at any given time. With pandemic shortages in our not too distant memory, it's not uncommon to stock up on more "just in case". But it's also important to remember that a lot of household items—specifically pantry and cleaning products—do have a shelf life. To prevent waste (and curb unnecessary clutter), keep on hand only what you'll use in the next six months. Conversely, if you have the storage space, you might benefit from buying in bulk more often. From a financial and accessibility perspective, it can save significant money and time.

### **3. Must-Do Fridge Maintenance Tasks for a Lower Electric Bill**

Looking for ways to lower your electric bill? Start by cleaning up your fridge. You can do plenty of things to your refrigerator to help it run more efficiently, which will, in turn, lower your utility bill. Some of the maintenance tasks on this list are quick and easy, such as changing the water

filter. Others take a little more time, such as fixing weak seals, but they all have one thing in common: They significantly impact your refrigerator's efficiency.

Regular fridge maintenance can even make your refrigerator last longer. Here are 7 must-do fridge maintenance tasks to lower your electric bill and get the most out of your refrigerator.

## Clean the Coils

Cleaning the refrigerator coils can make your refrigerator 30% more efficient. Have you ever slid your fridge out to retrieve something or clean underneath it and noticed how much dust has accumulated? If not, prepare to be shocked. This same dust eventually makes its way to the condenser coils and can block the airflow. This causes the refrigerator to work extra hard during the cooling cycle and can cause the refrigerator to start running warm. To clean the refrigerator coils, unplug the refrigerator and carefully vacuum away the dust, being mindful of the coils, as they bend easily.

## Fix Weak Seals

The rubber gasket that runs the perimeter of your refrigerator door is a key component in the refrigeration process. A weak seal may eventually lead to warm food, but you'll likely first begin to notice condensation on items close to the door. This condensation can lead to ice accumulation, which causes your fridge's cooling components to work overtime. Contact an appliance technician or tackle the job yourself to save even more money.

## Defrost the Fridge and Freezer

Most modern refrigerators have an automatic defrost. In many refrigerators, the auto-defrost activates on a timed interval, then turns off when a thermistor (temperature-controlled resistor) senses the coils are defrosted. For the most part, this system works well. However, as refrigerators age, you might notice the ice beginning to accumulate. This could be due to one or more of the parts in the automatic defrost setting being compromised. When in doubt, manually defrost your fridge and freezer whenever ice approaches a quarter-inch thickness.

## Change the Water Filter

Regularly changing the water filter in your refrigerator may help you save money, but you'll likely spend the money you save and more to purchase the brand's specific water filter for your appliance. To get the most out of water filtration, install an inline filter on your refrigerator's water supply line instead. This allows you to buy significantly cheaper replacement water filters, and the actual filtration quality will likely be much better. Additionally, you can choose between specific types of water filters that remove heavy metals, bad taste, or other toxins



## **4. How to Clean a Washing Machine**

Learning how to clean a washing machine is straightforward, keeping your clothes smelling fresh. Over time, grime, mold, leftover detergent, and hard water mineral deposits from the washer drum and hoses can build up.

If you're trying to figure out how often to clean, the rule of thumb is to clean a standard top-load washer at least twice yearly or every three months if you have hard water to prevent mineral deposits. Clean high-efficiency top-load and front-load washers more often—usually every month. Increase the frequency if you wash exceptionally heavily soiled clothes or live in a hot, humid area where mold is more of a problem.

### **Run a Cycle With Bleach**

- Top-load machine: Fill the washer drum with water, stop it before it agitates, and add 1 quart of chlorine bleach.



- Front-load machine: Add 1/2 cup of liquid chlorine bleach to the detergent compartment and fill the bleach dispenser compartment to the fill line with chlorine bleach.

## Run a Complete Wash and Spin Cycle

Allow the washer to run through its longest wash and spin cycle so that it completes a rinse and drain.



