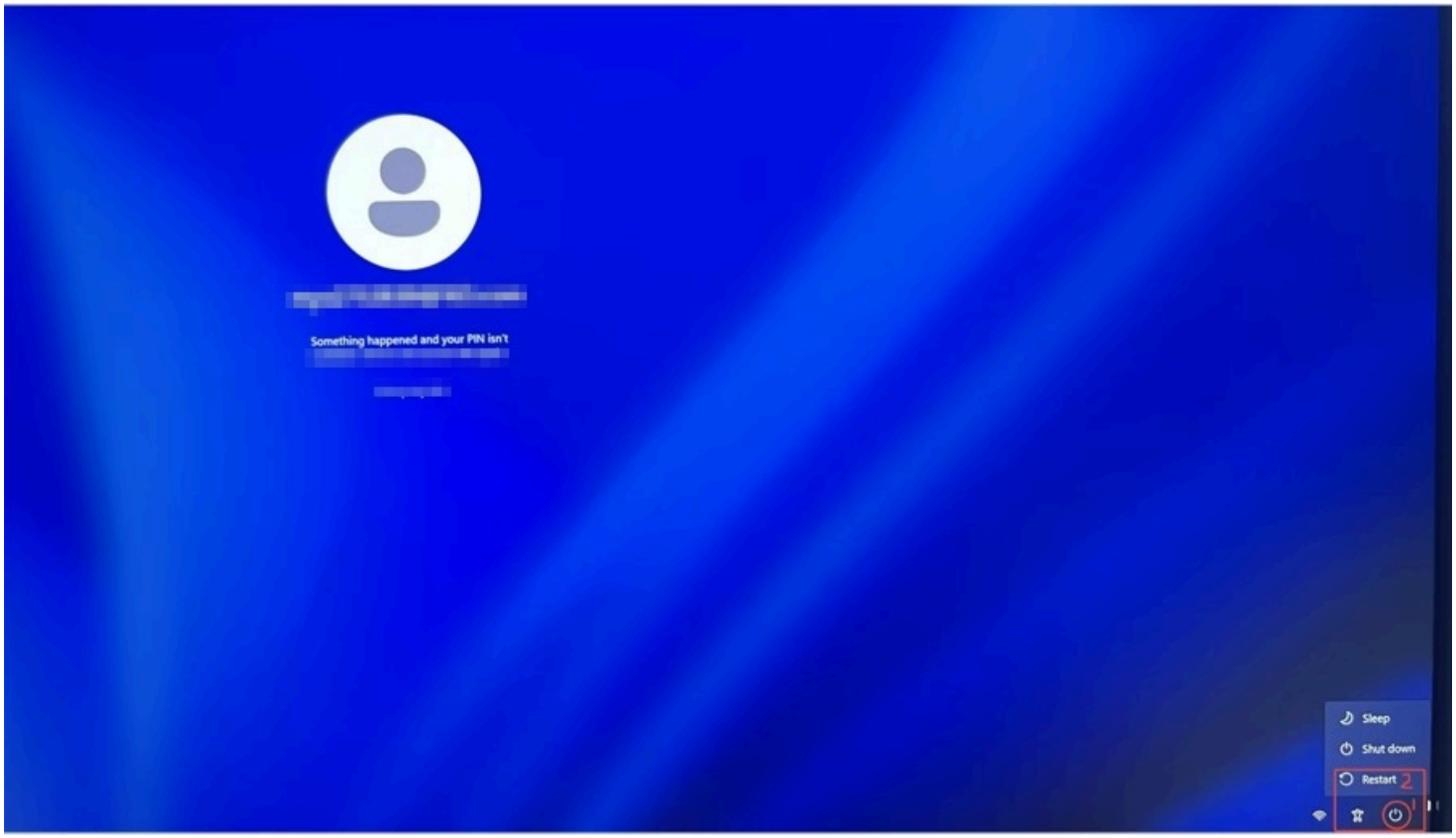
临时数据拷贝应急方案

适用场景：Windows 设备因忘记 PIN 码、且无法弹出重置窗口时，通过此方法临时进入系统，将重要文件拷贝到 U 盘或移动硬盘，再重装系统。

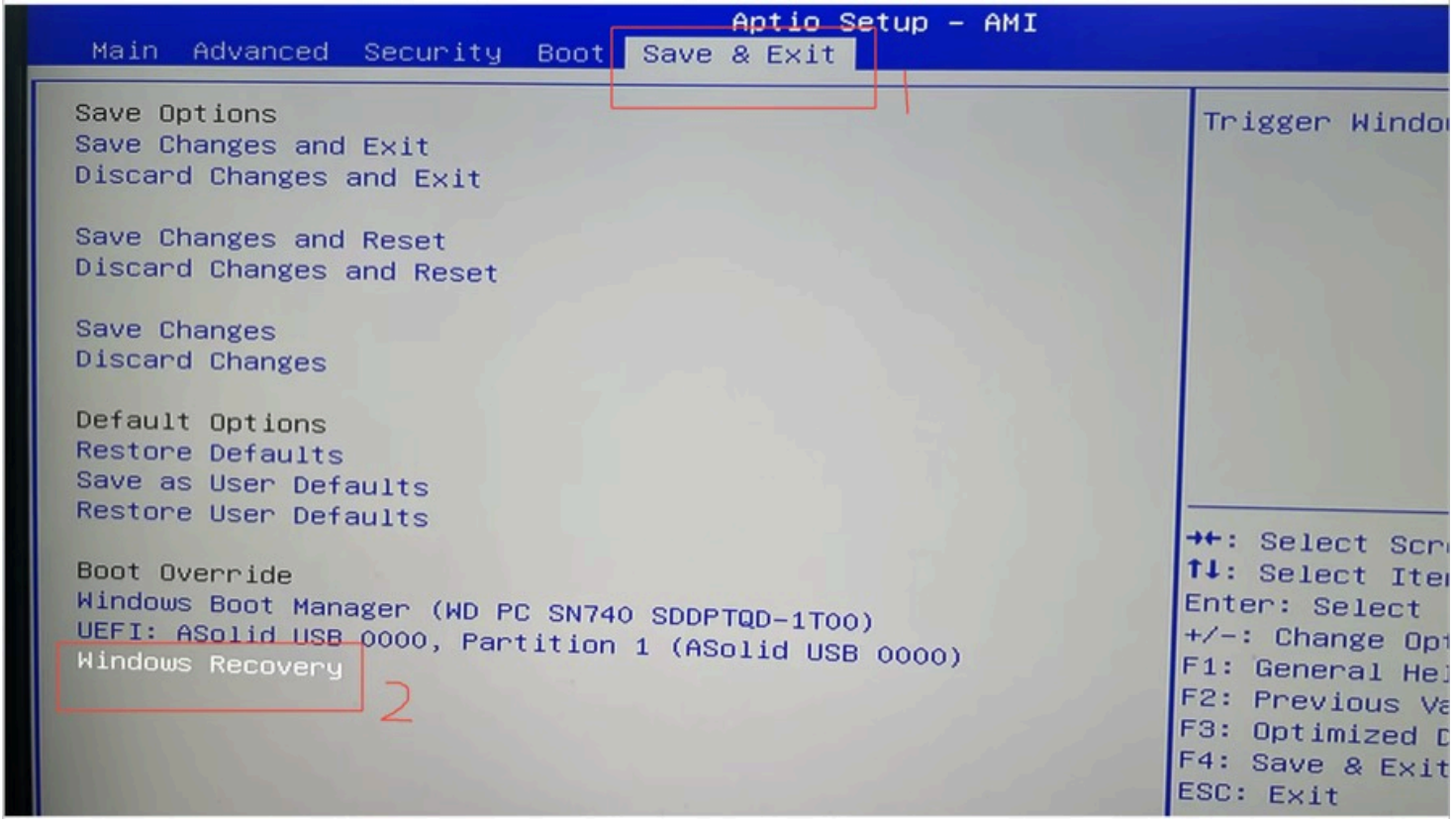
> ⚠ **操作前请准备好**
>
> - 一个 **U 盘或移动硬盘**，用于存放拷贝的数据
> - 全程约需 **20–30 分钟**，请保持电源接入，避免中途断电

