

Everyone needs a backup at some time, either because the hard disk has failed or because System Restore can no longer repair a fault that has developed. Protection from disk failure but not system failure, can be minimised by running two identical drives in a Raid/Mirror Array.

A separate hard disk of at least 1 TB in either a Caddy or USB case is ideal for backup purposes providing it is stored away from the computer itself, and not plugged in while connected to the Internet.

Windows 7, 8 and 10 include a reliable program which can be used to create two types of backups, both of which are needed for total security: 1/ A system image. which can be used to rebuild the entire disk including partitions and leaves you with a working operating system as previously saved.

2/ A backup of folders and files as selected, which may be later restored individually as required. This cannot create a working operating system but is useful for incremental files or folders if needed.

Easeus Software have a free shareware program to Backup System and Data. This is available from http://www.easeus.com

Macrium Reflect also have a similar product available either as a commercial program or as a limited free version from http://www.macrium.com/reflectfree.aspx
The free version is considered adequate for most home users.

How often you run the backup depends on how much you are prepared to lose. Most people find monthly is adequate. OneDrive or other cloud storage can meantime be used for important active documents.

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