## Is Bleach or Vinegar Better to Clean a Washing Machine?

Bleach and vinegar both play critical parts in the cleaning instructions (although used separately) because each is an effective cleaner with its strengths. Bleach is a powerful sanitizer that eliminates mold and germs. Vinegar can kill germs and fend off mold to a lesser extent, but it is not as powerful. Vinegar's most significant benefit is that it neutralizes odors. It is also more environmentally friendly, less harsh, and a cheaper ingredient.

## **5. How to Maintain Your Air Conditioner**

If your HVAC system or air conditioner unit blows warm air, makes unusual sounds, or leaks, it may mean it's time for a tune-up. Below, we'll guide you through how to properly maintain your air conditioner with do-it-yourself (DIY) methods, clean individual components of your system, and determine when it's time to call the professionals.

## Turn Off the Power and Clear All Debris

The first step in cleaning your air conditioner is to turn off the power, switch off the circuit breaker, and unplug the air conditioner. You can also disconnect your condenser unit, which should have a 240-volt disconnect box.

Next, give your system time to cool down. If you touch your unit while it's still warm, you could experience an electric shock.

Start clearing debris once the unit has cooled down. Open the outdoor unit and clean the condenser's floor with a wet/dry vacuum or by hand. Clear leaves and other debris from the condenser fins, which are the thin, metal slats on the outdoor unit.

## Clean and Replace Your AC Filters

The average homeowner or renter needs to replace AC filters every 90 days, but you should replace filters more frequently if you live in a dry climate, have allergies or a respiratory condition, or own pets.

Take the following steps to clean your AC filter:

- Remove the filter from the unit.
- Use a dry cloth or wet/dry vacuum to remove any dust or debris.
- Scrub the filter with a diluted detergent of one teaspoon of soap to one liter of water. You can also soak the filter in a basin or large sink with a diluted detergent for an hour.
- Wash off the soap with a garden hose.
- Allow the filter to dry completely before putting it back into the HVAC.

## Check and Clean the Evaporator and Condenser Coils.

Your central air conditioner's evaporator and condenser coils work together to create cool air, and both must remain clean for the system to function properly.

Check each coil once a year for dust and other debris. You can find the evaporator coil in the indoor system near the air handler or furnace, and you can find the condenser on the outside unit. Clean the coils using a soft bristle brush, AC solvent, or mild detergent, and allow them to dry completely before putting them back into the unit. Cleaning these coils helps your unit cool your house more efficiently, and it lowers energy bills. According to the U.S. Department of Energy, a dirty evaporator or condenser coil can increase energy usage by 30%.

## Unclog Drain Channels

Your air conditioner's condensate drain line is a tube that runs through the unit and leads outside. Dust that mixes with condensation can clog your drain with a mud-like buildup that can lead to flooding inside your home. Clean your drain channels by following the steps below.

- Remove and clean the drain pan, which is a metal pan under your evaporator coils.
- Connect a wet/dry vacuum hose to the drain line's end and secure it with duct tape.
- Run the vacuum for a few minutes to clear debris.
- Place a garden hose in the drain line from inside your house, and flush the line with water. The water will flow outside.
- Pour a mixture of equal parts warm water and white vinegar down the line. Allow the mixture to sit for 30 minutes before flushing it.

## Understanding appliances and technology

Household appliances and equipment account for an average of 25% of total residential energy consumption across Australia. However, this proportion will vary by household depending on the climate, the types of appliances in your home, and the way they are used. Heating and cooling uses around 40% of household energy use.

Appliances that use the largest amounts of energy include fridges and freezers (responsible for an average 7% of household energy use), clothes dryers (up to 10% of household energy use for heavy users), and TVs and home entertainment equipment (an average of around 5% of household energy use). In homes with a pool, the pool pump is a high user of energy (up to 18%).

Household appliances contribute to peak electricity demand, which refers to major spikes in electricity use that occurs at certain times (for example, between 5pm and 8pm when people arrive home from work and turn on their air-conditioners, TVs, lights, and other appliances). If peak demand exceeds the maximum supply levels, some regions can experience electricity outages. Supplying electricity for an ever-increasing peak demand requires building more electricity infrastructure, which is paid for by increases in energy prices.