第一步：重启电脑，进入 BIOS

点击屏幕**右下角的电源按钮**，选择 **重启（Restart）**。

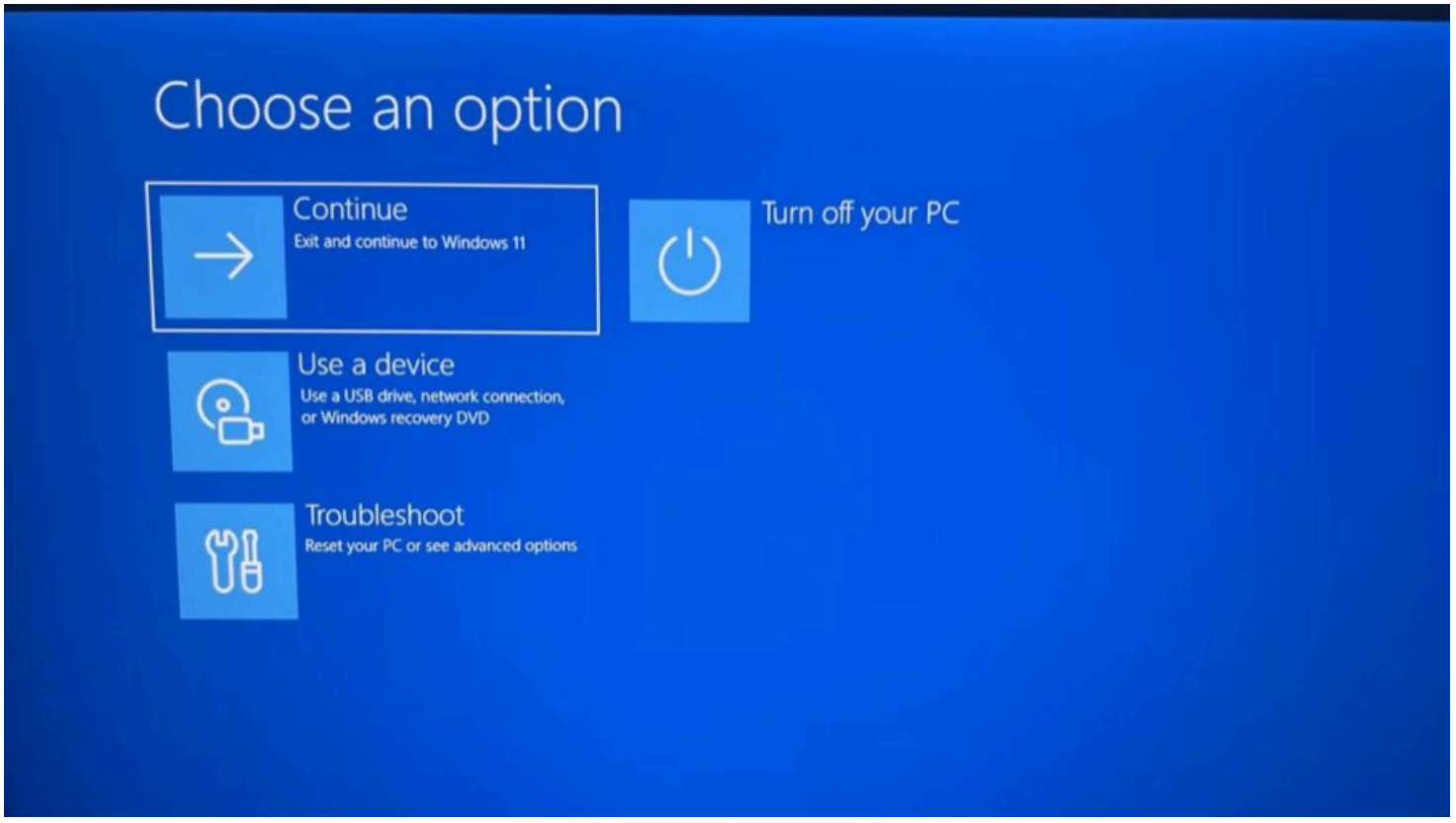


屏幕出现黑屏的瞬间，**立即长按键盘上的 Del 键**，直到进入 BIOS 界面。



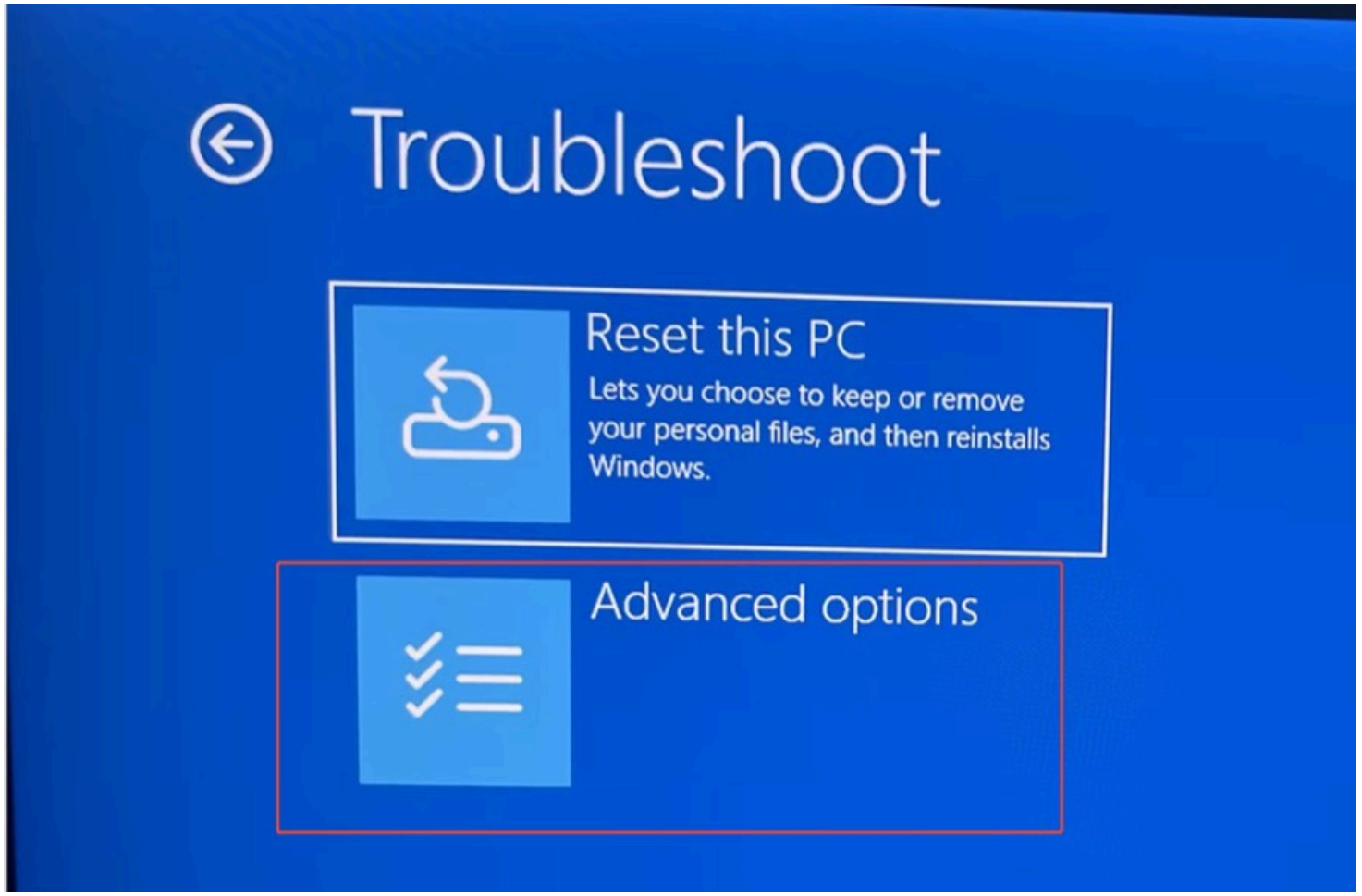
第二步：从 BIOS 进入 Windows 恢复模式

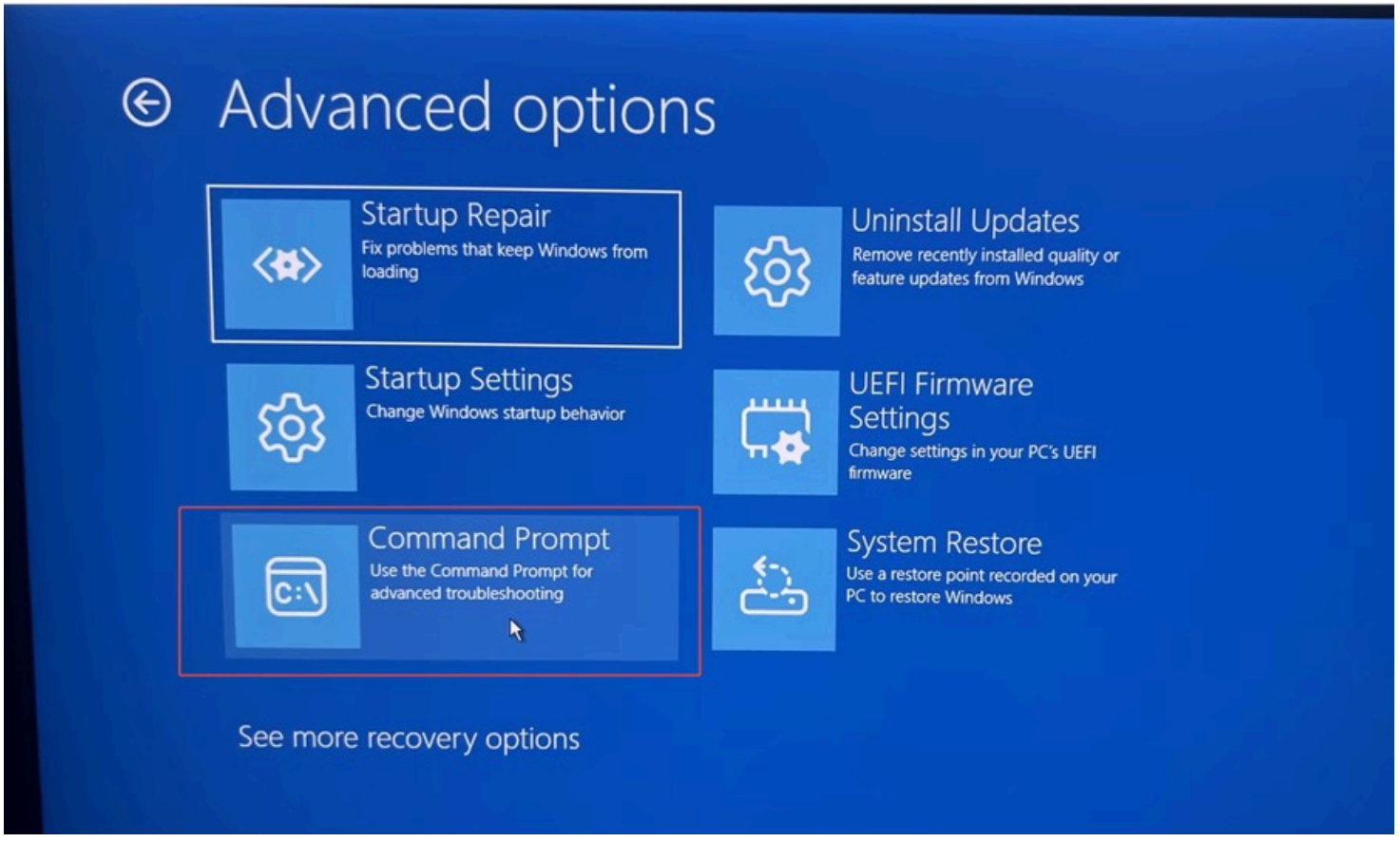
进入 BIOS 后，切换到 **Save & Exit** 标签页，选择 **Windows Recovery**。机器将自动重启，进入系统高级设置界面。



