

Things to keep in mind when backing up data on your computer

Backing up data on your computer will help users get back important data, when the computer hard drive has trouble using.

One of the necessary operations to protect all data on computers and phones is to back up data. You cannot be sure that a computer hard drive can work without any problems. And when the hard drive is broken, it means that all data on the computer also disappears completely.

There are many ways to perform data backup, such as exporting data to an external hard drive, or uploading backups to cloud services. Some tools can assist you in backing up such as Backup File History, Data Recovery when connected to an external hard drive, Backup System Image in Windows 7, etc. We should use different types of backups. In order to ensure the safety of the data, along with some necessary precautions when conducting data backup in the article below for reference.

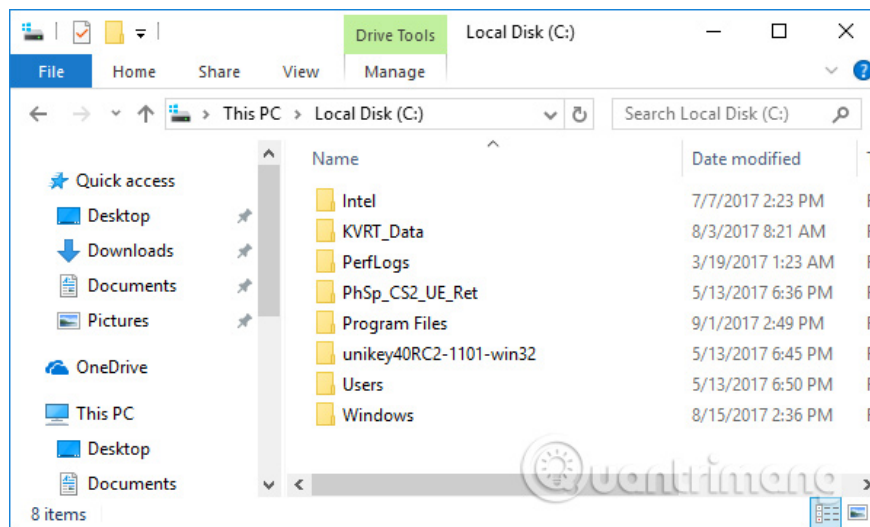
1. Should choose to back up important files:

Currently when performing backups, users can back up files, data or perform a full backup of the system.

With backup files or folders that users need to save, the backup process takes place very quickly because just need to select the data you want to back up only.

1. How to use Backup and Restore on Windows 7?

As for the backup of the entire system, when users proceed, it will back up all the folders in the system, installed programs and other data. This process will take a lot of time compared to just backing up the necessary data. To proceed with system backup, you can use the tool available or download.



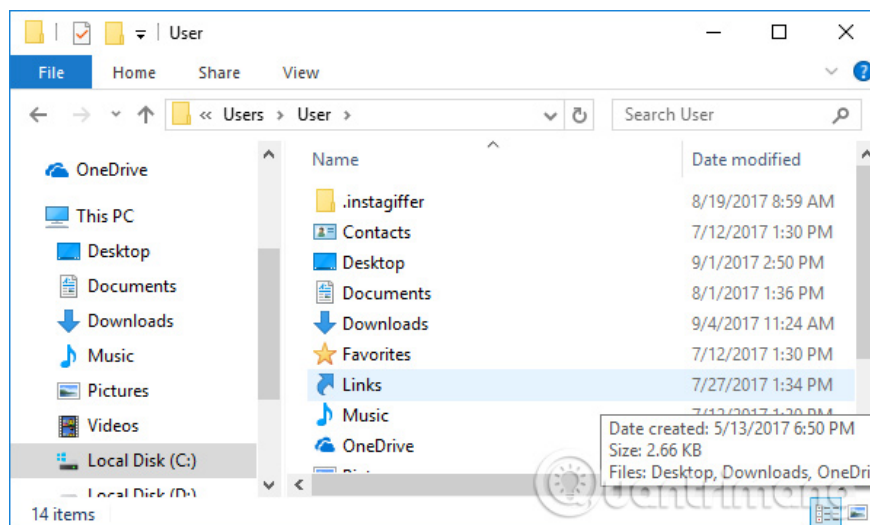
Normally people will use the built-in Windows image system feature to create a system backup. However, this feature only allows users to restore the system backup on one computer, because Windows installation only runs fine on the original operating system.

So if you need to back up your data, you should only backup the files and folders you need.

