

# How to use Iperius Backup Free to back up Windows data

Iperius Backup Free software supports backing up many types of data on the computer from images, image folders, file system to SQL, Oracle, MySQL, PostgreSQL databases.

Backing up data on the computer is essential so that we can get all the important data back on the computer. By default, Windows also has the File History tool available to backup and restore, but many people still choose to use some additional backup software.

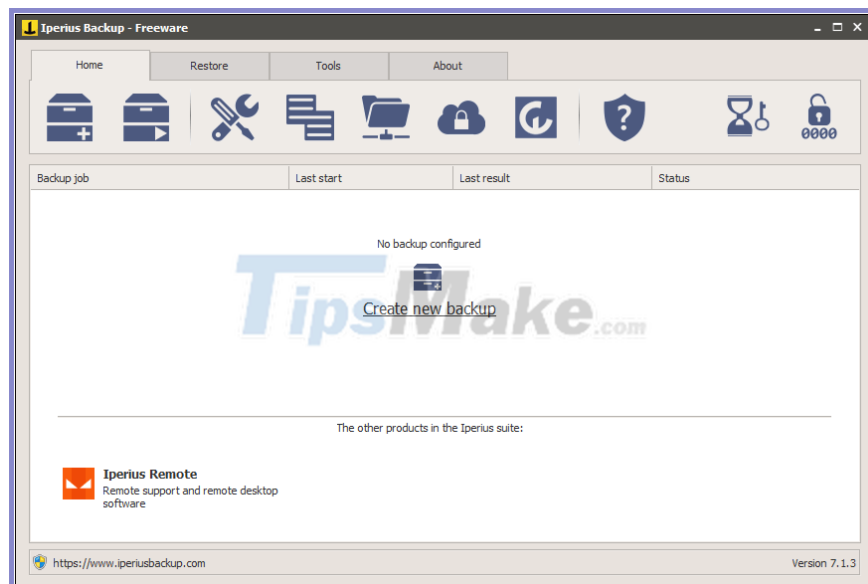
Iperius Backup Free software supports backing up many types of data on the computer from images, image folders, file system to SQL, Oracle, MySQL, PostgreSQL databases. The backup file can then be stored in the cloud service depending on the user. The following article will guide you how to use Iperius Backup Free to back up data.

## Instructions to backup data by Iperius Backup Free

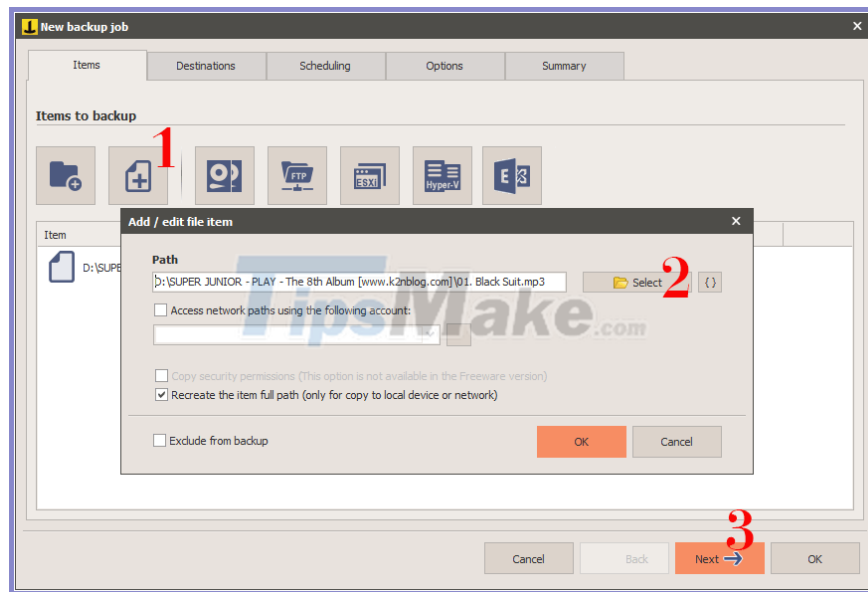
**Step 1:** Users click on the link below to download the Iperius Backup Free software and install as usual. Below is the main interface of the software.