第三步：打开命令提示符

依次点击：**Troubleshoot → Advanced options → Command Prompt**

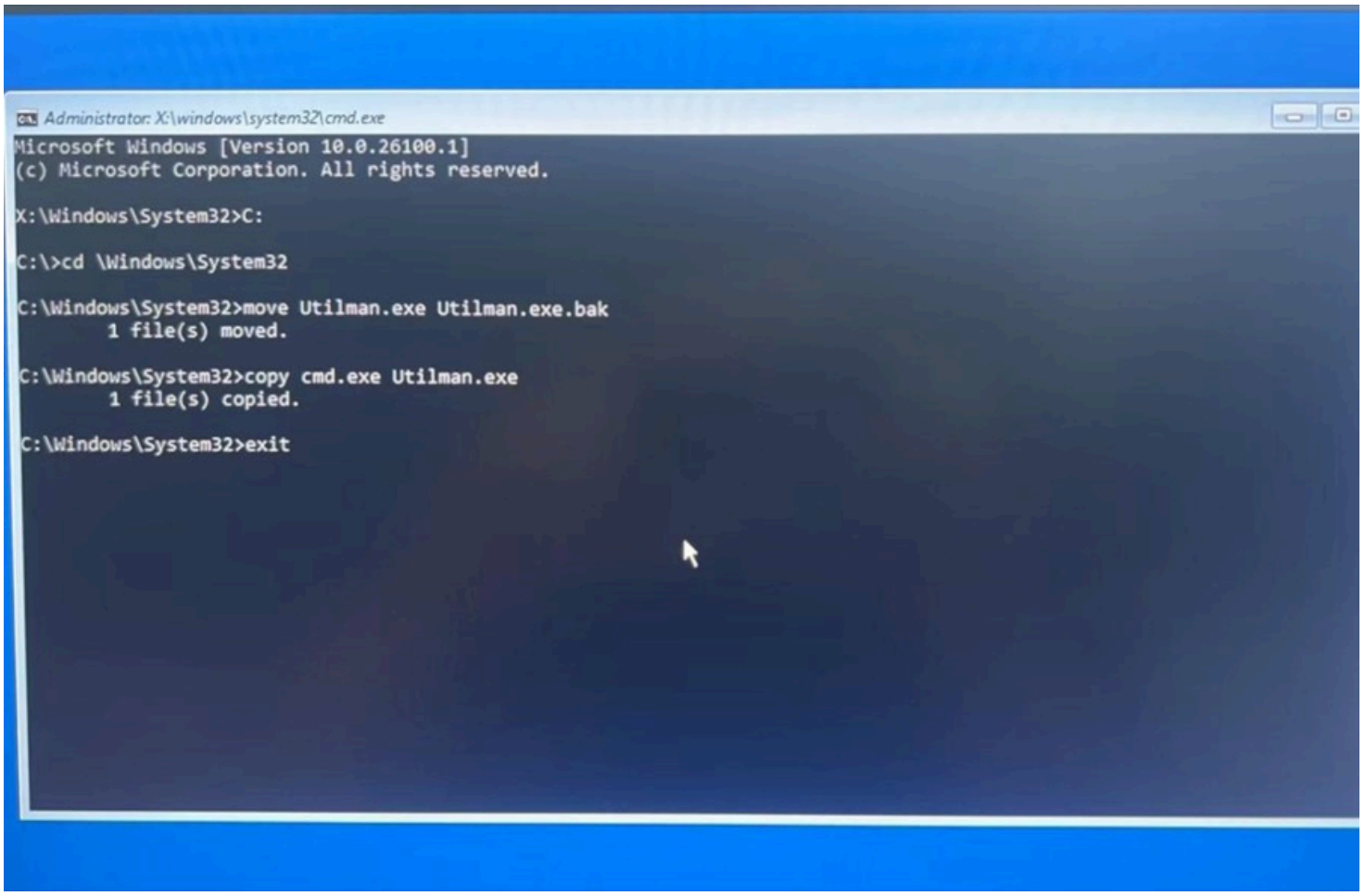




第四步：临时替换无障碍工具

在命令提示符中**依次输入**以下五条指令，每条输完后按 **Enter**：

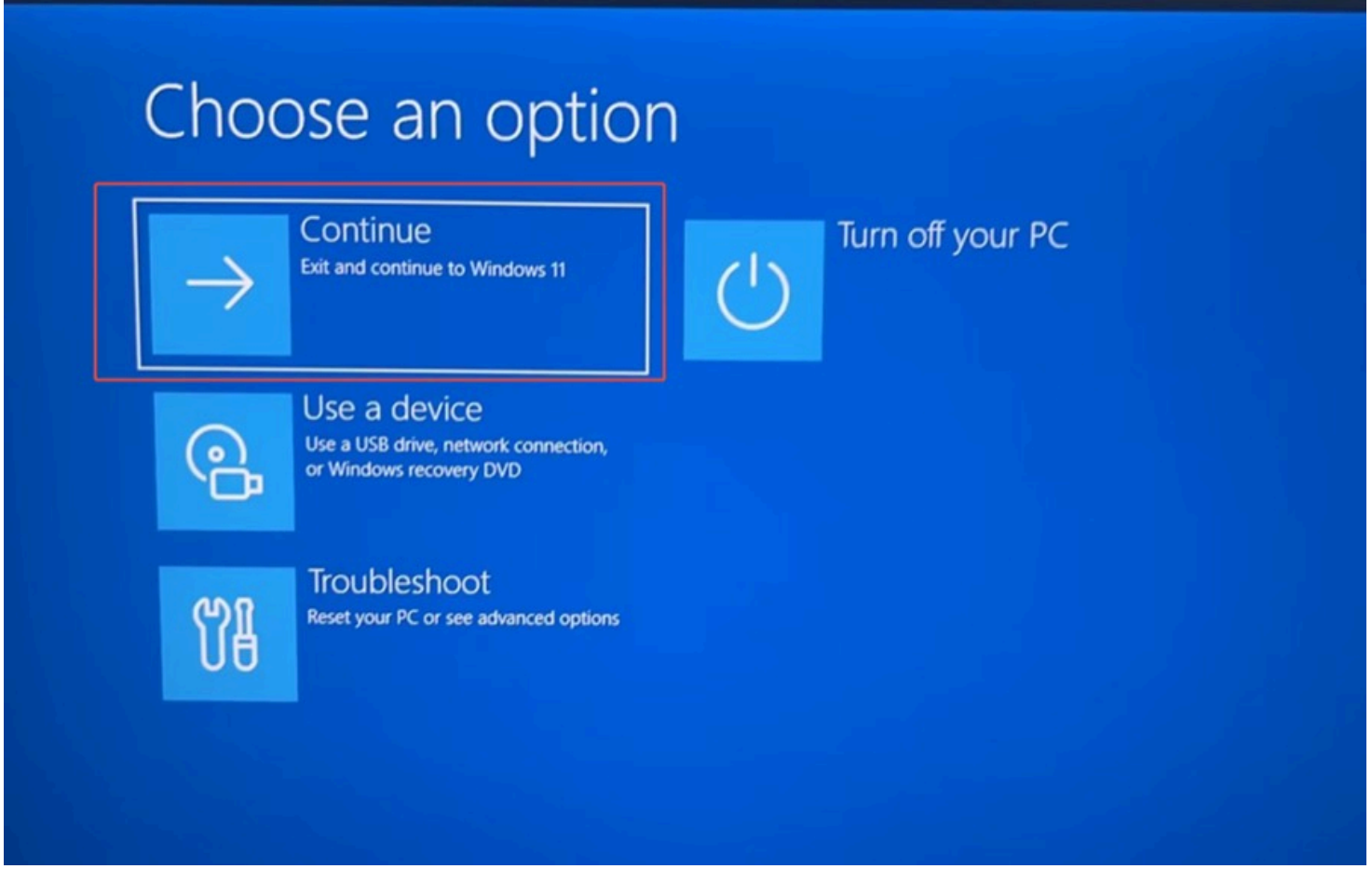
```
C:
cd \windows\system32
move utilman.exe utilman.exe.bak
copy cmd.exe utilman.exe
exit
```



ⓘ 这一步在做什么?

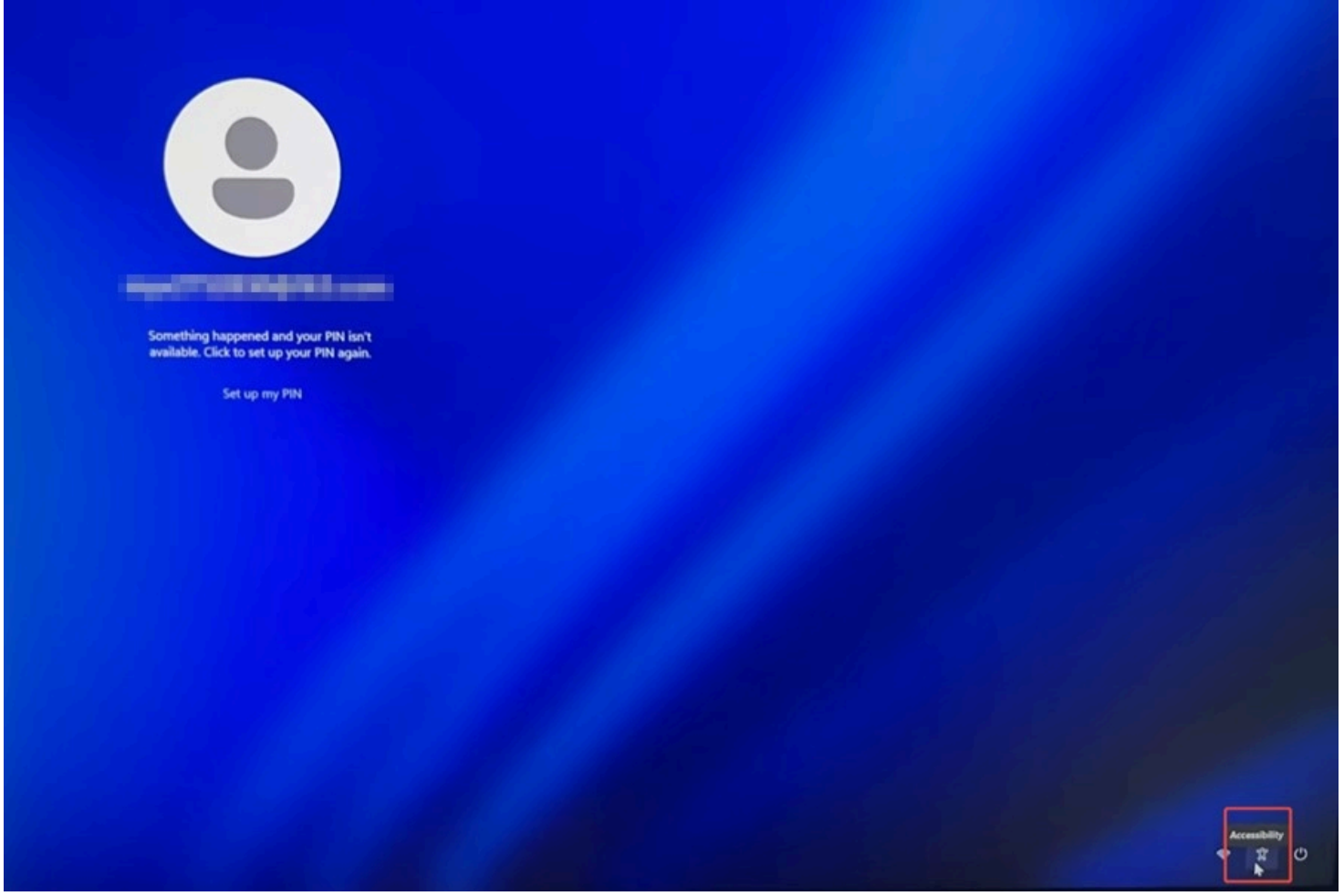
将登录界面右下角的"无障碍功能"按钮，临时替换为命令提示符，让我们在不输入密码的情况下执行指令。**第七步会将其还原。**

