

How to fix the error of your computer shutting down suddenly while in use

The computer suddenly shuts down while in use, greatly affecting the working process. The causes and how to handle them will be in this article.

There are many reasons why a computer suddenly shuts down or restarts automatically. This situation affects the quality of work, worse, it will lead to serious damage to hardware components. Below, [TipsMake](#) will introduce some reasons why a running computer suddenly turns off and how to fix it in each specific case.

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What causes the computer to turn off automatically?

There are many reasons why **a computer automatically turns off while in use** or suddenly restarts continuously. The cause can come from both the hardware and software of the laptop, some common problems include:

1. Error in RAM, mainboard, hard drive, power supply, device temperature is too high,.
2. Computers are infected with viruses, malware, malicious code, etc.

Each cause has different solutions.

Picture 1 of How to fix the error of your computer shutting down suddenly while in use

How to fix the situation where the computer suddenly shuts down

The following are ways to prevent and fix the problem of **computers automatically shutting down** in specific cases.

The computer is infected with viruses and malware

Your computer can be infected with viruses everywhere such as social networks, emails, malicious websites, advertising popups, etc. Although there are preventive measures, threats are always hidden everywhere everywhere.

A virus-infected computer is the cause of **the computer suddenly shutting down** and restarting automatically.

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How to prevent : To prevent this situation, use powerful anti-virus software on the market today such as:

1. Kaspersky Anti-Virus.
2. Internet Security.
3. Total Security.
4. Bitdefender Internet Security.
5. Avast Free Antivirus/Pro.
6. Avira Free Antivirus/Pro.
7. Norton Antivirus.

Although there are still free software versions of Avast, Avira, etc., the above software (for a fee) is more powerful and integrates more in-depth features. This helps protect your computer better against threats caused by viruses.

How to fix:

If you are using **the computer and it turns off automatically** due to a virus infection, quickly disconnect from the network and open anti-virus software to scan the entire system for viruses.

For more thorough safety, **TipsMake** recommends that you completely reinstall your Operating System and create a USB Boot capable of rescuing your computer to check and remove viruses.

If, after completing the above steps, **the device still turns off automatically** , the cause may not be a virus but the hardware.

The computer turns off automatically due to high computer temperature

If the temperature of the devices inside the computer you are using is too high, it can lead to overheating of the chip, causing the computer to suddenly turn off or shut down. This is how the computer operates to protect itself from the motherboard, CPU and other devices inside the circuit board.

Picture 3 of How to fix the error of your computer shutting down suddenly while in use

Prevention:

To prevent your computer's temperature from being too high and causing it to suddenly shut down, you should:

1. Regularly check the thermal paste to see if it is dry or not and check the operation of the cooling fan.

2. Limit continuous use of the computer for long periods of time. Let the computer also 'rest' to maintain a stable temperature, thereby helping to increase the life of the computer and handle tasks better.

How to fix:

If you are using a personal computer for work and encounter a situation where the computer suddenly shuts down, you can apply the following method to quickly fix it:

1. Check and clean the computer's cooling fan.
2. Apply enough thermal paste to the chip, don't apply it too thick or too thin.
3. If you are using a desktop computer for work, you should attach a fan to dissipate heat from the Case.

The power source does not have enough capacity

The power supply is an extremely important hardware device that provides operating energy for the entire computer system. When the computer power source does not have enough capacity, it causes **the computer to shut down** or restart continuously.

If left for too long, the power source's insufficient capacity will lead to serious hardware damage. Therefore, please prevent and overcome it in the following ways.

Prevention:

You can use the software <http://www.almico.com/sfdownload.php> and regularly check the power parameters running in the computer provided by the software.

However, the parameters provided are for reference only so you can determine whether your computer is working well or not. As for the exact number, it requires the support of specialized equipment.

How to fix:

The only solution in this case is to upgrade the power supply with a higher capacity to match the system's power consumption.

In addition, to ensure device safety, the power source used needs to be stabilized with specialized voltage stabilization devices.

This not only protects your computer device but also protects all other electronic devices you are using.

The computer shuts down automatically because the hard drive has bad sectors

If you are working with a file located in a hard drive partition that has sectors that are faulty or not working well, the system will automatically shut down and restart immediately.

How to fix:

You can fix this error by doing the following simple steps:

Step 1: Go to **File Explorer** on the Desktop and select the partitions that need to be checked one by one, then right-click on that partition and select **Properties** .

Picture 4 of How to fix the error of your computer shutting down suddenly while in use

Step 2: Click the **Tools** tab on the working window that appears and then click **Check** to check.

Picture 5 of How to fix the error of your computer shutting down suddenly while in use

Step 3: In the new dialog box that appears on the screen, click on **Scan Computer Drive** to scan and **automatically fix the Bad Sector hard drive error** .

Picture 6 of How to fix the error of your computer shutting down suddenly while in use

Step 4: After the system has finished checking, a message displaying the results of the hard drive check will appear. **If the message ' No errors were found ' appears on your computer, it means your computer does not have a Bad Sector hard drive error. You just need to click ' Close ' and you're done.**

Picture 7 of How to fix the error of your computer shutting down suddenly while in use

Prevention:

There are two main reasons why your hard drive has Bad Sectors: temperature and power source. To prevent **your computer from turning off automatically** due to the hard drive, you should:

1. Regularly pay attention to the temperature of the device. If using a laptop, work in a cool place. And there should be a fan (Laptops use cooling fans with laptops; PCs use ventilation fans) to keep the device's temperature stable.
1. Flickering and unstable power sources also pose a danger to the hard drive. So, upgrade the power source you use for your computer. If using a laptop, never remove the battery from the computer while working; If you use a PC, buy a UPS (uninterruptible power supply) to protect your computer.

RAM is loose

RAM plays an extremely important role, helping the computer operate normally. When the RAM pin has poor contact with the mainboard, it will lead to intermittent signal connection between these two devices. And this is the reason why the computer shuts down and restarts itself.

Prevention:

To prevent loose RAM, you should:

1. When cleaning your computer, check and clean all hardware such as RAM - RAM pins, RAM slot with main board, etc.
2. If your RAM memory has low capacity, you should upgrade immediately.

Picture 8 of How to fix the error of your computer shutting down suddenly while in use

How to fix:

If your computer is suffering from errors related to RAM, the computer will notify you by: At startup, the system will make a 'beep beep.' sound. And if you hear this sound, you should fix it by removing the RAM to clean the device's contact pins. After cleaning the RAM pins, use a soft brush or a specialized cleaning brush to clean the slot. Insert RAM on the mainboard (mainboard).

Update motherboard drivers

If you have tried the above methods but still cannot fix the problem of **the laptop shutting down suddenly** , the problem is most likely due to the Drive.

How to prevent:

You should:

1. Regularly find and update computer drivers to the latest version.
2. Let your computer rest after a period of using high graphics applications. If used continuously for a long time, it will not be good for the graphics card and other hardware devices.

How to fix:

The steps to update the driver for the motherboard are simple as follows:

Step 1: In the Windows window in the lower left corner of the screen, type **Device Manager** to open the working window.

Picture 9 of How to fix the error of your computer shutting down suddenly while in use

Step 2: After the **Device Manager** window has opened, move the mouse to find the **Computer** section .

Step 3 : Click the arrow before the item to expand the windows inside. Right-click and select **Update Driver Software** to let the system automatically search and update to the latest version of Drive for you.

Picture 10 of How to fix the error of your computer shutting down suddenly while in use

Epilogue

Hopefully the above sharing from [TipsMake](#) will help you quickly fix the problem of **your computer turning off automatically** . If you have any more ways, please share with us.

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