

THE INDUSTRIAL ATHLETE DIGEST

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TO ACCESS THESE RESOURCES, SCAN THE QR!



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.



DON'TS OF WORK AND 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.



DON'T use the same login 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



Conduct regular security audits to identify vulnerabilities and ensure adequate security measures are in place.

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.

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.

