Scenario:
An employee accidentally deleted a critical Excel file from their desktop.

## Steps:

- 1. Open the Backup & Restore application from the Start menu.
- 2. Select 'Restore Files' and choose the date of backup.
- 3. Browse to the Desktop folder and locate the deleted file.
- 4. Click 'Restore' and confirm overwrite if prompted.
- 5. Verify the file is restored and accessible.

Title: Data Backup and Recovery Steps

## Troubleshooting:

- 1. Ensure backup service is running in the system tray.
- 2. Check if the file was saved in OneDrive or SharePoint for alternate recovery.
- 3. Contact IT if backup history is missing or corrupted.