Backup and restore databases using MS SQL Server Management Studio  
  
  
Step by step / MSDN  
<https://msdn.microsoft.com/en-us/library/ms177429(v=sql.120).aspx>  
  
  
How to videos  
<https://www.youtube.com/watch?v=GRSRmGlglnI>  
  
<https://www.youtube.com/watch?v=l4oQEz4Zmn0>