点击 **Continue（继续）**，机器重启。



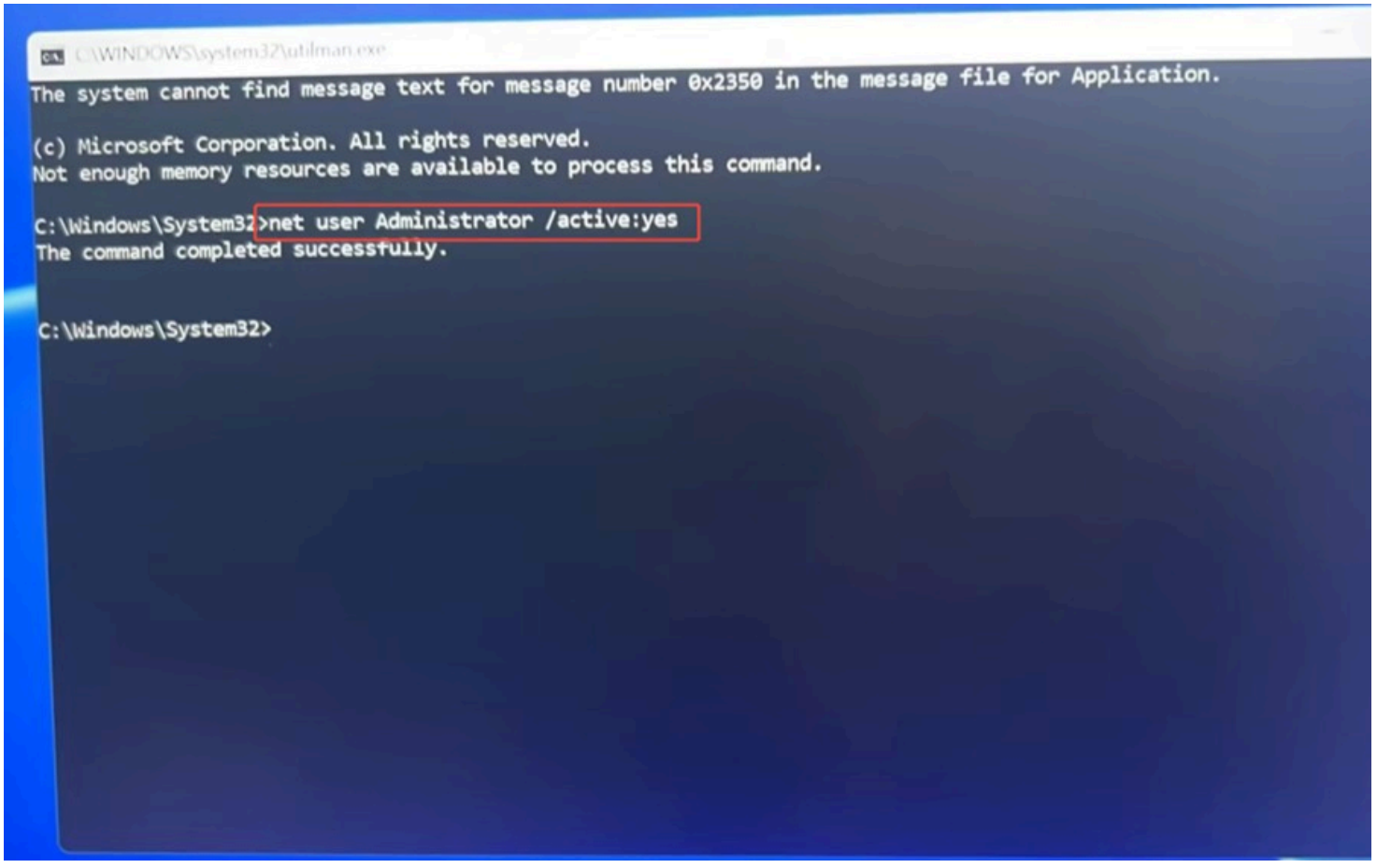
第五步：激活隐藏的 Administrator 账户

重启后进入登录界面。点击一下桌面空白处，然后点击右下角的**无障碍功能按钮**（人形图标），此时会弹出命令提示符。



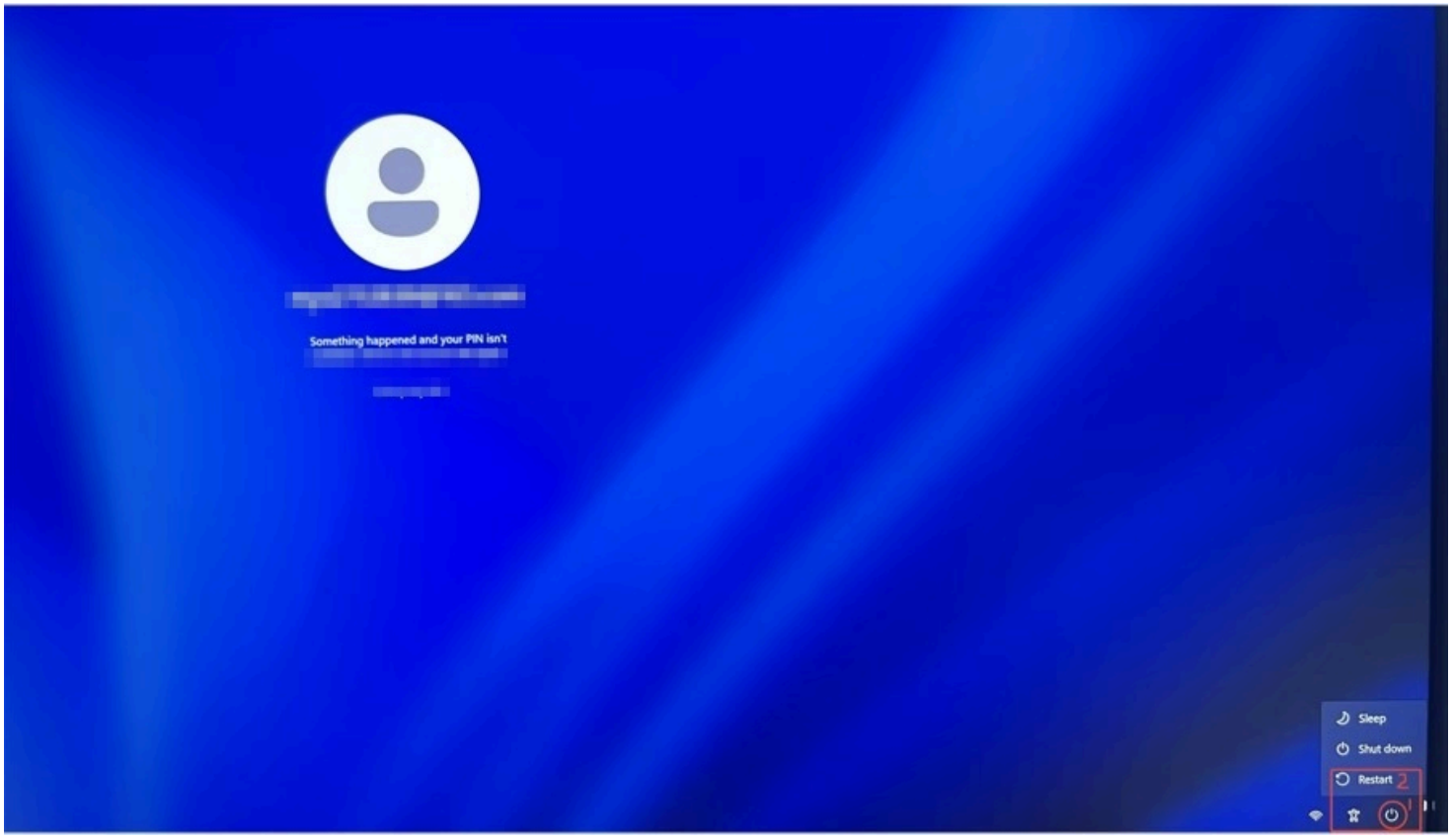
输入以下指令并按 **Enter**：

```
net user Administrator /active:yes
```

