

## BALANCING WORK & PERSONAL DEVICES

BY LYNDSEY PETTIT

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 significantly reduces the risk of accidental data leaks and breaches by keeping sensitive work and personal information separate.

✘ **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.



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



✘ **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.

✔ **DO 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.



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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!**



### CYBERSECURITY IN THE INDUSTRIAL SECTOR



The industrial sector is especially vulnerable to cyberattacks due to its reliance on interconnected systems and heavy machinery. A successful cyberattack can lead to severe consequences, including equipment damage, production downtime, and even physical injuries to workers. Minimize risks with these best practices:

**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.

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.



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**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.