

How Can AI Impact Workplace Security?

Artificial Intelligence (AI) is transforming workplace security, for better and for worse. Security teams use it to detect threats faster, but criminals also exploit it to launch more convincing attacks. Employees must stay alert as AI raises the stakes on both sides.



Where AI Helps and Hurts



How AI Helps Security

AI tools analyse patterns and detect anomalies, helping security teams spot threats that humans might miss. This means faster response times and stronger protection against cyberattacks

How Criminals Exploit AI

Hackers use AI to scale their attacks, automating phishing campaigns, writing convincing messages, and generating malware that can bypass defences.

Tip: Expect phishing emails and scams to look far more realistic than before.



The Deepfake Problem

AI can now clone voices and faces, making it possible to fake phone calls, videos, or virtual meetings. Criminals exploit this to trick employees into sharing data or authorising payments.

Tip: Don't trust digital voices or videos at face value. Confirm requests through secondary channels.

What Employees Should Do

As AI advances, human judgment remains critical. Awareness is your strongest defence.

Tip: Stay informed about AI-related threats through ongoing security training.

