



Cyber Security Checklist

What we are doing to protect you and what you can do to protect your business

Cyber Security Guidance

We have put together our cyber readiness checklist below, which supports the National Cyber Security Centre's approach. While many of these suggestions are standard cyber hygiene protocols and best practices, simple actions can also go a long way towards fighting against cyberthreats.



Ensure Multi Factor Authentication is enabled on all web portals and services (e.g. Email, Databases, CRM)



Ensure your machine is up-to-date. We recommend rebooting your device every Friday to ensure updates are properly applied



Take part in free cyber awareness training, covering the basics of cyber security

[Follow this link](#)



Make sure you are not sharing passwords between websites - consider using a password manger application



iTG are offering free [Phishing Simulation Training](#), as email based threats are up 145% on 2020



iTG are reviewing all customer firewalls following an increase in remote desktop attacks, which are up 897% on 2020



Test your backup - iTG are offering free [file validation testing](#).



Download our [malware security phishing](#) guide book

[Get the Guide](#)



You can also perform self tests on disaster simulated scenarios, using Exercise in a Box from the UK National Cyber Security Centre. It is designed to help organisations test and practise their response to a cyber attack. Please ask iTG for help if required.

Find out more on the NCSC website [here](#).

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