

## Passwords

A good password is a phrase that is easy for you to remember but very hard for other people to guess or for a computer to crack.

### Security Advice:



Three well-chosen random words can be memorable: fogautumngoat. Be sure to include: numbers, capital letters & symbols: F0g@u-tuMnG0@t

Password Managers? These are really helpful as you only need to remember one password (remember to make it a strong one!). Recommended managers include: Dashlane, KeePass and 1password.



Criminals will often pretend to be your IT department, your manager or a friend in an attempt to trick you into revealing your password. Keep it safe.

1110000010000001110000010000001110000 100  
0001111011111111111111111111111111111 101111 100 11 110  
1110000010000001110000010000001110000 100 000111 0 00 00  
0001111011111111111111111111111111111 0111 1100  
1110000010000001110000010000001110000 00 00011 00 0 1  
0001111011111111111111111111111111111 1101 11 100 1111 111  
11100001000000111100010000001110000 0 0  
0001111011111111111111111111111111111 11011 1 1 0 11 11  
110000101000011100010100001110000 010000  
0001110101111000111111111111111111111 10001 10 01 10001 111 1  
1110010101011111010101010101 11010 01010 011  
11110101101011110101110101011 101 1  
00011110101111000111101011110001 111010111 0 01 1

### Guidance

Check out our guidance page under resources. We cover key cybersecurity topics to give you and your organisation added information, such as passwords and two factor authentication (2FA). Why not share them with your team?



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- **Digital:** Technical Testing
- **Physical:** Physical Security
- **Human:** Cultural Assessments, C-gap, Speaking, Training and Executive Risk Assurance

### Cygenta Blog

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We demystify cybersecurity



**IMPROVE  
YOUR SECURITY**  
AT HOME, ON THE MOVE



True **cybersecurity** means having **digital**, **human** and **physical** security working in harmony.

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## Wi-Fi Security

Wi-Fi routers come pre-set with a default username and password. When installing and connecting your router at work or at home you'll initially need these. However these details are often freely available on the internet for anyone to access.

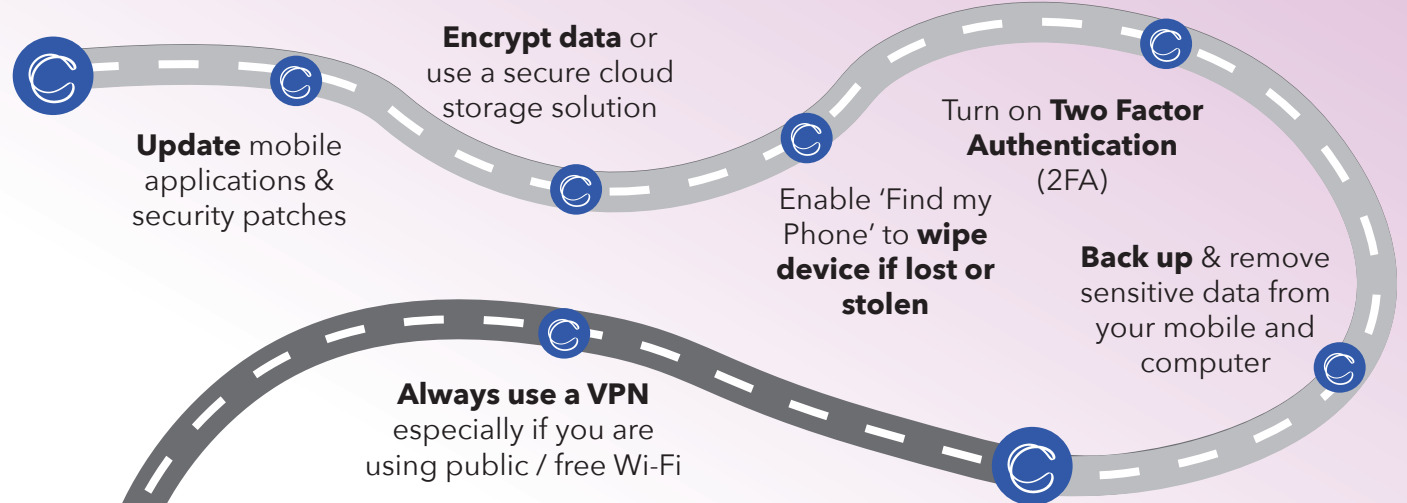
### Security Advice:

1. Change your router username and password
2. A good password should be at least 15 characters long and include numbers, letters and symbols
3. To find out how to change the username and password on your router, search online or call your Internet Service Provider
4. Avoid using free or public Wi-Fi as anything you do on those networks can be easily intercepted

## Working on the Move

Staying safe and secure whilst on the move is crucial, particularly if you are working on business related projects.

### PREPARING FOR A TRIP



### WHILST ON THE ROAD

