INDUSTRIAL ATHLETE DIGEST

Weekly Wellness & Safety Tips from Work Right NW



BALANCING WORK & PERSONAL DEVICES

VOLUME 9 | ISSUE 16 | ARCHIVE

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

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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!**

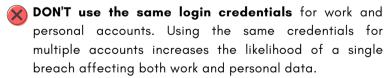
DOS AND DON'TS OF WORK AND PERSONAL DEVICES

- **DO use separate devices** for work and personal use if possible. Having dedicated devices for work and personal use <u>significantly reduces the risk</u> of accidental data leaks and breaches by keeping sensitive work and personal information separate.
- Public Wi-Fi networks are <u>not always secure</u>, making them a prime target for cybercriminals. Avoid using them for work purposes or accessing sensitive personal information.





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



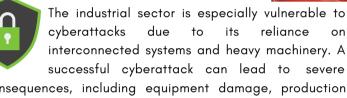
PO keep your software and applications up to date.

Regularly update your operating systems, antivirus software, and applications to ensure they are protected against known vulnerabilities.



DON'T download unverified apps or click on **suspicious links**. Cybercriminals often use phishing attacks or malicious apps to gain access to your device and steal sensitive information.

CYBERSECURITY IN THE INDUSTRIAL SECTOR



consequences, including equipment damage, production downtime, and even physical injuries to workers. Minimize risks with these best practices:

Conduct <u>regular security audits</u> 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 <u>incident response plan</u> to minimize the impact of a cyberattack and ensure a swift recovery.

Balancing work and personal devices is an essential aspect of modern life, even more so in the life of industrial athletes. By implementing best practices for both work and personal device usage, you can minimize the risk of cyberattacks and ensure a safe, secure digital environment.



Lyndsey Pettit || Lyndsey is Work Right NW's Cybersecurity Officer. She is a graduate of Western Washington University with a degree in Cybersecurity. When not protecting Work Right and clients from cyber injury, she enjoys spending time with her animals, house projects, and running.

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.











