The GET and POST methods are HTTP methods. The get method requests data from a specific resource while Post submits data to be processes by a specific resource. A GET request can be cached, remain in browser history, be bookmarked, length restricted. A POST request is not cached, does not remain in browser history, no length restrictions and cannot be bookmarked. A post request should be used when handling sensitive data such as login details or banking information since a post request does not store data in the URL or is saved to browser history. Get should be when not handling sensitive information and post should be used when doing so.