# INDUSTRIAL ATHLETE DIGEST Weekly Wellness & Safety Tips from Work Right NW VOLUME 9 | 155UE 16





#### **BALANCING WORK & PERSONAL DEVICES**

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In today's fast-paced world, we're often required to juggle multiple devices for work and personal use. As our reliance on technology grows, so do the risks associated

with cyber threats. It's crucial for individuals and businesses, particularly those in the industrial sector, to understand the importance of maintaining a secure digital environment for both work and personal devices. Let's delve into some dos, don'ts, and best practices of using these devices and work toward preventing injuries of a different kind – cyberattack injuries!



### DOS OF WORK AND PERSONAL DEVICES

DO use separate devices for work and personal use if possible. Having dedicated devices for work and personal use significantly reduces the risk of accidental data leaks and breaches by keeping sensitive work and personal information separate.

DO secure your devices with strong, unique passwords. Create complex, unique passwords for each device and enable two-factor authentication where possible.

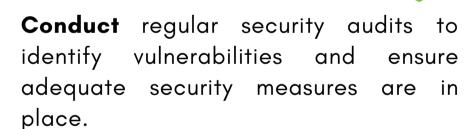


#### PERSONAL DEVICES

**DON'T connect to unsecured Wi-Fi networks**. Public Wi-Fi networks are not always secure, making them a prime target for cybercriminals. Avoid using them for work purposes or accessing sensitive personal information.

credentials for work and personal accounts. Using the same credentials for multiple accounts increases the likelihood of a single breach affecting both work and personal data.

## CYBERSECURITY IN THE INDUSTRIAL SECTOR



**Invest** in employee training to educate them on the importance of cybersecurity and provide them with the necessary tools to recognize potential cyber threats.

**Develop** an incident response plan to minimize the impact of a cyberattack and ensure a swift recovery.

# TO ACCESS THESE RESOURCES, SCAN THE QR!

Work Right NW is changing the
way that companies view
workplace hazards. Our focus is
on educating the workforce to
prevent injury. We provide
access to Injury Prevention
Specialists in the workplace to
address the early signs of
discomfort. We are changing the
industry one company at a time
by helping one person at a time.











