

The 60-Minute Security Challenge

Six things you can do in an hour for better security:

Our busy professional lives leave little time for personal admin. All of us are probably guilty of putting off a security update or refreshing our passwords to a rainy day. So the team behind Signals set ourselves a challenge: what advice would we give to somebody that only had one hour to press 'reset' on security? Here's what we came up with:

- Check if your passwords have been stolen in (known) data breaches. Type in the email address you use to sign up for online services at <https://haveibeenpwned.com>
- Set up two-step verification for access to your online accounts, where available. This will require you to enter a short code sent to your mobile device after you've typed in your username and passphrase.
- Scrap passwords. Replace them with passphrases. Passphrases beat passwords for length and complexity, and computers trump humans for remembering them. So maybe try out a Password Manager?
- Switch on automatic updates for your web browser(s). Your browser is your first line of defence against many online threats.
- Back up your data – keep backups both online and offline. You can never be too careful.
- (Still awake?) Time to update your operating system. This, we admit, might take some time. So go get some fresh air - you've done great.