## **6. How often should you clean your oven? Cleaning experts offer this advice**



Having a clean oven is essential for day-to-day life. We use our ovens constantly to cook and reheat food, so it is important that these appliances are clean to avoid any transfer of dirt or bacteria, and to ensure our food tastes as it should (yes, a dirty oven can affect flavor).

Some parts of the oven are more likely to get dirtier than others after extensive use. Understanding how to clean an oven will help you tackle the grime and bring it back to life, and knowing how often to clean it will help to increase its lifespan.

There are many brands and models of oven on the market, so by ensuring you keep a consistent cleaning schedule will ensure your oven's performance lasts.

- Usage frequency: 'How often you use your oven is one of the most determining factors affecting how often you need to clean it,' says professional cleaning expert, Angela Rubin from Hellamaid. 'This guarantees that your food retains its original flavors and is free of any stale residue while also keeping your oven in good condition.'
- High-temperature cooking: Cooking at high temperatures regularly can also lead to more dirt. This is because some foods release more grease at higher temperatures which then leaves more food residue. Over time this builds up and requires attention.
- Self-cleaning capabilities: Some new ovens have self-cleaning capabilities. If your oven includes this feature then you will not have to conduct a deep clean as often. It is important that you read the manufacturer's instructions on how to use yours safely.
- Weekly maintenance: One way to keep on top of your oven's cleanliness is with weekly maintenance or cleaning as you go. 'A weekly wipe-down of the oven door, control

panel, and exterior can help maintain its appearance and prevent grime from building up,' says Angela Rubin.

What happens if you don't clean your oven regularly?



Apart from being harder to clean in the long run, a dirty oven can affect your food in a negative way. The continuous burning of food leftovers in a dirty oven can develop carbon-based fumes. These fumes can change the taste of your food or anything else you are preparing with the oven.

The smoke released by a dirty oven is also bad for you; it can contain harmful gasses such as sulphur dioxide, nitrogen oxide, and carbon monoxide.

If you've recently cleaned your oven or had it cleaned, best practice is to give it a swift wipe out after it has cooled every time you use it. Over time, you will still need to clean your oven but there will be far less debris baked on and it will be quicker and easier to do.

## **7. Handy Tips and Helpful Products for Moving Heavy Objects**

Whether you're moving a couch or a boulder, a heavy planter or a delicate glass mirror, these heavy-lifting tips will make the job easier.

### **Adjustable Moving Straps**

Moving and lifting straps ("hump straps") make lifting heavy furniture and other objects easier on your back by relying on stronger muscle groups like your legs and shoulders. They also leave your hands free to maneuver awkward items like mattresses. However, they can be tricky to use on stairs because the weight shifts completely to the downhill mover. Here are some other hacks for moving heavy furniture.

Look for moving straps that can be adjusted for different length objects as well as for different-sized movers. Be careful not to trip on any slack from the straps.

### **Remove the Back from Recliners**

To move furniture, you have to know how to take it apart. To lug around big recliners with ease, find the back brackets on the outside or inside of the back frame. Lift the locking levers on both sides (you may need to use long-nose pliers) and slide the back straight up to remove it from the recliner. Always lift a recliner from the sides, not by the back or footrest. Tie the footrest in place so it doesn't spring open.

### **Tips for Moving Heavy Households Items**

Whether you're relocating or just rearranging, moving heavy furniture is a big job. Use these simple techniques to move heavy, awkward items without wrecking your back, your house or the furniture. How to move heavy furniture by yourself - use your head, not your back.

### **How Much Do Pool Tables Weigh**

A standard pool table is around 8 or 9 feet long and weighs about 1000 pounds. You can check the weight of your table below and see whether you should do a DIY move or hire removalists from Gold Coast to help you:

- 6-Feet – 500 Pounds
- 7-Feet – 700 Pounds
- 8-Feet – 1,000 Pounds



## How To Move A Pool Table Without Breaking The Slate

Do you plan on packing and moving your pool table when shifting to a new home on the Gold Coast? Then you need to get help as pool tables are very heavy and weigh between 500-1000 pounds. Your pool tables also have slates attached to them which make up at least 30% of the weight, and thus you need to be careful when moving them. The best way to go about this is by hiring budget removalists in Gold Coast who use proper techniques to disassemble, pack and load your slate pool table. However, if you are on a tight budget, you can follow the steps below and ask a few friends to help you move your pool table.