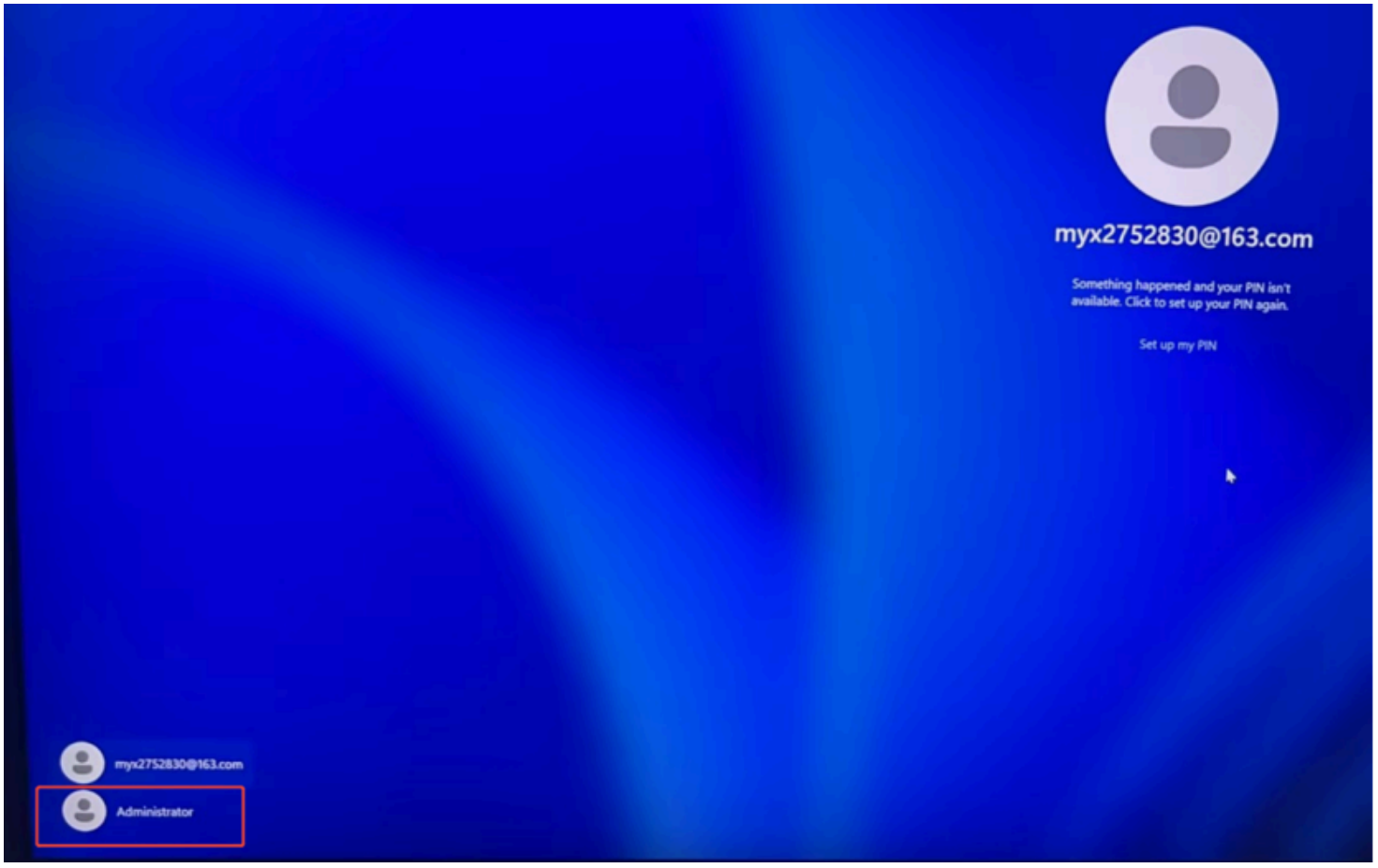


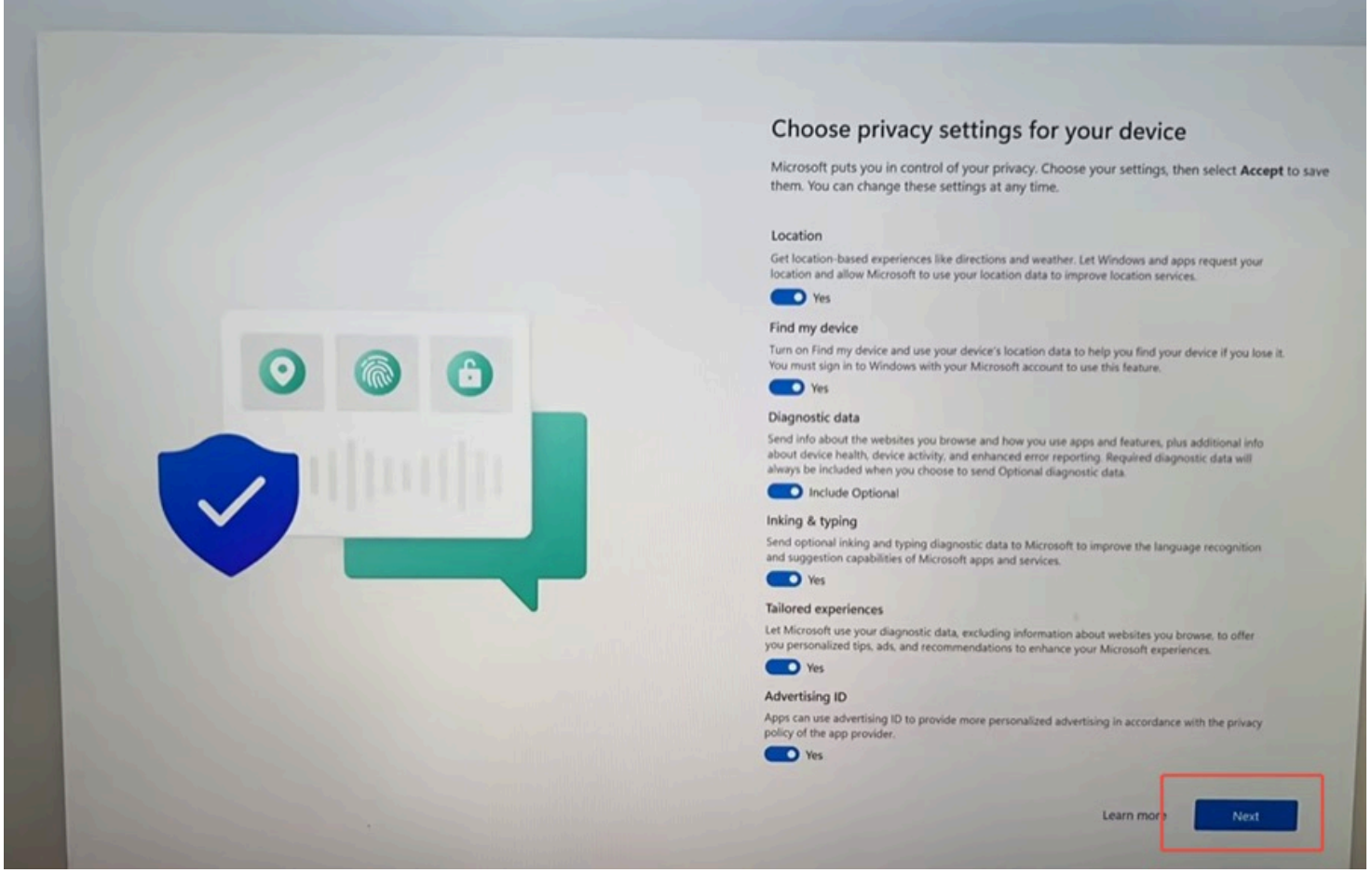
第六步：重启，以 Administrator 身份登录

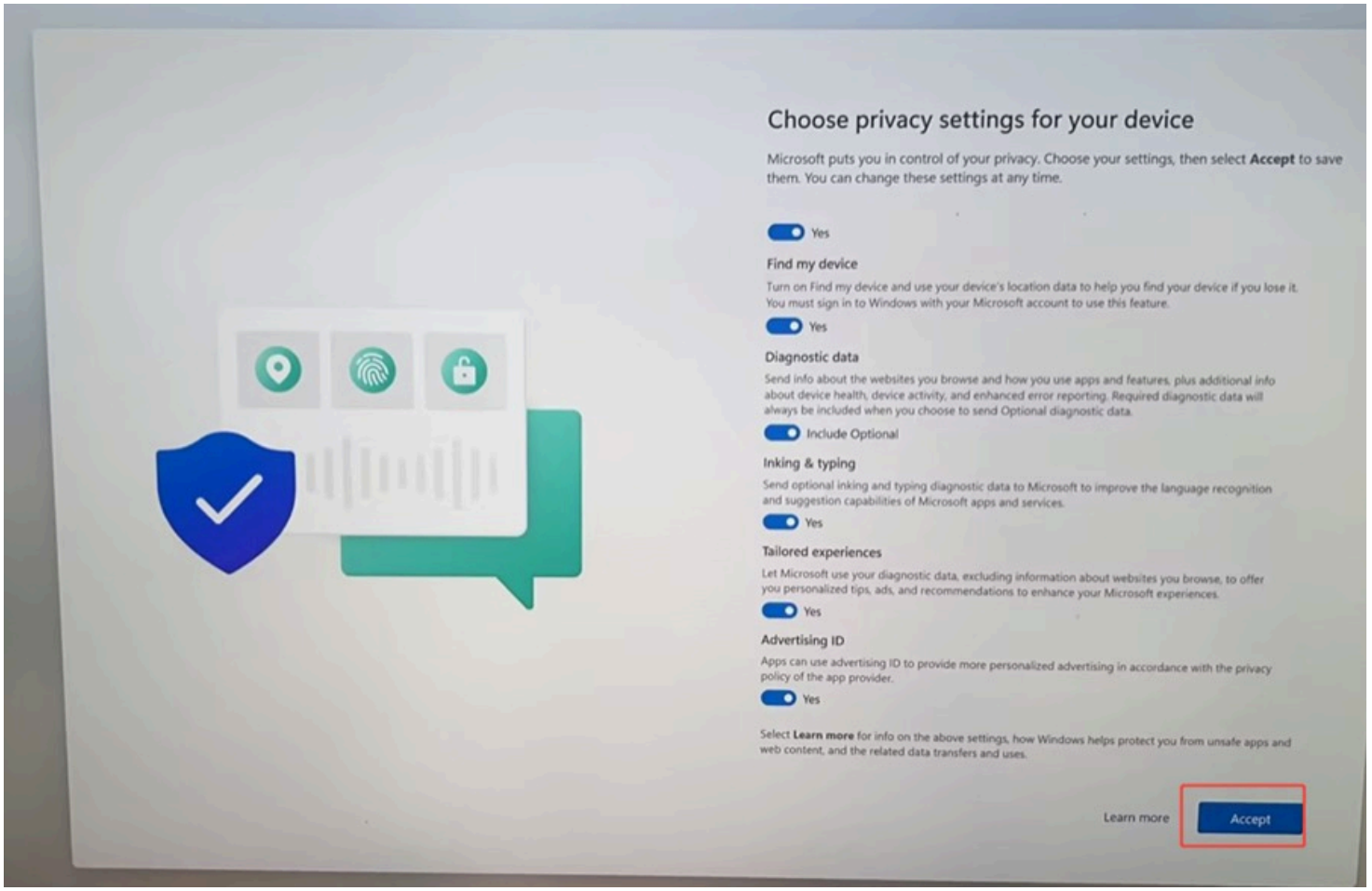
点击桌面空白处，再点击右下角**电源按钮**，选择 **Restart（重启）**。