2. What types of data should be backed up?

The first priority when conducting backups is important personal data. On Windows computers, those data will be located in folder **C: Windows\USNAME**.

This is the default folder containing data folders including Documents, Pictures, Downloads, Music and Videos. Besides, there are Desktop folders or other important folders like OneDrive, Dropbox, Google Drive if users use more cloud storage services.



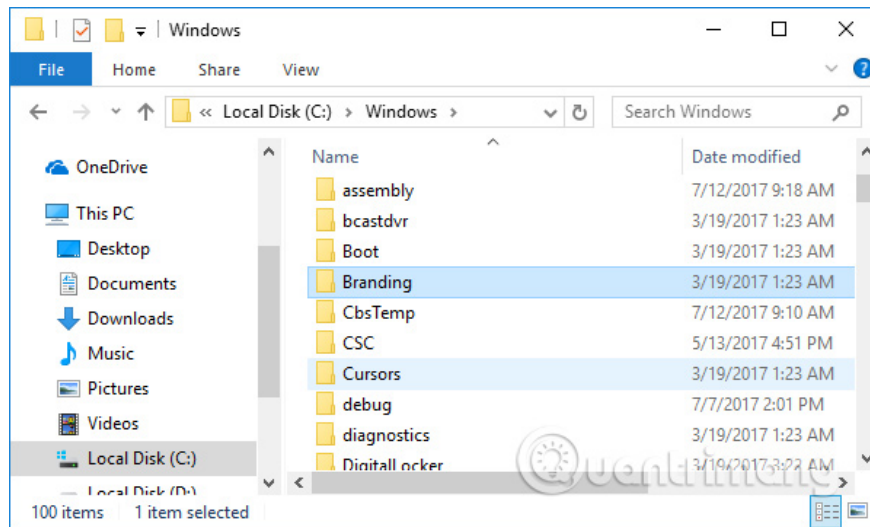
One more item is **the AppData hidden folder** when displaying hidden files. This folder will save the settings and data for the user account.

So when backing up, we should backup all data in the account folder on the computer, including the AppData folder.

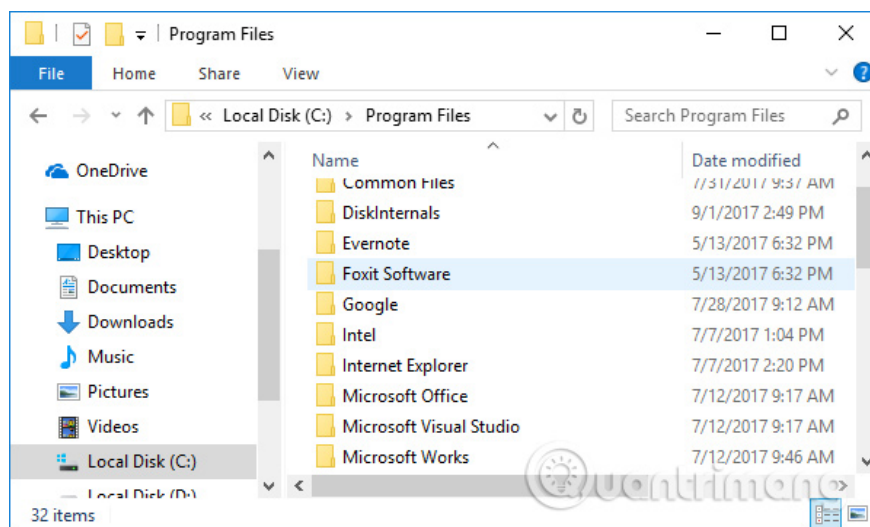
Folders that are not in the account folder should also be backed up, such as backing up application settings in C:\ProgramData folder.

3. What are the restrictions on backing up data?

2 **Windows** folder or **Program Files** folder is a directory that users should not perform backup. The Windows folder contains Windows system files, and you cannot back up them to move from one computer to another. Windows will automatically install them on the new computer.



The Program Files folder is where the applications installed and used are on the system. Application folders will appear when we proceed to reinstall the application.



4. Conduct regular backups:

If you perform data backup, users should regularly create backups. Backups should be done daily, if possible. Backup tools will only back up data that has changed so it doesn't take much time for the user.

Backing up data on a computer is essential to limit the risks of hard drive problems. The backup process you should choose to back up important data, through the tools available such as File History, or use cloud storage service is also a good idea.

Hope this article is useful to you!

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