### Gather All Your Packing And Moving Materials

Removalist experts Gold Coast recommend that you start your move by first arranging the necessary supplies like

- Power drills
- Socket wrenches
- Measuring tape
- Dollies
- Furniture sliders

You should stock up on these necessary tools and set the foundation for a damage-free, smooth, successful pool table relocation. Focus on using quality equipment and packing tools for the safety of the slate

## Find The Right Rental Truck For Your Pool Table

In a DIY move, you will need to hire a rental truck for moving your pool table as it is too big and heavy to fit in your normal vehicle. To keep your pool table safe on your rental truck, you should also know all the rules for transporting heavy loads in Queensland. Do not forget to check the dimensions of your moving truck to ensure the slate can fit without causing any damage during transportation. Plus, consider renting a moving vehicle with a hydraulic lift and loading ramp. This will make the loading and unloading process easier and safer. It is good to take enough time to find the right size of rental truck that will protect your precious pool table and slate throughout the journey. This will give you peace of mind and happiness.



## Take Measurements Of Your Doorways and Staircases

Before you start disassembling and moving your pool table, you must measure your doorways. This will help you see which areas it can fit through and then write down the path you should take. Ensure you also protect your floors and leave all doors open to give proper access to entryways when moving your pool table. Tip: You should also use the following tips to protect your floors when moving your pool table.



## Remove The Table Rails With A Socket Wrench

Next, take your socket wrench and remove the bolts of your table rails slowly. Be careful when you reach the edges of the rails, and remove them carefully so they do not get damaged or injure you. Tip: Here are some other useful ways you can prevent moving day injuries

## Disassemble The Ball Pockets Of Your Pool Table

Now you should start taking apart your pool table, so it is easier to carry and load onto your truck. It is also a good idea to refer to your user manual for help in disassembling your pool table. You should first use your staple remover to take off the staples and remove the ball pockets. Place these in separate bags with labels, so you know where to locate them when assembling your pool table.

## Peel Off The Felt Without Damaging The Material

Now, you will have to peel off the felt material from the top of the table as it is often glued on. If the felt has been stapled on, you can use your screwdriver to remove the staples and slowly remove the felt.



## Use A Power Drill To Take The Slate Off

If you have a three-piece slat table, the slates will often be screwed into each other, and thus you need to use your drill to take them apart. Make sure you do not break the slate, as it can cost you up to \$15 per square foot to replace each slate sheet. If this seems too dangerous, you can always hire removalists Gold Coast to handle this process.

## Remove The Table Legs With Caution

Lastly, you should place the table upside down and remove the screws of the table legs. Once all the legs have been removed, wrap the legs with bubble wrap and label them. Make sure you take sufficient time and avoid rushing during the process to prevent legs from getting damaged. It is important to handle the table legs with extreme care and maintain the integrity of your pool table during the process. You can also hire professional removalists Gold Coast for safe and sound relocation of your furniture items.

### **Conclusion:**

Maintaining heavy appliances is essential for ensuring long-term performance, reducing repair costs, and improving energy efficiency. By following routine maintenance practices, such as cleaning, inspecting components, and addressing minor issues promptly, you can significantly extend the lifespan of appliances like refrigerators, washing machines, ovens, and HVAC systems. This guide has provided practical advice, troubleshooting tips, and preventive care strategies to empower homeowners and business owners alike.

Proactive maintenance not only saves money but also minimizes the risk of sudden breakdowns, ensuring daily operations run smoothly. Whether you manage a household or a business, taking care of your appliances reduces energy consumption and contributes to environmental sustainability. With the knowledge gained from this guide, you are well-equipped to protect your investments and enjoy reliable appliance performance for years to come. Consistent upkeep today leads to fewer issues tomorrow.

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