

CYBERSECURITY: GENERAL – OT- INDUSTRIAL CYBERSECURITY HYGIENE

COURSE OVERVIEW

Course number: HCCG-OT1501

Course duration: 0.5 Day

Prerequisite courses: None

Required Skills: None

In the rapidly evolving digital landscape, personal and professional lives are increasingly intertwined with technology. However, this connectivity comes with its set of risks, making cybersecurity a paramount concern. "Industrial Cybersecurity Hygiene" is an informative course designed to equip you with the knowledge and practices needed to mitigate these risks and foster a secure online environment.

This course delves deep into these practices, providing you with a comprehensive understanding of how to maintain a clean digital 'health'. It's like personal hygiene for the digital world, encompassing actions such as updating software, managing passwords securely, being cautious of suspicious emails, and protecting sensitive data.

This course is meticulously designed for a diverse audience seeking to fortify their digital security and develop fundamental cybersecurity skills. It ensures that learners from various backgrounds and experiences can grasp the essentials of cybersecurity and implement them effectively in their day-to-day digital activities.

COURSE DELIVERY OPTIONS

- Asynchronous Training (AT)
 - Self-paced with 10 days to complete
- Instructor-Led Training (ILT)
- Virtual Instructor-Led Training (VILT)

COURSE OBJECTIVES

Key Concepts

- Overview of Cybersecurity and its importance
- Introduction to Industrial Cybersecurity Hygiene
- Common Cyber Threats
- Email Security
- Password Attacks
- Cyber Hygiene Best Practices
- Strong Password Management
- Multi-Factor Authentication (MFA)
- Safe Browsing Habits
- Practical Cyber Hygiene Techniques
- Regular Software Updates
- Social Media Security
- Guideline to Enable Security on Mobile Devices
- Data Backup and Recovery
- Cloud Storage
- Emerging Cybersecurity Threats