

Computer Know How Series

Presented by Steve Lacey ([Applications Etc.](#)) 916-947-9641

Backup, Backup, Backup!!! – Thursday September 14th 2017 @ 2pm

<http://www.aehost.net/morpd> or <http://www.morpd.com>

1) Topic of the Day

- a. **Backups** – the procedure for making extra copies of data in case the original is lost or damaged.
- b. A well designed disaster recovery plan can save you time, money and heartache.

2) Backup Programs or Services

- a. Windows – Windows Backup & Restore (Windows Vista/7/8/8.1/10), File History (Windows 8/8.1/10)
- b. Apple – Time Machine (OS X/macOS)
- c. Mobile Devices – Apple iCloud/iTunes for iPhone/iPad & Google Drive (Android Device Settings > Backup)
- d. 3rd Party Software (below and many many others)
 - i. Hard Drive Manufacture – Western Digital, Seagate, etc.
 - ii. Acronis True Image – www.acronis.com
 - iii. EaseUS – www.easeus.com
 - iv. Paragon Backup & Recovery – www.paragon-software.com
- e. Cloud Backup Software
 - i. Services (etc)
 1. Mozy – www.mozy.com, Carbonite – www.carbonite.com
 2. Google Drive Backup and Sync - www.google.com/drive/download
 - ii. Possible Problems and Deterrents
 1. Speed of Backup and Restore over Internet connection and compared to USB.
 2. Size of backup contents can be very large and initial backup can take days/weeks to upload.

3) Backup Types

- a. Normal or Full – A copy of all selected data.
- b. Differential – A copy of the data that has changed or been added since the last full backup.
- c. Incremental – A copy of the data that has changed since the last backup, whether it was full or incremental.

4) Backup Recommendations – Backups are not Archives, they are disposable so don't delete your original data!!!

- a. Hardware
 - i. Where – Hard Drive or Flash Drive.
 - ii. What – The size of your backup drive should be at least double of the full size of the drive being backed up.
 - iii. Verify – Verifying that your backups are completing is time well spent. Also check for notifications.
 - iv. Maintenance – Maintenance of your backup drive is very important to maintain the integrity of the backup.
 - v. Storage – Properly disconnecting and storing your backup drive is vital in any recovery plan.
- b. Software
 - i. What – Choose what software suits you best? Free/built-in software works as well as paid.
 - ii. When – Best time is when the machine is powered on and not in use.
 - iii. Where – To an external hard drive (or multiple) or the Cloud Service.
 - iv. How Often – Ask yourself, how much are you willing to lose? Day/Week/Month/Year?

5) Links/Resources

- a. Backup Awareness – <https://www.backblaze.com/blog/backup-awareness-month-2015>
- b. World Backup Day poll – <http://www.zdnet.com/article/world-backup-day-poll-reveals-many-americans-dont-backup-their-data>
- c. Boston Computing Data Loss Statistics – <https://www.bostoncomputing.net/consultation/databackup/statistics>
- d. Wikipedia – <https://en.wikipedia.org/wiki/Backup>
- e. Basic Computer Information - <http://www.basiccomputerinformation.ca/backing-up-files>
- f. Windows Backup & Restore – <https://support.microsoft.com/en-us/help/17127/windows-back-up-restore>
- g. Android Device Backups – <https://www.androidcentral.com/backup-android-ultimate-guide>
- h. Apple iCloud Backups – <https://support.apple.com/en-us/HT204136>
- i. Yahoo – <https://safety.yahoo.com/Security/BACKUP.html>
- j. How Often Should You Backup – <http://www.toptenreviews.com/services/articles/how-often-to-backup-files>
- k. Which Files Should you Backup – <https://www.howtogeek.com/howto/30173/what-files-should-you-backup-on-your-windows-pc>
- l. What's the Best Way to Backup My Computer? – <https://www.howtogeek.com/242428/whats-the-best-way-to-back-up-my-computer>
- m. There's No Excuse for Not Backing Up Your Computer. Do It Now. – <http://lifelacker.com/theres-no-excuse-for-not-backing-up-your-computer-do-1547987206>