



## KEY STATISTICS



**£4.5 million**

Average cost of a data breach to UK organisations in 2023



**82%**

Of breaches involve a human element



**300%**

Increase in cyber attacks since 2020



**95%**

Of cyber incidents preventable with staff awareness training

## STEP-BY-STEP GUIDE

1

### Passwords

Use strong, unique passwords of 12+ characters — use a password manager



2

### Phishing

Be suspicious of unexpected emails — verify before clicking links



3

### Updates

Install security updates promptly — enable automatic updates



4

### MFA

Enable multi-factor authentication on all accounts

