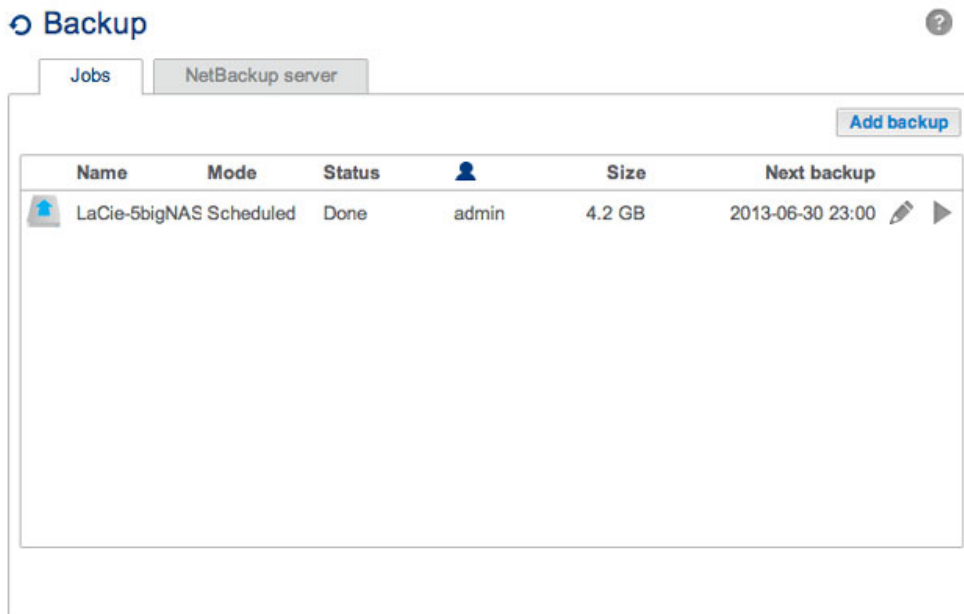# BACKUP

The Backup page helps the administrator configure *Backup and Restore Jobs* of data stored on the LaCie NAS. A job configured on the Backup page can be:

- One-time and/or manual backups.
- An automated backup that runs daily, weekly, or monthly.
- A restore of all or select files from a backup.

For further information on backing up your NAS and instructions on how to create a backup job, go to Backup Jobs.

Important info on NAS backup: It is recommended that all users back up data to DAS or another NAS as further protection against disk failure or secondary points of failure (e.g. hardware, network, etc.) See Backup Jobs for details.