

7 Simple Password Tips That Really Work

Protect your user accounts with TMB's essential security advice

1

Don't Use Single Words

Whether it's a person's name, the title of a film or a random word taken from a dictionary, passwords like this won't keep hackers at bay for more than a few minutes. Using dictionary attacks, hackers can run through millions of different passwords in a relatively short space of time.

2

Use A Mixture Of Character Types

Mixing in capital letters, numbers and special characters like punctuation and mathematical symbols provides a simple way to make passwords stronger. Just don't use anything too obvious, like 'Pa\$\$word' or 'letmein1234'.

3

Use A Phrase

Long phrases are easier for people to remember but harder for hacking software to guess. Something like 'davidlikestogosurfingonsunday' should stick in your mind, but a password-hacking program would struggle to crack it.

4

Don't Reuse Passwords

If a criminal manages to learn one of your passwords, one of the first things they'll do is try it in as many different places as possible. If you've reused that password anywhere, they'll soon find out.

5

Avoid Writing Passwords Down

It can be difficult to remember all your passwords, but it's generally not a good idea to write them down – whether that's on a piece of paper or in a Word doc. This is basically giving other people an open invitation into your accounts.

6

Try A Password Manager

Having difficulty remembering your passwords? Then try a password manager. These applications store all your passwords in one location, requiring you to remember only a single master password. Dashlane and LastPass are just two examples you could try.

7

Use 2-Factor Authentication

Add protection to your accounts by using 2FA, wherever possible. This will require you to prove your identity with both your login details and a secondary authentication method. That could be a code sent to your phone, an automated phone call or biometric data such as fingerprints or retinal scans.



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