

Computer Medic Data Recovery Guide

What Causes Data Loss?



Among other causes, data loss can be attributed to system or human error, adverse environmental conditions and device failure.

Human causes of data loss include intentional or accidental deletion or overwriting of files. Virus damage, operating system or application software bugs, or failed upgrades may also cause data loss.

Common physical causes of data loss include power loss or power surge, overheating, electrostatic ("static") discharge and any kind of physical damage to the storage device or medium.

What Is Data Loss?

The majority of computer users will encounter data loss at some time. Data loss is usually characterized by one or more of the following:

- You are unable to access any data from a previously functioning computer system or backup.
- Data has accidentally been erased or data control structures have been overwritten.
- Data has been corrupted or made inaccessible.

If you have lost your data, you want to be able to rely on a knowledgeable, trusted partner. That's why Computer Medic has trained professional technicians, who will support you every step of the way while protecting the privacy of your data.

Computer Medic data recovery services give you the peace of mind that comes from fast turnaround, regular communication and updates throughout the recovery process.

How Can You Prevent Data Loss?

1. **Back up your files. Then test and verify your backup.**
2. **Use Windows XP System Restore Points before making any significant changes to your system.**
3. **Write a contingency plan and practice restoring your data in case of problems. Your contingency plan should require, as a minimum:**
 - Locating all available backups, including dates and types of backup
 - Listing and locating all original software packages, detailing updates since the original installation
 - Locating and making ready an alternate computer
4. **Never upgrade software or hardware without a complete, verified backup available in case you need to restore data.**
5. **Document your systems and archive original copies of your software in a safe place.**
6. **Ensure proper environmental conditions (stable temperature, humidity and cleanliness) and proper handling to avoid static discharge and accidental dropping.**
7. **Delete unused files and applications. Use a disc defragmenter.**
8. **Physically secure systems from intruders.**
9. **Deploy firewalls and virus protection.**
10. **Prepare for physical disasters, including use of offsite storage for backup.**

What Can You Do When You Lose Data?

- If your hard drive is making unusual noise, shut down your system immediately.
- Stop writing to your hard drive. This means discontinue using all programs which may write new data to your drive and possibly overwrite the lost data you seek.
- Avoid do-it-yourself solutions. Do-it-yourself software may make extensive use of the problem drive, potentially causing complete failure.

Call A Trained Expert: 800-662-8499