[Download software Iperius Backup Free here](#)

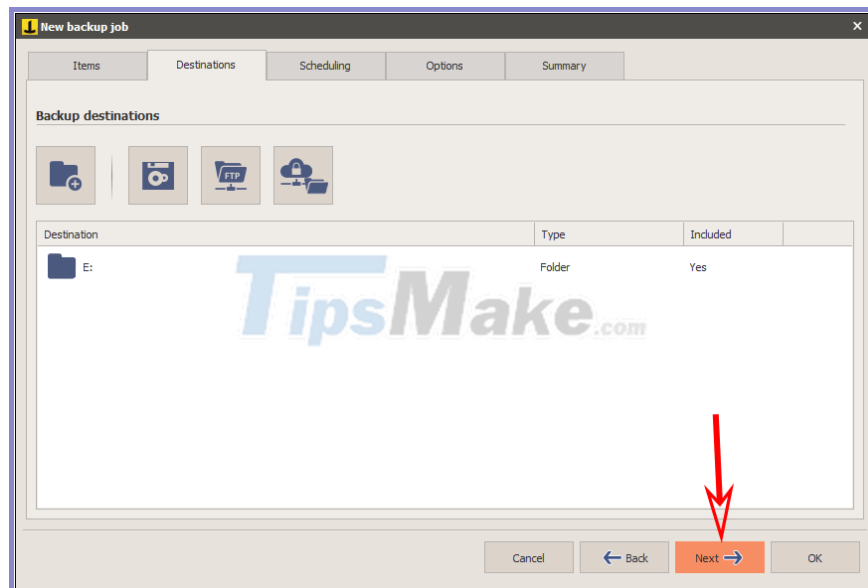
Click **Create new back** or the file icon with a plus sign in the leftmost corner to add the file you want to create a backup copy of.



**Step 2:** Switch to **iItems interface** , **select the data you want to backup** by clicking **Add file> Select** and then select the type of data you want to backup. Finally click **Next** to execute.

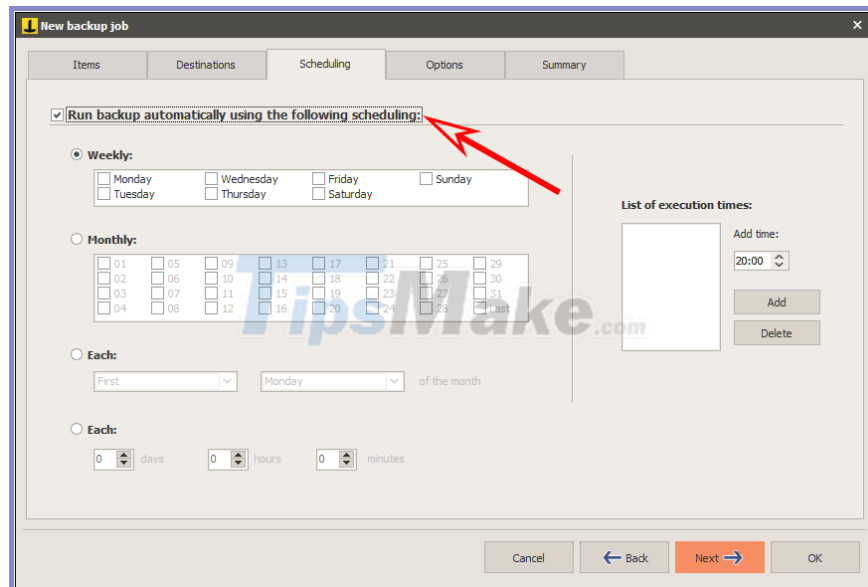


**Step 3:** Switch to **Destinations** to choose **where to save the restored backup file** and click **Next**. Click the icon of the folder with the plus sign to add.