重启后，在登录界面左下角点击 **Administrator** 账户。依次点击 **Next** → **Accept**，即可进入系统桌面。

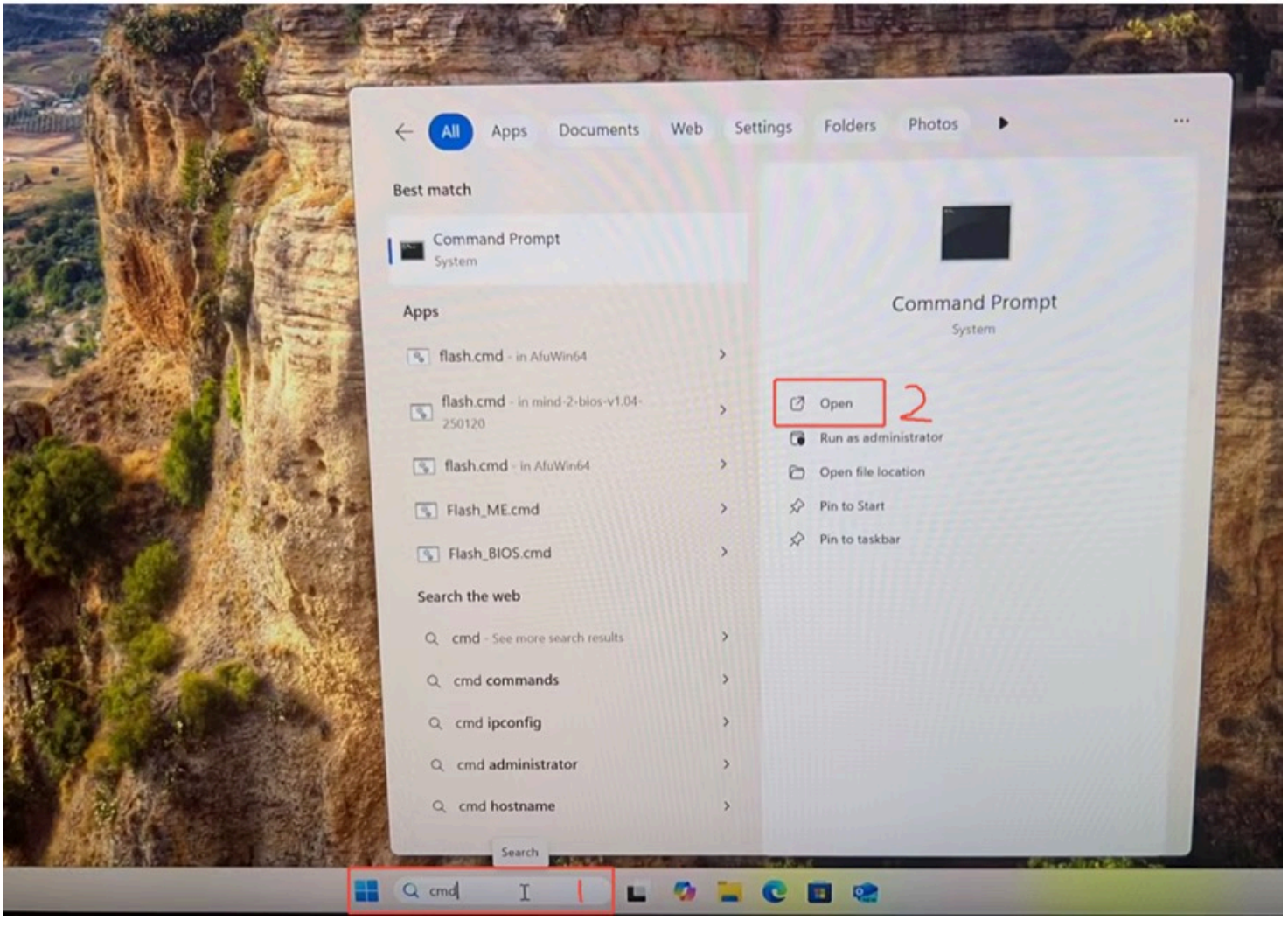



Choose privacy settings for your device
Microsoft puts you in control of your privacy. Choose your settings, then select Accept to save them. You can change these settings at any time.
Location
Get location-based experiences like directions and weather. Let Windows and apps request your location and allow Microsoft to use your location data to improve location services.
Yes
Find my device
Turn on Find my device and use your device's location data to help you find your device if you lose it. You must sign in to Windows with your Microsoft account to use this feature.
Yes
Diagnostic data
Send info about the websites you browse and how you use apps and features, plus additional info about device health, device activity, and enhanced error reporting. Required diagnostic data will always be included when you choose to send Optional diagnostic data.
Include Optional
Inking & typing
Send optional inking and typing diagnostic data to Microsoft to improve the language recognition and suggestion capabilities of Microsoft apps and services.
Yes
Tailored experiences
Let Microsoft use your diagnostic data, excluding information about websites you browse, to offer you personalized tips, ads, and recommendations to enhance your Microsoft experiences.
Yes
Advertising ID
Apps can use advertising ID to provide more personalized advertising in accordance with the privacy policy of the app provider.
Yes
Learn more
Next


Choose privacy settings for your device
Microsoft puts you in control of your privacy. Choose your settings, then select Accept to save them. You can change these settings at any time.
Yes
Find my device
Turn on Find my device and use your device's location data to help you find your device if you lose it. You must sign in to Windows with your Microsoft account to use this feature.
Yes
Diagnostic data
Send info about the websites you browse and how you use apps and features, plus additional info about device health, device activity, and enhanced error reporting. Required diagnostic data will always be included when you choose to send Optional diagnostic data.
Include Optional
Inking & typing
Send optional inking and typing diagnostic data to Microsoft to improve the language recognition and suggestion capabilities of Microsoft apps and services.
Yes
Tailored experiences
Let Microsoft use your diagnostic data, excluding information about websites you browse, to offer you personalized tips, ads, and recommendations to enhance your Microsoft experiences.
Yes
Advertising ID
Apps can use advertising ID to provide more personalized advertising in accordance with the privacy policy of the app provider.
Yes
Select Learn more for info on the above settings, how Windows helps protect you from unsafe apps and web content, and the related data transfers and uses.
Learn more
Accept

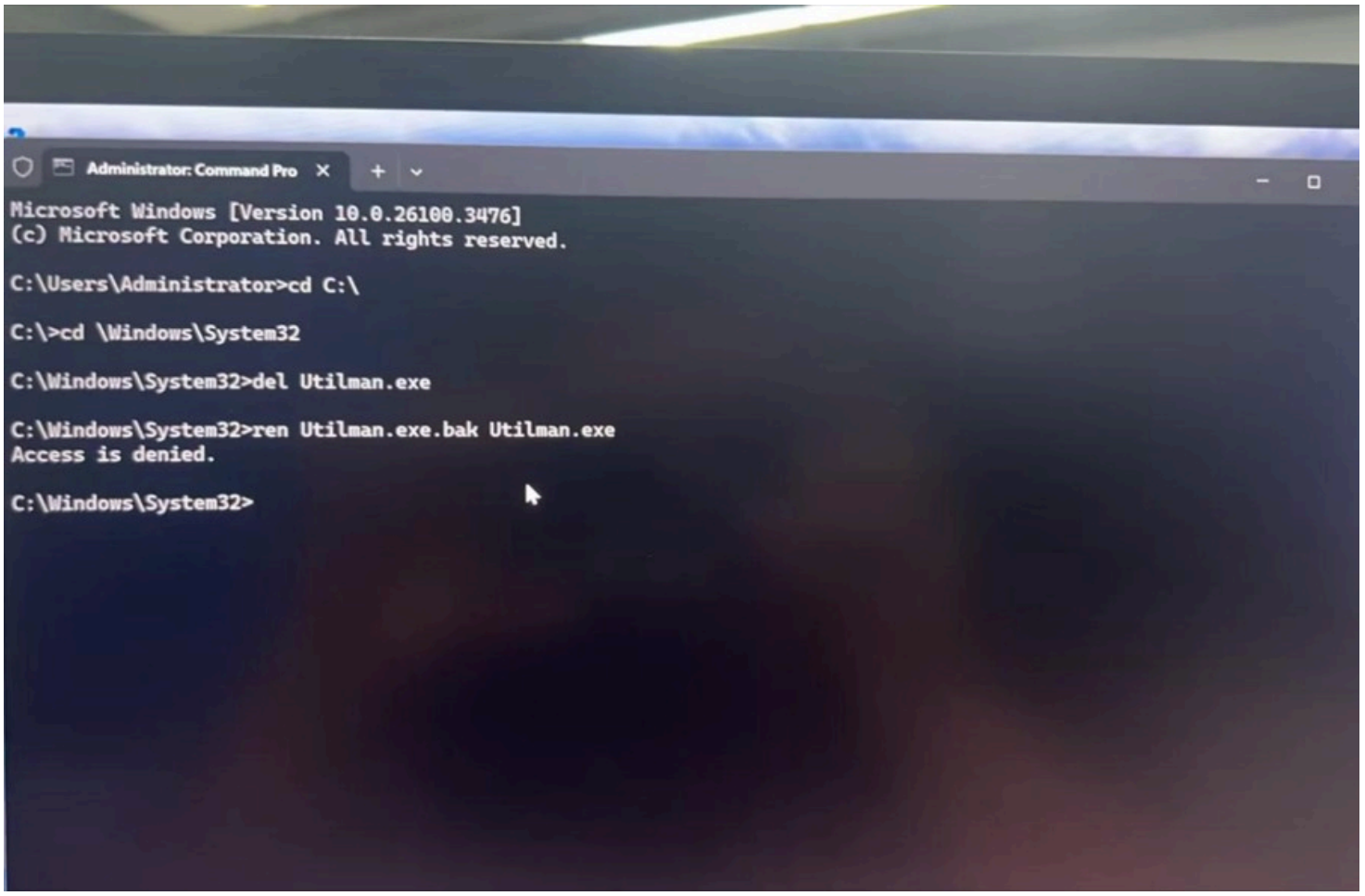
第七步：还原无障碍工具（必做，不可跳过）

进入桌面后，在搜索栏输入 `cmd`，点击 **Open** 打开命令提示符。



依次输入以下四条指令，完成后关闭命令提示符：

```
cd C:\
cd \windows\system32
del utilman.exe
ren utilman.exe.bak utilman.exe
```

