

TECHNOLOGY INSIDER



Your monthly
newsletter, written for
human workers

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Is your team suffering from cyber security fatigue?

Recently, we've seen a concerning trend among organizations: **cyber security fatigue**.

It's a phenomenon that occurs when people become overwhelmed and desensitized to the constant barrage of cyber threats and security alerts they face on a daily basis.

You may be thinking "My organization is too small to be a target for cyber criminals".

Unfortunately, that couldn't be further from the truth. In fact, small organizations are targeted precisely because they are seen as easier targets. Cyber criminals know that small organizations don't have the same resources as larger corporations, making them more vulnerable to attacks.

So, how can you tell if your business is suffering from cyber security fatigue? **Here are a few signs to look out for:**

- Your employees are ignoring security alerts or taking shortcuts to get around them
- You've had a data breach or cyber attack in the past, but didn't take significant steps to prevent it from happening again
- You're relying solely on antivirus software to protect your business
- You haven't updated your security protocols

If any of these sound familiar, it's time to take action. Here are a few ideas to help you combat cyber security fatigue and keep your business secure:

1. Invest in security training. Your team members are your first line of defense against cyber threats. Make sure they understand the risks and are trained in proper security protocols.
2. Use multi-factor authentication and a Password Manager. This adds extra layers of security by having users provide additional verification before accessing data and having hardened passwords for accessing sensitive information.
3. Keep your software up to date. Many cyber attacks happen because of outdated software that contains vulnerabilities. Make sure all software is regularly updated to the latest version.
4. Partner with a trusted IT support partner. They can provide ongoing support and monitoring of your systems, ensuring that your business stays secure and up to date. If you don't have a partner, we should talk.

Don't let cyber security fatigue put your business at risk. By taking proactive steps to improve your security, you can protect your business and enjoy peace of mind. Remember, the best defense is a good offense! If we can help, get in touch.

DID YOU KNOW...

the origins of the word Bluetooth?

What do you see in your mind when you hear the word 'Bluetooth'?

Probably not a medieval king? But maybe now you will...

The reference goes back to Harald "Bluetooth" Gormsson, a 10th Century King of Denmark and Norway who was said to have united Danish tribes under a single kingdom.

Intel's Jim Kardach, part of an initial development consortium, suggested "Bluetooth" as a codename for the technology because he hoped it would unite communication protocols.



Why you need a Password Manager!

A password manager is a secure, automated, all-digital replacement for the little notepad or spreadsheet that you have all of your passwords scribbled down in now, and more. Password managers generate strong new passwords when you create accounts or change a password, and they store all of your passwords and your credit card numbers, addresses, bank accounts, and other information in one place, protecting them with a single strong master password. If you remember your master password, your password manager will remember everything else, filling in your username and password for you whenever you log in to a site or app on your phone or computer.

It will also proactively alert you when you reuse a password or when your passwords are weak and easy to hack. a

Learning to use a password

manager seems intimidating, but once you start using one to make strong random passwords that you're not on the hook to remember, you'll wonder how you lived without one. Usually, improving your digital security means making your devices more annoying to use; a password manager is a rare opportunity to make yourself more secure and less annoyed.

Selecting your Master Password

Your master password is responsible for protecting all of your information. It must be long and difficult to guess. But because you'll need to type it in when you start using a new computer or phone, when you need to log in to change account settings, or when you restart your computer or browser, it should also be easy for you to remember; otherwise you could lock yourself out of your accounts and lose access to everything.



We do not recommend long strings of random lowercase and uppercase letters, numbers, and symbols. Rather, make it a long but memorable password, perhaps composed of multiple random words with dashes, periods, or some other easy-to-remember punctuation in between, like “#discard-memento-burble-pacer-639*”.

No matter how memorable your master password is, you should write it down and store it somewhere to make sure you don't forget it or lose it. The most secure way to do this is to write it on an actual piece of paper and keep it somewhere safe, such as a locked desk drawer or fireproof safe.



Q: Should I be using a Virtual Private Network in the office?

A: No, unless you need it for statutory compliance. A VPN merely hides your Internet activity but does not stop malware or viruses which open you to unauthorized access to data and sensitive information.

Q: How do I reset my password?

A: Most sites and applications have a 'forgot password' option that should help, but in some cases you'll need to speak to your IT support partner for instruction. To avoid the issue again, start using a password manager for increased security!

Q: Are Password Managers a good idea?

A: YES! Password managers will generate and save passwords, provide one-click login and form completion, scan for compromised passwords, and allow for secure sharing without exposing sensitive data. Contact us to implement your Password Manager!

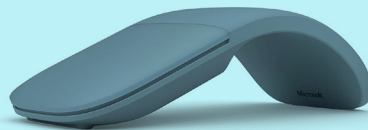
Business gadget of the month

The Microsoft Arc Bluetooth wireless mouse

If you're the type of person who prefers to use a mouse with your laptop, you probably find that the traditional shape makes it tricky to transport.

To avoid a lumpy laptop bag, you may want to invest in The Arc. This mouse is not only sleek and stylish, but its flexible design allows it to be flattened to fit in your bag more easily - or even your pocket! Better still, when it's flat, it switches off to save battery power.

\$63.00 from Amazon



This is how you can get in touch with us:

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