## How to do a System Restore (Windows 7)

1. If problems occur with your computer it may be necessary to perform a System Restore to get you back to the point before you installed new software.

System Restore

- If your source of help asks you to perform a System Restore then to access this left click
  Start, and then left click All Programs. Left click
  Accessories, left click System Tools, and then left click
  System Restore.
- 3. Follow the on-screen instructions for **Recommended Restore**. This doesn't affect your data e.g. document, picture and music files provided you have saved them and closed down all open programs. If a System Restore has already been done it will give the option of Undoing



Restore system files and settings

System Restore can help fix problems that night be making you

System Restore does not affect any of your documents, pictures, or other personal data. Recently installed programs and drivers night be uninstalled. Its fits process reversibled

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the previous (or other) System Restores (as shown).

 If this doesn't solve your problem then there are other advanced recovery facilities available which you can access. But these need you to **back up** your data before using.



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5. If all these fail then try the Microsoft Support website <u>http://support.microsoft.com/kb/2681286</u> and left-click Windows 7 & Windows <sup>7</sup> followed by the option which corresponds to your situation e.g. "My computer hangs or freezes randomly" My computer hangs or freezes and follow the instructions.

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