

6 Tips for Staying Cyber Safe

Follow these tips to stay safe online whilst at work or at home.



1

Use a strong password

Your passwords should be strong in order to make it more difficult for an attacker to hack or guess them. Using 3 random words is a good way to create a strong, unique password that you will remember.



2

Turn on 2FA

Two-factor authentication (2FA) helps to stop hackers from getting into your accounts, even if they have your password. It does this by asking for more information to prove your identity, such as a code that gets sent to your phone.



3

Update your devices

Out-of-date software, apps, and operating systems contain weaknesses, making them easier to hack. Enable automatic updates for devices and software where possible, and remember to manually update when this is not possible (you'll often get a reminder).



4

Back up your data

Backing up means creating a copy of your information and saving it to another device or to cloud storage (online). Backing up regularly means you will always have a recent version of your information saved. This will help you recover quicker if your data is lost or stolen.



5

Look out for phishing

Phishing attacks are the practice of sending fraudulent communications that appear to come from a reputable source. Be suspicious of emails that ask for sensitive information, especially when coming from an unknown source.



6

Don't re-use passwords

If a hacker gets into your email, they could reset your other account passwords and access information you have saved about yourself or your business. Your email password should be different to all your other passwords. Try saving your password to your web browser (such as Chrome, Safari or Edge) for easy remembering.