

System Image of Win 7 Backup and Restore

1. Click Start...Control Panel and select Backup and Restore.
2. In the upper left-hand portion of the screen, click on Create System Image. It will scan for a drive on which to create that image. If you're using a DVD, it will select the DVD Drive.
3. Click Next it will show the drive you'll be backing up (ex C:\ drive). If backing up to DVDs, have several blank DVDs on hand. It will tell you the size of the image and how each DVD should be labeled.
4. It will say Insert DVD and it will say it's going to Format the DVD. Click OK.
5. Insert DVDs as it instructed.
6. When the image is completed, it will ask if you'd like to create a CD System Repair Disk on the image. Select YES. Because should you need to use the image, it will ask for the repair disk. The Repair CD is a boot disk for the System Restore Image.

Note: I use Webroot's System Eraser which I created using their Window Washer software to clean the hard drive before restoring the image.

Revised 11/6/2011 JMM

Window Washer

***Window Washer** is specially designed to protect privacy of the user. This software removes the tracks of online activities, erases securely all incriminating files and speeds up computer performance. It completely destroys data from previously deleted in a non-recoverable way. It is safe and completely increases the system performance and wash away on and off line activities. It functions as an Internet washer, system cleaner, registry cleaner and privacy protector. It runs in the background and cleans the tracks. It works with IE, Netscape, NeoPlanet, AOL, CompuServe, Opera and others.*

The main features of Window Washer are:

- * It is the safest evidence eliminator that protects privacy*
- * It cleans up the browsers cache, cookies, history, recent documents and others*
- * Downloaded program files recycle bin*
- * It contains CHK scan disk files, and Drop Down Address Bar*
- * MS Office 92 and 2000 tracks*
- * It cleans Windows Temp Files Folder.*

Download Window Washer 6.6 (3.4 MB) 32 and 64 bit

This is a 30 day trial version but this gives you time to create the Eraser. ~\$30 to purchase. This program is not for newbies.