

To create a system repair disc

1. Open Backup and Restore by clicking the **Start** button , clicking **Control Panel**, clicking **System and Maintenance**, and then clicking **Backup and Restore**.
2. In the left pane, click **Create a system repair disc**, and then follow the steps.  If you're prompted for an administrator password or confirmation, type the password or provide confirmation.

To use the system repair disc

1. Insert the system repair disc into your CD or DVD drive.
2. Restart your computer using the computer's power button.
3. If prompted, press any key to start the computer from the system repair disc.
 - If your computer isn't configured to start from a CD or DVD, check the information that came with your computer. You might need to change your computer's BIOS settings.
4. Choose your language settings, and then click **Next**.
5. Select a recovery option, and then click **Next**.

How To Create a Windows 7 System Repair Disc

1. Click on **Start -> All Programs -> Maintenance**.

Tip: An alternative is to execute **recdisc** from the Run box or a Command Prompt window. If you do that, you can skip to Step 3 below.

2. Click on the **Create a System Repair Disc** shortcut.
3. Choose your optical disc drive from the *Drive:* drop-down box.
4. Insert a blank disc in your optical drive.

Note: An empty CD should be large enough for a System Repair Disc. I created a Windows 7 System Repair Disc on a new Windows 7 32-bit installation and it was only 145MB. If you only have a blank DVD or BD available, that's okay too of course.

1. Click the **Create disc** button.

Windows 7 will now create the System Repair Disc on the blank disc you inserted in the previous step. No special disc burning software is required.

2. After the System Repair Disc creation is complete, Windows 7 displays a dialog box that you can close by clicking the **Close** button.
3. Click the **OK** button back on the original *Create a system repair disc* window that's now showing up on your screen.
4. Label the disc as "Windows 7 System Repair Disc" and keep it someplace safe.

You can now [boot from this disc](#) to access System Recovery Options, the set of system recovery tools available for the Windows 7 [operating system](#).

Tip: As with a Windows 7 installation disc, you'll need to watch for a for a *Press any key to boot from CD or DVD...* message on screen, right after your computer turns on or restarts with the System Repair Disc inserted.