Online safety and security is becoming an ever increasing concern today. Here are some tips for being safer and secure on the internet.

- **Install online security software and keep it updated**
  
  Remember that many free options out there that are just as effective as paid subscription licenses. Security software protects your computer from viruses, spyware and other internet nasties. Without security software, you run the risk of inviting unwanted guests, such as a virus or worm.

- **Be wary of unfamiliar emails and pop ups**
  
  If you receive an online message from an unfamiliar source - whether to your email account or via a social networking site like Facebook - think twice before clicking on any links. Even if the email seems to come from a friend, it should not be trusted. Hackers have been known to hijack peoples' accounts.

- **Only use secure shopping sites**
  
  A secure webpage starts with https instead of http, and you'll see a padlock symbol in the bottom of your browser. Double-click the padlock icon to reveal a digital certificate that confirms the website.

- **Protect your online ID**
  
  All internet browsers collect personal information about what you do and where you go online. Often it's for legitimate purposes - such as remembering the items in a shopping basket. With a few choice facts about you, an ID thief might be able to open an account in your name or, access your info.

**WHY HEALTH & SAFETY NEWSLETTER?**

Health and Safety is a priority at BCIT. OHS newsletters contain monthly first aid statistics, compliance concerns, and updates of new legislation and interest articles.
Tips for strong and secure passwords

- Create a long password. A longer password is always recommended. You should generally go for passwords that are a minimum of 12 to 14 characters in length.

- Use a mix of different types of characters (combination of numbers, symbols, capital letters, and lowercase letters) to make the password difficult to guess.

- Avoid a password that can’t be found in a dictionary, such as “House123.” If it’s in the dictionary, your password can be easily cracked. Cyber criminals can easily guess words used in dictionaries by means of a software.

- Consider using a password manager. Programs are available that let you create a different and very strong password for each of your sites. You only need to remember one password to access the program that stores your passwords for you.

- Use a phrase that are easy to remember but hard for others to guess in creating a password. Phrase such as “I started post secondary at BCIT in 2017” is easy to remember then, use the initial of each word as a password.

January 28 is Data Privacy Day.
Canada and many countries observe this Day to raise awareness on our privacy rights and the importance of protecting personal information.

December 2017 First Aid Summary Report

The chart indicates the number of injuries from each person type (Student, Employee, Contractor), and the proportion of injuries for each school.

To view the most recent first aid report CLICK HERE