

1. Backup Your Files

Developing a backup and recovery plan for data on your computer is an important step every computer user should take.

2. Update Your Computer

This obvious step (called 'patching') is simple but often overlooked and can be the single biggest element in preventing attacks.

3. Email Scams

Recognise and avoid email scams.

4. Fight Against Ransomware and Malware

Malware (malicious software) is designed to disrupt computer operations, gather sensitive information, or gain unauthorised access to computer systems.

5. Phishing

Using emails or web browsers purporting to be from reputable sources to induce you to reveal personal information.

6. Passwords

Best practice is password creation and protection.

7. Mobile Security

Often not realised, the risks associated with mobile devices can be significant.

8. Wi-Fi Security

Both at home and at work the security of the Wi-Fi network is crucial.

9. Before You Connect!

What to do Before You Connect a New (or upgraded) Computer to the Internet

10. Secure Your Web Browser

Get the most up to date information on securing your web browser.

11. Virus Basics

How to protect against viruses

The Trainer

Liam Lynch (L2 Cyber Security Solutions) has nearly 30 years experience in the technology sector (with Aon Corporation, PaySys and EDS Ireland) and is highly skilled in IT Security, Data Protection, BCP/ITDR and Data Networking. He delivers easy to understand, simple security training for end-users to protect themselves online, as well as carrying out Security Risk Assessments and providing Business Continuity and IT Disaster Recovery Planning consultancy. Liam is also a member of the ENISA (EU Agency for Network and Information Security) Permanent Stakeholders Group (PSG).

What does it cost?

This course is FREE.

Further Information

For further information and to enquire about payment options please e-mail csi@ictskillnet.ie

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