

Backup and Restore Guide

Setup | Owners and managers

Review backup status, choose a local or cloud backup path, and run restore actions through a controlled recovery process.

What This Guide Helps You Do

- Find and review FlintPOS backup health.
- Distinguish local backup files from cloud backup copies.
- Treat restore actions as controlled recovery work, not a casual troubleshooting step.

WHAT A HEALTHY BACKUP PROCESS LOOKS LIKE

A healthy backup process has recent backup history, at least one verified destination, and someone on the team who knows where to check status without waiting for an emergency.

ROUTINE BACKUP REVIEW

- Check backup status on a schedule instead of assuming it is working.
- Review available local and cloud backup lists periodically.
- Run manual backup actions intentionally, especially before major changes.

RESTORE SHOULD BE RARE AND DELIBERATE

Restore replaces current state with older data. That means it should be planned, communicated, and documented before anyone clicks the button.

MANAGER WARNING

High-risk action

Do not restore casually to "see if it helps." Confirm which backup is correct, what data will be overwritten, and who approved the recovery step.

**Keep Going**

Use the FlintPOS Docs hub to search for related guides by role, category, or job to be done. Open the interactive walkthrough at </quickstart/settings.html> when you want a screen-by-screen visual refresher.