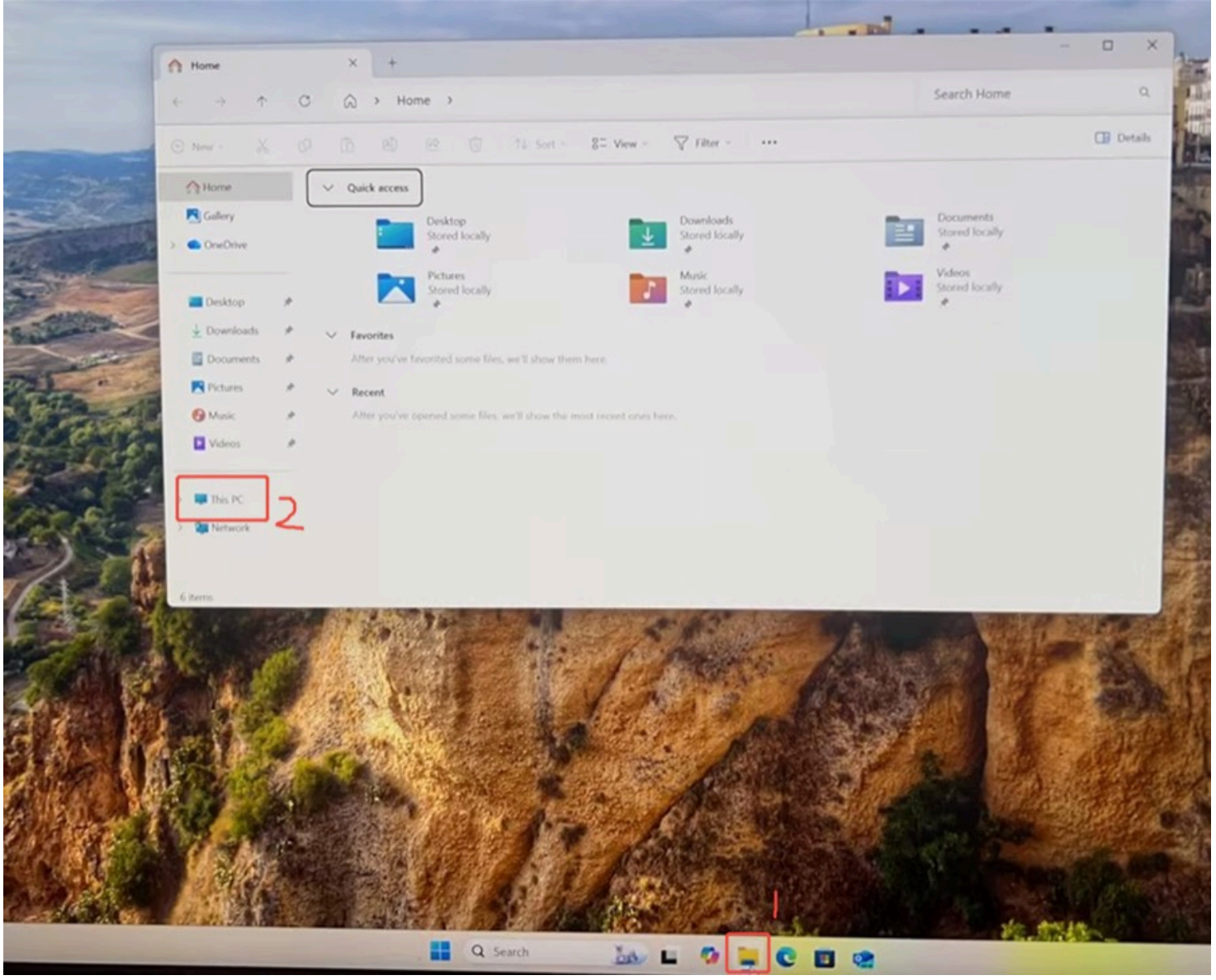


这步不能跳过

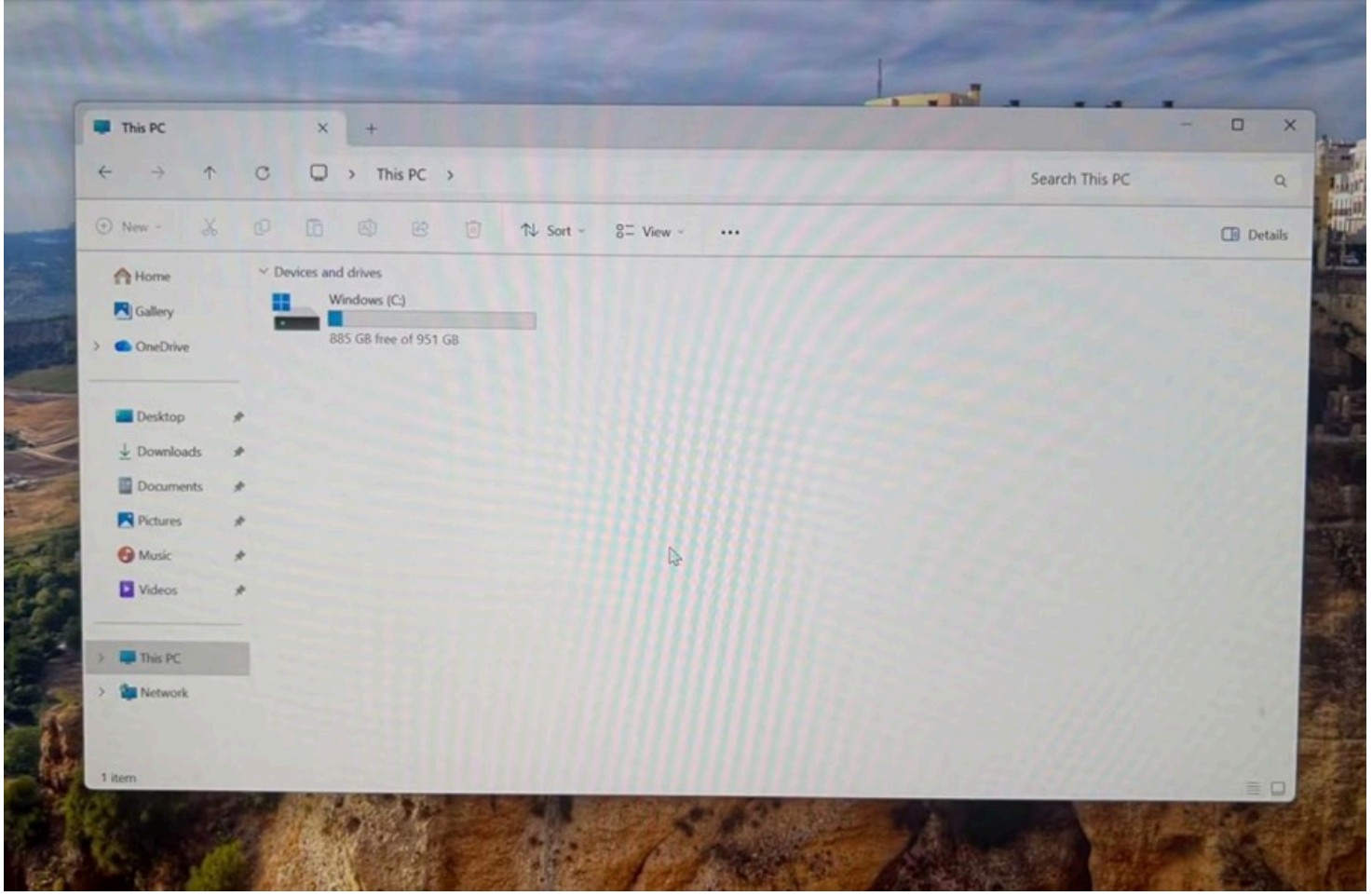
若不还原 utilman.exe，任何人都可以在登录界面直接打开命令提示符，存在严重安全风险。

