



Staying Safe Online

Smartphones, computers and the internet have transformed how people communicate, work and access information, **but they can also expose individuals to the perils of cyber-crime.** However, by implementing a few simple cyber-security strategies, you can safeguard your devices and the online services you use from theft or damage.

Stay safe online at home and work with these six tips:



Choose strong passwords.

Criminals may use publicly available information to guess passwords. To create strong passwords, combine letters, numbers and special characters, and don't use personal information [eg date of birth.]



Recognise phishing.

Cyber-criminals may use artificial intelligence tools to craft convincing phishing scams. Remain vigilant and only click links in emails and texts after verifying that the sender is trustworthy.



Use multi-factor authentication.

Enhance security by using multiple access methods when logging into websites and applications [eg a password and facial recognition.]



Update software.

Keep software and applications updated, as providers may release patches necessary to maintain users' safety.



Secure your devices.

Lock your devices when not in use. Set up a PIN, password or fingerprint/face ID to make it harder for criminals to gain access if devices are lost or stolen.



Protect Wi-Fi.

Secure any wireless networks by changing the manufacturer's default password and username and regularly monitoring connected devices.

Report Incidents



If you suspect cyber-crime, promptly reporting your concerns can reduce potential harm. At work, report incidents to your line manager or the IT department. Contact [Action Fraud UK](#) or the police for cyber-incidents occurring in your personal life.

Contact us today for additional cyber-security resources.