Atlas Communications
European Cyber Security Month Workshops

3) THE IMPORTANCE OF BACKING UP YOUR DATA
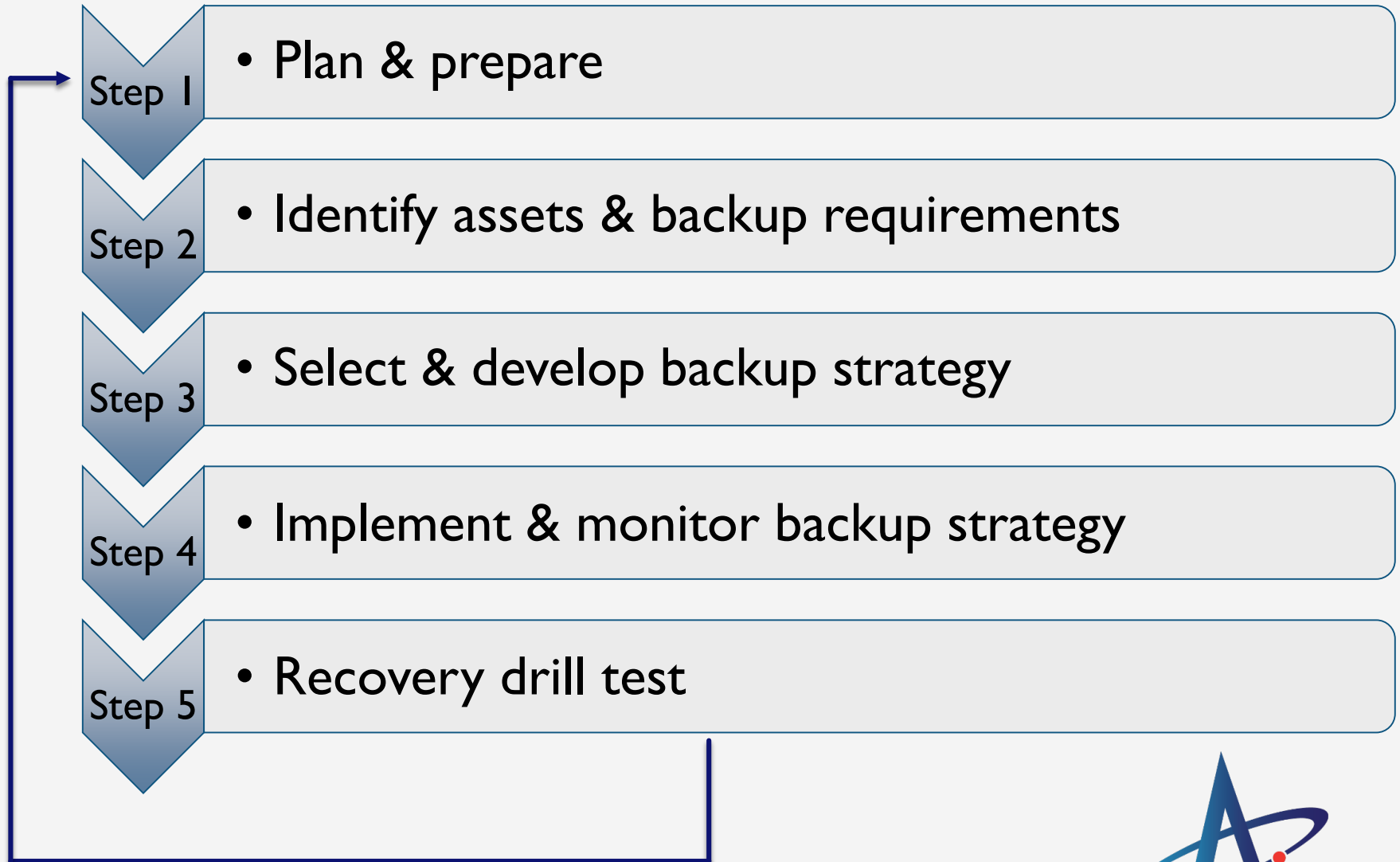
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Why are backups important?

