The Importance of Data Back-Up

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Backing up collected data is an important part of data management. Backups protect against human error, hardware failure, virus attacks, power outages and natural disasters. When these errors occur, backups save time and money.

What is Data Backup?
Data backup is making copies of scanned data and other business information in case the data becomes corrupted, deleted or lost. You can then use the backup copy to restore or recover your data for business continuity and disaster recovery.
Many IT departments create multiple backup copies, keeping one copy on site for quick recovery and a second copy off-site, or in the cloud. This typically occurs if the onsite copy is damaged due to a natural or man-made disaster.
Early common methods of backing up data involved downloading data from the computer's hard drive onto a set of small diskettes, which were stored in physical containers.
Since then, the emergence of technology has made it possible to back up data remotely and download huge amounts of data to small portable devices. Cloud services and related options facilitate remote data storage, so that data is secure if an entire facility or site is compromised, while RAID, or mirroring technologies provide automated backup options.

Why is backing up computer data important?
1. To protect against cyber attacks
Cyber-attacks have become more common in recent years, so having a data backup and recovery solution is paramount.
2. To save money
Missing data can be costly, especially if you must recreate the lost data from scratch. In addition, the downtime caused by lost data can also negatively impact your business efficiency and customer trust.
3. To reduce outages or downtime
Data loss can be very disruptive to your business. However, with data backups, you can easily restore recent copies of your data, so there's no need to interrupt operations to redo lost work. High-end data backup solutions ensure fast recovery times for critical data to maximize uptime.

The Most Common Data Backup Methods

Cloud

Cloud storage is a great way to create online backups. This service can store files, photos or any other type of data. The Cloud can be used as a primary or secondary backup for a monthly fee. You can then use this space to store your backups. Most providers offer encryption services so that your data is secure when stored in the Cloud. You can access your backups in from any computer or mobile device with an internet connection. You can use cloud storage providers such as Google Drive, iCloud, Dropbox, Back blaze, iDrive and Microsoft OneDrive.

Network Attached Storage (NAS)
If your data is valuable, invest in a network attached storage (NAS) device. NAS is a dedicated server that provides storage and file sharing for your home or small business network. Unlike an external hard drive plugged into your router, a NAS is designed to be always on and connected so you can access your data anytime and from anywhere.

Online Backup Service
You can back up your data using an online backup service
 Encrypting your files.
 Scheduling regular backups.
 Storing backup files in a secure location.
They offer security features such as file encryption and password protection. Most online backup services also allow you to store your backup files in a secure location to ensure your data is safe and protected.

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