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Avoid A Data/File Loss Disaster. Backup Your Data/Files.

Backing up your data should be at the top of your computer maintenance list.

This is one of the most important, yet also one of the most neglected areas of computing. Backing up your data should be at the top of your computer maintenance list, right next to Virus Protection. Without a data backup routine or virus protection, you are at risk of losing your pictures, documents, videos, music and other valuable and irreplaceable files. And it happens to people every day. The bottom line is; if you want to avoid losing your files, you must back them up.

What Causes Data/File Loss

Data loss can occur in many ways. The most common causes are physical failure of a Hard Drive, human error, Virus, Spyware or Malware Infections, File System Corruption and theft. Most users have everything saved on their PCs internal hard drive. Simply put, that hard drive will not function forever. It's not a matter of if a hard drive will fail; it's a matter of when it will fail. It can happen gradually, by bad clusters accumulating where the data is stored until the drive is unusable. Or it might happen suddenly and without warning, like a drop or liquid spill. *This is why it is critical to have a routine data backup plan in place.*

1. Data/File Backup Options

There are a number of ways to backup your Data/Files ranging from simple "Drag and Drop" methods to Automated, Scheduled File and Folder Backups. Below you'll find some examples. Be sure to choose a method that suites your needs and employ it right away.

- At minimum, we recommend backing up to a USB Flash Drive. Flash Drives are an inexpensive way to back up your most important files but are limited in the amount of data that they store. Flash Drives are available for sale at IndyLaptops.
- An external USB Hard Drive with Backup Software is a better choice for backing up larger amounts of data. This method is highly configurable. USB Hard Drives and Backup Software are available for sale at IndyLaptops.
- Another option is to use an on-line file backup service such as Carbonite, MozyHome, or DropBox. There are many on-line backup services available and all offer different plans and pricing. With a little research, you can find a plan that fits your needs and budget.

2. Things You Can Do To Help Prevent Physical Damage To Your Hard Drive

- Avoid moving your computer when it is powered on and in use. A sudden impact can cause a hard drive to fail.
- Completely power down your laptop before transporting. The impact of driving over a pothole can ruin a hard drive.
- Do not expose your computer to extreme temperatures. With a laptop this may be unavoidable in some instances. For example, if you travel with your laptop and it has been in your car in very hot or very cold weather; allow it to acclimate to room temperature before turning the unit on. This not only helps protect the hard drive, but will help protect the other sensitive components of your laptop.

Routine backup is a critical responsibility for everyone who uses a computer & it is the only way to avoid a data/file loss disaster.

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