CYBER FITNESS PLAN

Get your cyber health in shape with our top workouts for your business.

THE CYBER RESILIENCE CENTRE NETWORK

PASSWORD MANAGEMENT

- Power up your security by switching your passwords to passphrases, a series of random words with no relation to one other.
- Introduce a password manager to store your credentials in a secure location - **this helps prevent password fatigue.**
- Enable multi-factor authentication to your company accounts and devices - **adds an additional layer of security in the login process.**

SOFTWARE UPDATES

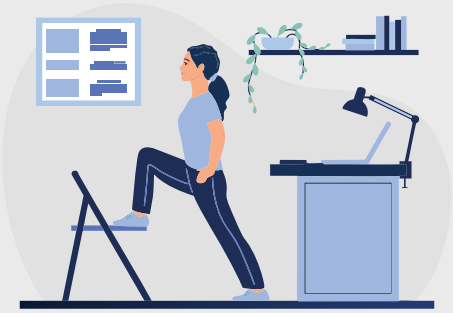
- **Keep track of which versions of software are installed** on your devices so that you can promptly target security updates.
- **Install software updates as soon as they become available** in order to fix exploitable bugs in your devices.
- **Enable automatic updates** for OSs, applications, and firmware, if possible.

UPDATE YOUR RESPONSE PLAN

- If you don't currently have a response plan in place, look to implement one throughout your organisation covering data backups, communications process, and steps to recovery.
- Once this is in place, ensure this is tested every 6-12 month - **this includes looking at how long your backups take to restore your data, what communication methods you use, and ownership of each action.**

CYBER SECURITY HEALTH CHECK

- A **cyber health check** will help you gain valuable insight into your organisation's current risk level.
- **Identify the gaps** in your security so you can implement the appropriate security defences that your business needs.
- **Remain compliant** with regulations.



SECURITY AWARENESS TRAINING

- **Power up your human firewall with targeted training** that equips your staff with the latest guidance to remain cyber secure.
- **Ensure training is regularly introduced** to help keep your workforce ahead of the curve with the latest security defences.
- Take your training one step further by **implementing phishing simulations to keep your people vigilant and robust.**

VULNERABILITY ASSESSMENT

- A Network Vulnerability Assessment **tests your IT system configuration** using the **same techniques used by hackers to ensure your company is not wide open to a cyber attack.**
- We can **scan and review** your internal networks and systems looking for weaknesses such as poorly maintained or designed systems, insecure Wi-Fi networks, insecure access controls, or opportunities to access and steal sensitive data.

BACKUPS

- It's **critical for businesses to back up their data**, as restoring your files from a backup is the quickest way to regain access to your data.
- **Remember** it's vital to keep one copy of your data separate to the original home of the data.

PHISHING SCAMS

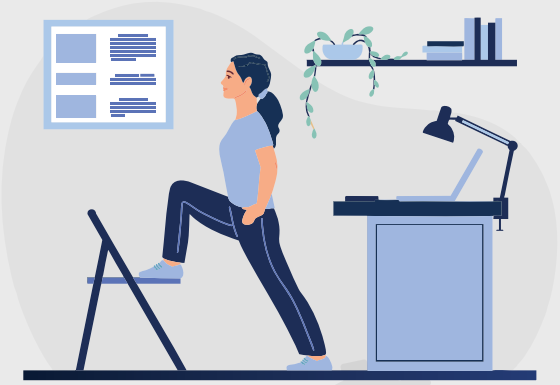
- **Phishing scams are becoming harder to spot**, poor grammar and spelling and low-quality versions of recognisable logos are common signs of Phishing attacks.
- Other things to look out for include **checking the sender's email address** to see if it looks legitimate or **whether a company logo has been manipulated** to look legitimate.

CYBER SECURITY POLICIES

- Every business will follow a **First Aid or Fire Alarm procedure,** so why is cyber security any different? There are several policies that businesses need to adopt, they include a Bring Your Own Device Policy, Social Media policies and Risk Management/Incident Response policies.
- Take a look at our **Cyber Incident Response Plan** that will help you to identify the gaps within your business

SUPPLY CHAIN

- **Cybercriminals target supply chains** as a means of reaching the **broadest possible audience with their malware.** It's often perceived that small businesses are not big enough to be hit by a supply chain attack, however, it is not about how many people work for you or how many office locations you have.
- **A supply chain attack can be carried out through the systems that you use.** To help you secure your supply chain, you should ensure that your **suppliers regularly conduct security audits or have security certifications** and put this within your contract with them.



CYBER ESSENTIALS

- Cyber Essentials is an **effective, Government backed scheme** that will help you to **protect your organisation**, whatever its size, against a whole range of the most common cyber attacks.
- Recently, the **National Cyber Security Centre announced they are running a funded Cyber Essentials programme** which will help small and micro businesses to implement baseline security controls and **prevent** the most common types of **cyber-attacks.**
- **Qualifying organisations** will receive around **20 hours of remote support** with a Cyber Essentials Assessor. To qualify for this scheme, an organisation must either be a **micro or small business** (1 to 49 employees) that offers legal-aid services or a **micro or small charity** that processes personal data, as defined under GDPR.

BOARD TRAINING

- **New regulations** as well as high-profile media coverage on the impact of cyber incidents have **raised the expectations** of partners, shareholders, customers, and the wider public.
- Quite simply, **organisations - and board members especially - have to get to grips with cyber security.** If you are not regularly talking about cyber security at your board meetings, it's critical that you start.
- **The National Cyber Security Centre** have produced a **Board Toolkit** to help encourage essential discussions about cyber security to take place between the Board and their technical experts.