Cyber Security Awareness Training
Maintain Physical Security

Cyber Security starts at the physical level. Maintaining physical security is a huge area of concern for organizations. Often, there is a team responsible to ensure that no one can access server rooms, equipment, or sensors. Think of the Internet of Things (IoT) and Industry 4.0 with all the devices needed for that and you get the idea of how challenging that could be.

Around 25% of all attacks come from the inside. That makes it even harder to protect against some security issues.

When it comes to physical security, this is what YOU can do:

Lock your screen
You wouldn't go out for the day and leave your front door wide open, right? If you tend to forget to lock your PC or tablet when you step away, the Windows 10 'Dynamic lock' can use a phone that's paired with your device to automatically lock it shortly after you're out of Bluetooth range.

Access control
Wear your ID badge and look out for people in the building not wearing a visitor badge and report them.

Don't leave your devices unattended
Just don't do it.

Keep your device clean
You can permanently delete or wipe sensitive data from your computer. It does this by writing over the data you want to delete. Search for CCleaner, Eraser, Freeraser or other tools if you are using Windows OS. Users of Mac OS can use 'Secure Empty Trash' in the Finder menu.

Encrypt sensitive data
Data encryption translates data into another form or code, so that only people with access to a secret key (formally called a decryption key) or password can read it.

Prevent people reading over your shoulder
A simple screen blocker obstructs the view of your monitor unless you're sitting directly in front of it.

Lock up the server room
The server room is the heart of your physical network, and someone with physical access to the servers, switches, routers, cables and other devices in that room can do enormous damage.

Keep backups off-site
A set of backups should be kept off-site, and you must take care to ensure that they are secured in that off-site location.