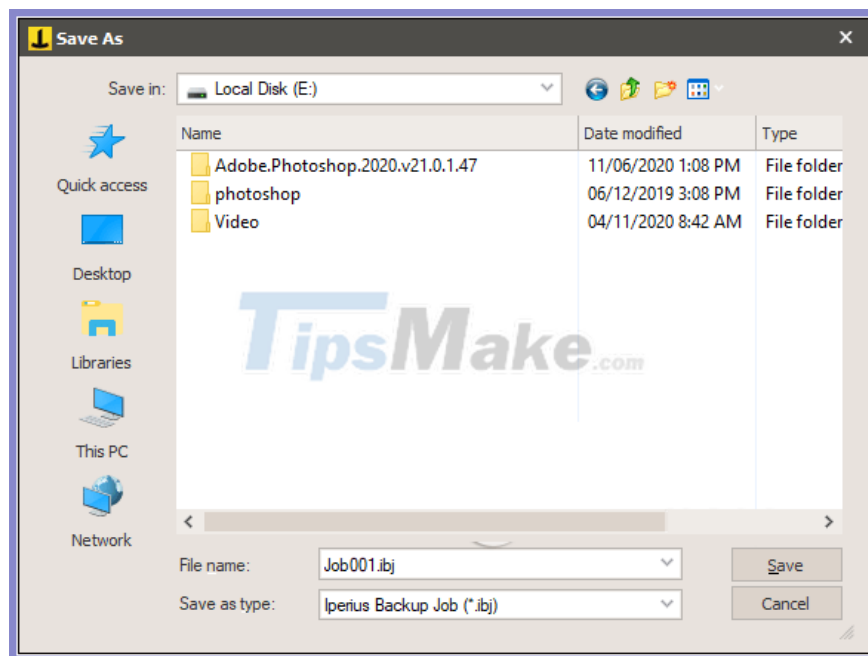


**Step 4:** **Schedule Scheduling** to back up from time to time, by ticking **Run backup automatically** using the following scheduling and then setting the execution time.

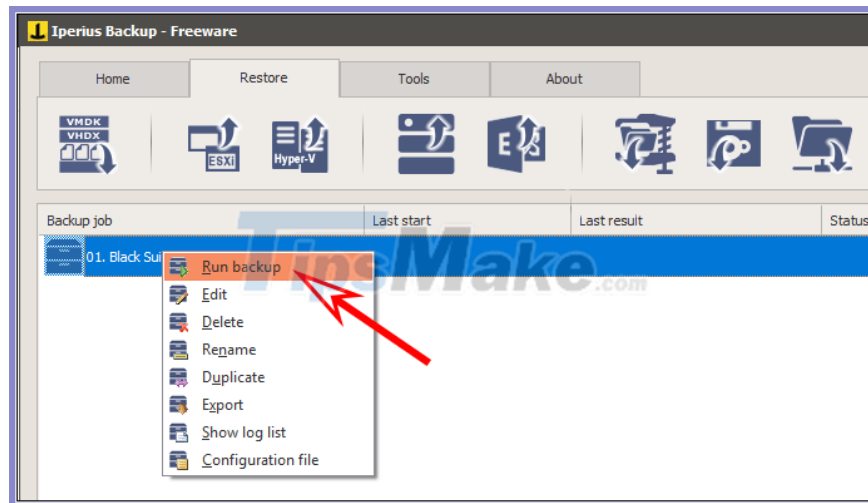
Under **Options** is the option to enter someone's email if you do it for someone else. Finally in **the Summary section** we **name the backup file** and **click OK** to execute.



**Step 5:** When the backup file is created, you will see **the Home section in \* .ibj format** . To **save this file** , click the file on the file, **choose Export** and then choose a destination.



**Step 6:** To **restore the data** , **right-click the backup file** and select **Run backup> Yes** . When completed, the message **Backup completed successfully** will appear and open the folder to choose the backup location earlier.



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