A good backup strategy is essential for cyber security. **Backup is the last defence against data loss**, providing a way to restore original data. It has the following advantages:
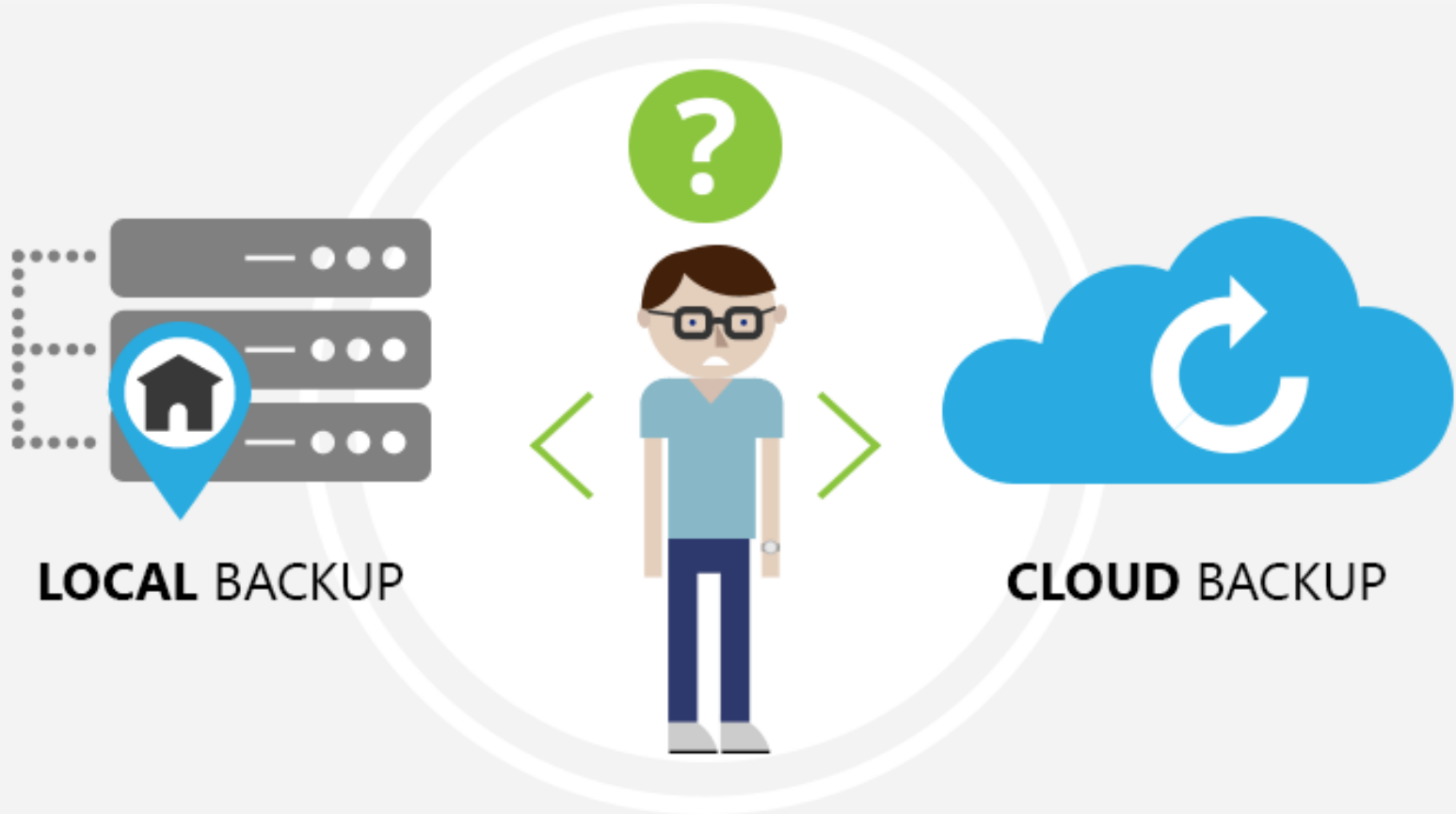
1. Protecting you in the event of hardware failure, accidental deletions or disaster;

2. Protecting you against unauthorised changes made by an intruder;

3. Providing you with a history of an intruder's activities by looking through archived, older backups.

Steps for Backup & Recovery

Step 1
- Plan & prepare

Step 2
- Identify assets & backup requirements

Step 3
- Select & develop backup strategy

Step 4
- Implement & monitor backup strategy

Step 5
- Recovery drill test

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Backup Methods

LOCAL BACKUP

CLOUD BACKUP

WHY YOU SHOULD CONSIDER CLOUD BACKUP

You should choose cloud backup if:

➢ You lack a consistent and reliable strategy for backing up your files.

➢ You are in need of cyber security solutions that are here to stay. You set it up and forget it.

➢ You are not willing to give up on security but want convenience.

➢ You need to be able to access your files and data instantaneously.

Best Practices

Use remote storage

Take backups frequently & regularly

Consider retention span

Keep backups encrypted & protected

The 3-2-1 Rule

➢ A 3-2-1 strategy means having at least 3 total copies of your data, 2 of which are local but on different mediums and at least 1 copy offsite.

➢ Having an onsite backup is a great start, but having an offsite backup is a key component in having a complete backup strategy.

➢ A continuously updated copy of your data that's not in the same physical location as the other two is paramount in protecting your files.

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