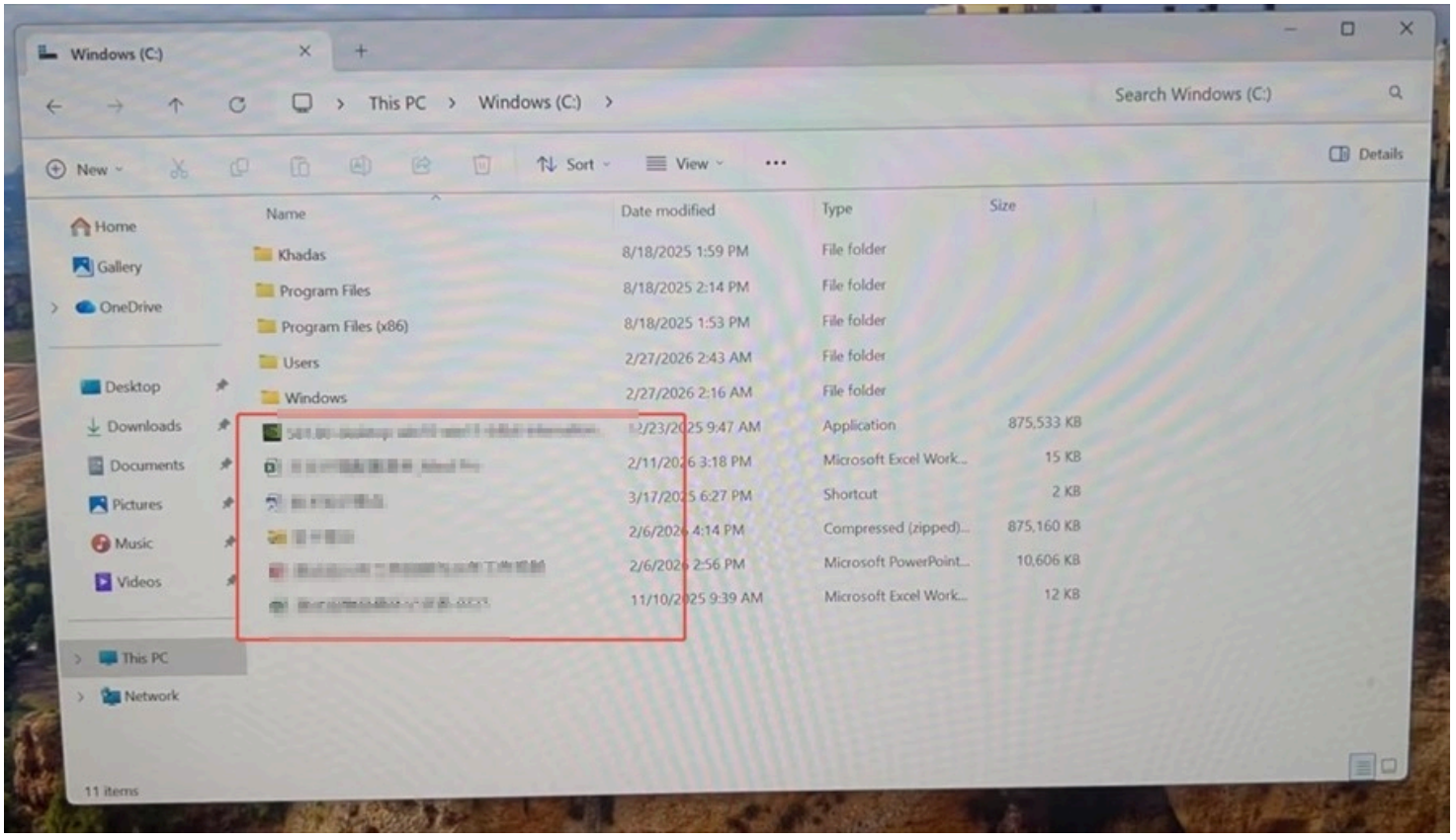
第八步：拷贝重要文件

点击任务栏中的**文件夹图标**，打开"此电脑（This PC）"。



进入 **C 盘**，将需要保留的重要文件拷贝到已连接的 U 盘或移动硬盘中。

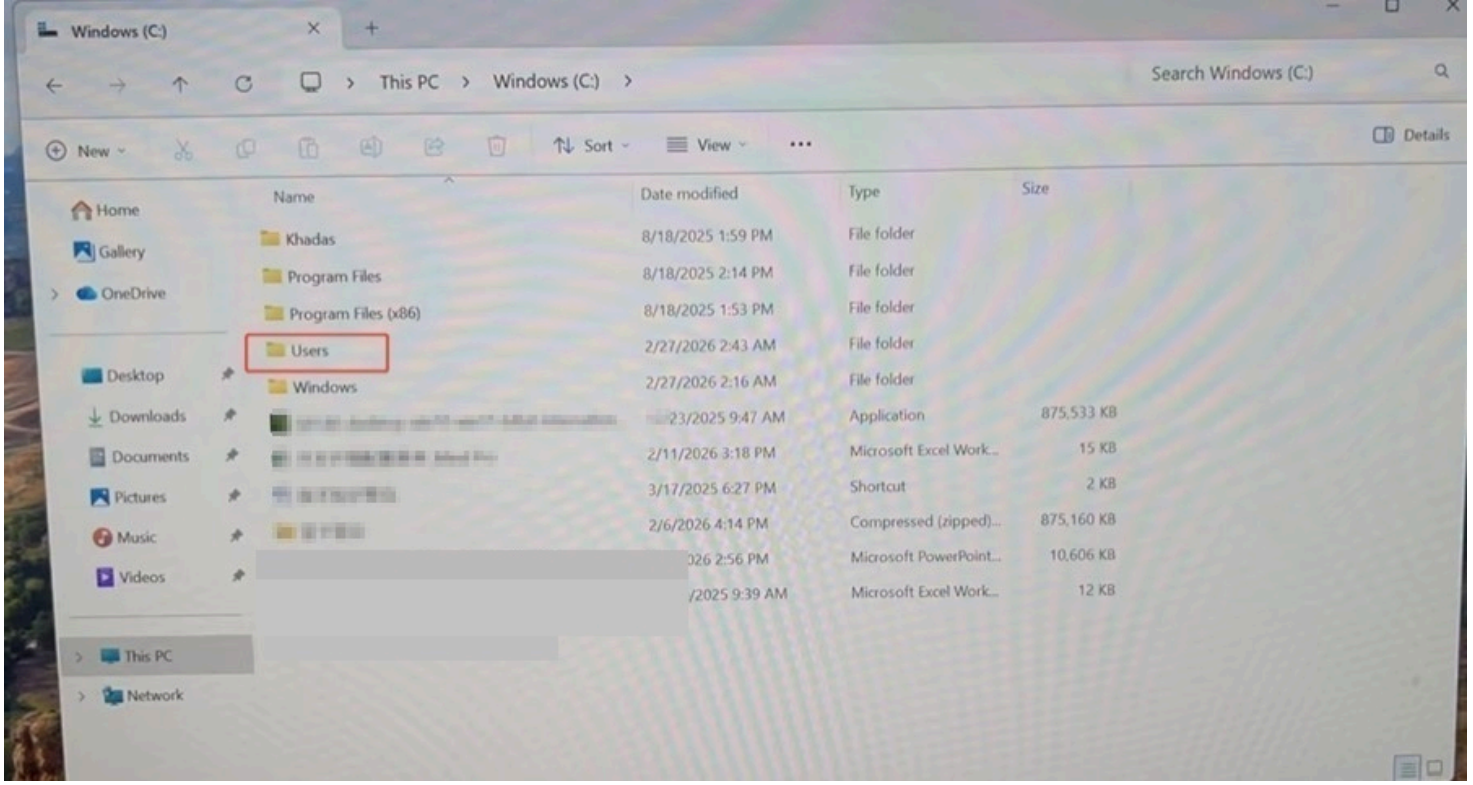


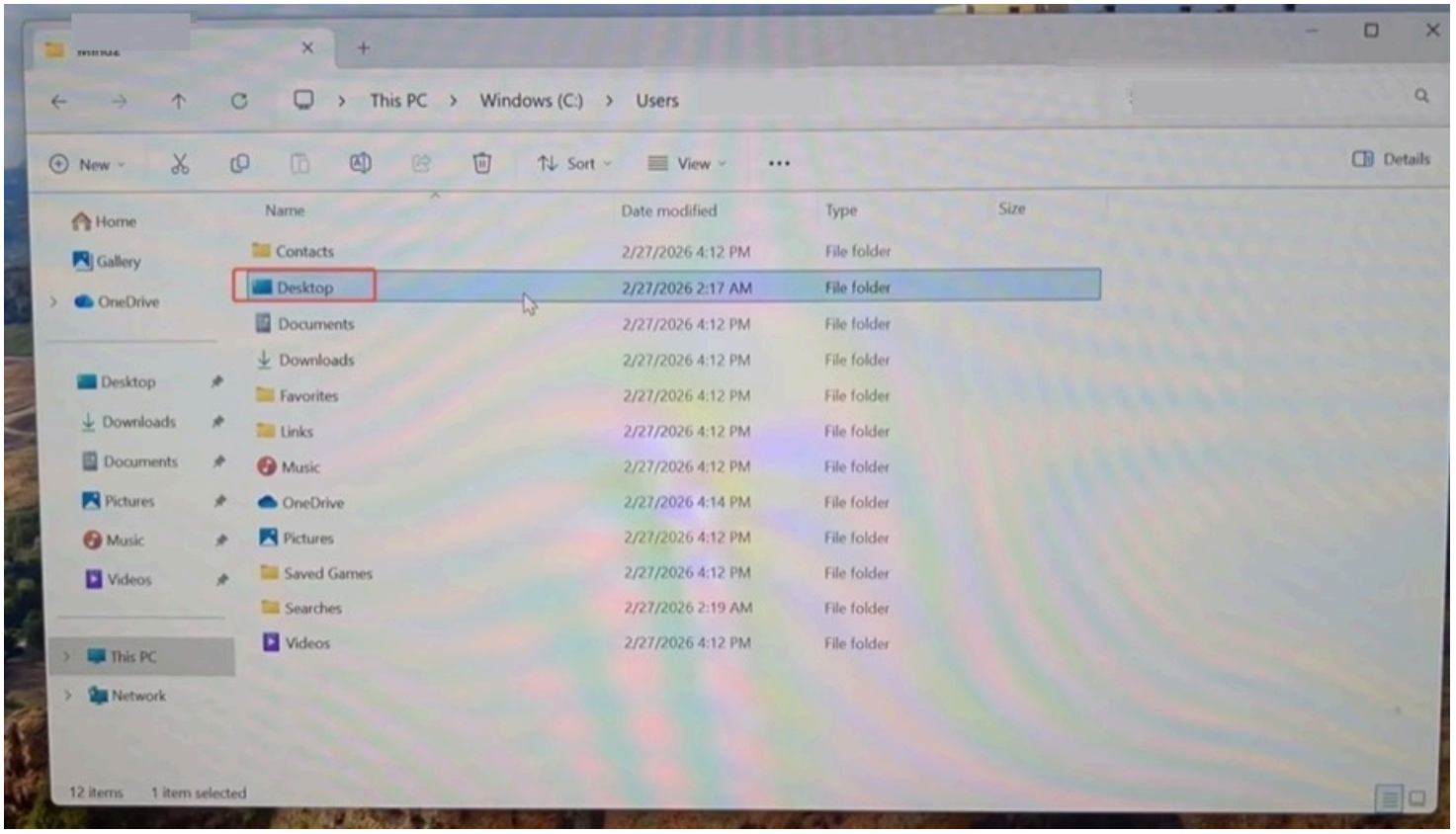


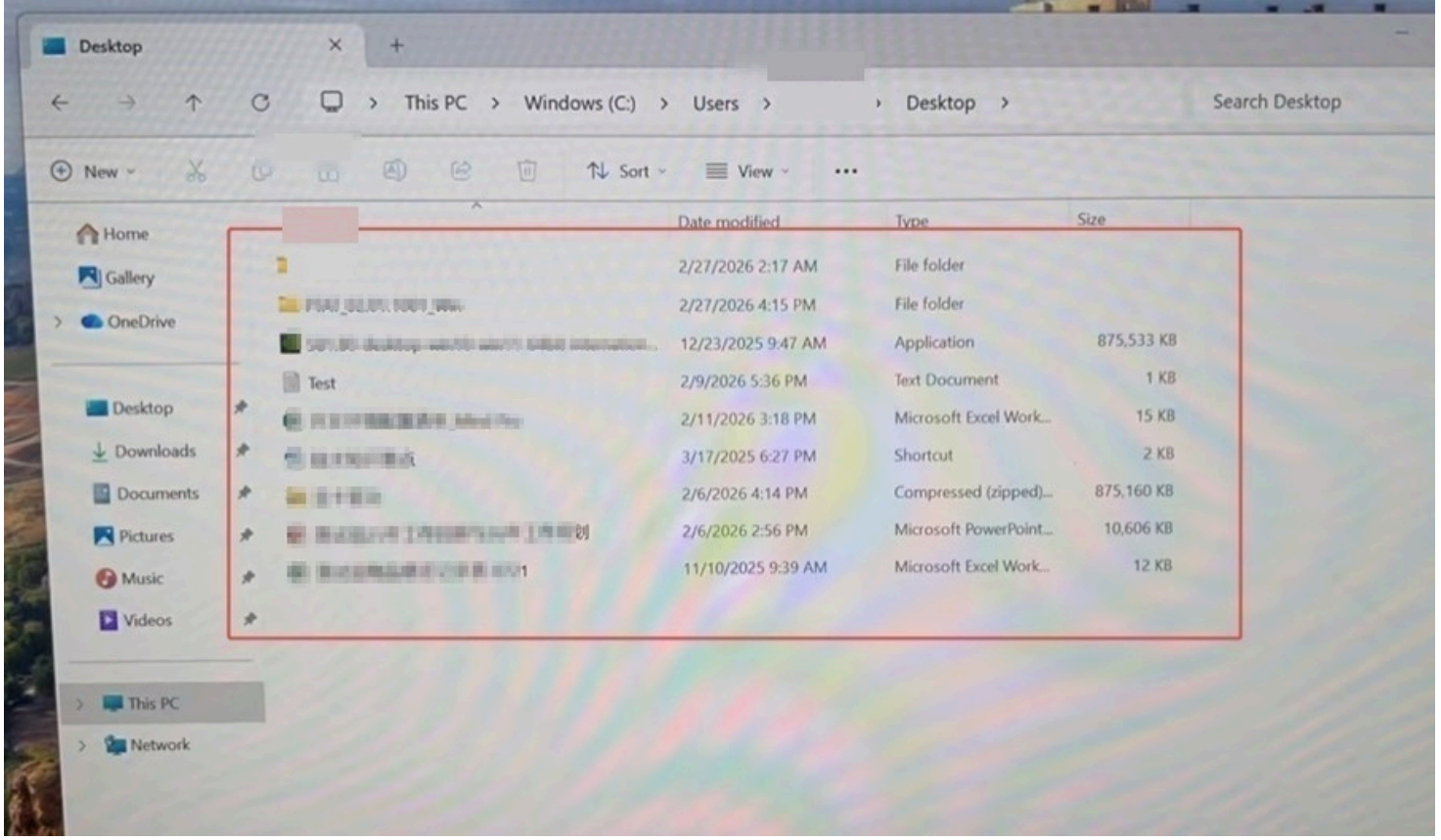
若需拷贝原账户的桌面文件，依次进入：

C: → Users → [原账户名，例如 Mind2] → Desktop

将桌面上的重要文件一并拷出。


Windows (C:)
This PC
Windows (C:)
Search Windows (C:)
New
Sort
View
Details
Home
Gallery
OneDrive
Desktop
Downloads
Documents
Pictures
Music
Videos
This PC
Network
Name
Date modified
Type
Size
Khadas 8/18/2025 1:59 PM File folder
Program Files 8/18/2025 2:14 PM File folder
Program Files (x86) 8/18/2025 1:53 PM File folder
Users 2/27/2026 2:43 AM File folder
Windows 2/27/2026 2:16 AM File folder
23/2025 9:47 AM Application 875,533 KB
2/11/2026 3:18 PM Microsoft Excel Work... 15 KB
3/17/2025 6:27 PM Shortcut 2 KB
2/6/2026 4:14 PM Compressed (zipped)... 875,160 KB
026 2:56 PM Microsoft PowerPoint... 10,606 KB
/2025 9:39 AM Microsoft Excel Work... 12 KB


This PC
Windows (C:)
Users
New
Sort
View
Details
Home
Gallery
OneDrive
Desktop
Downloads
Documents
Pictures
Music
Videos
This PC
Network
Name
Date modified
Type
Size
Contacts 2/27/2026 4:12 PM File folder
Desktop 2/27/2026 2:17 AM File folder
Documents 2/27/2026 4:12 PM File folder
Downloads 2/27/2026 4:12 PM File folder
Favorites 2/27/2026 4:12 PM File folder
Links 2/27/2026 4:12 PM File folder
Music 2/27/2026 4:12 PM File folder
OneDrive 2/27/2026 4:14 PM File folder
Pictures 2/27/2026 4:12 PM File folder
Saved Games 2/27/2026 4:12 PM File folder
Searches 2/27/2026 2:19 AM File folder
Videos 2/27/2026 4:12 PM File folder
12 items
1 item selected



第九步：重新安装系统

重要数据全部拷贝完成后，即可重新安装 Windows。安装完成后根据提示登录微软账户，进入桌面后将之前备份的文件恢复到电脑中。

✓ 操作完成

数据已安全拷贝，系统可以放心重装。