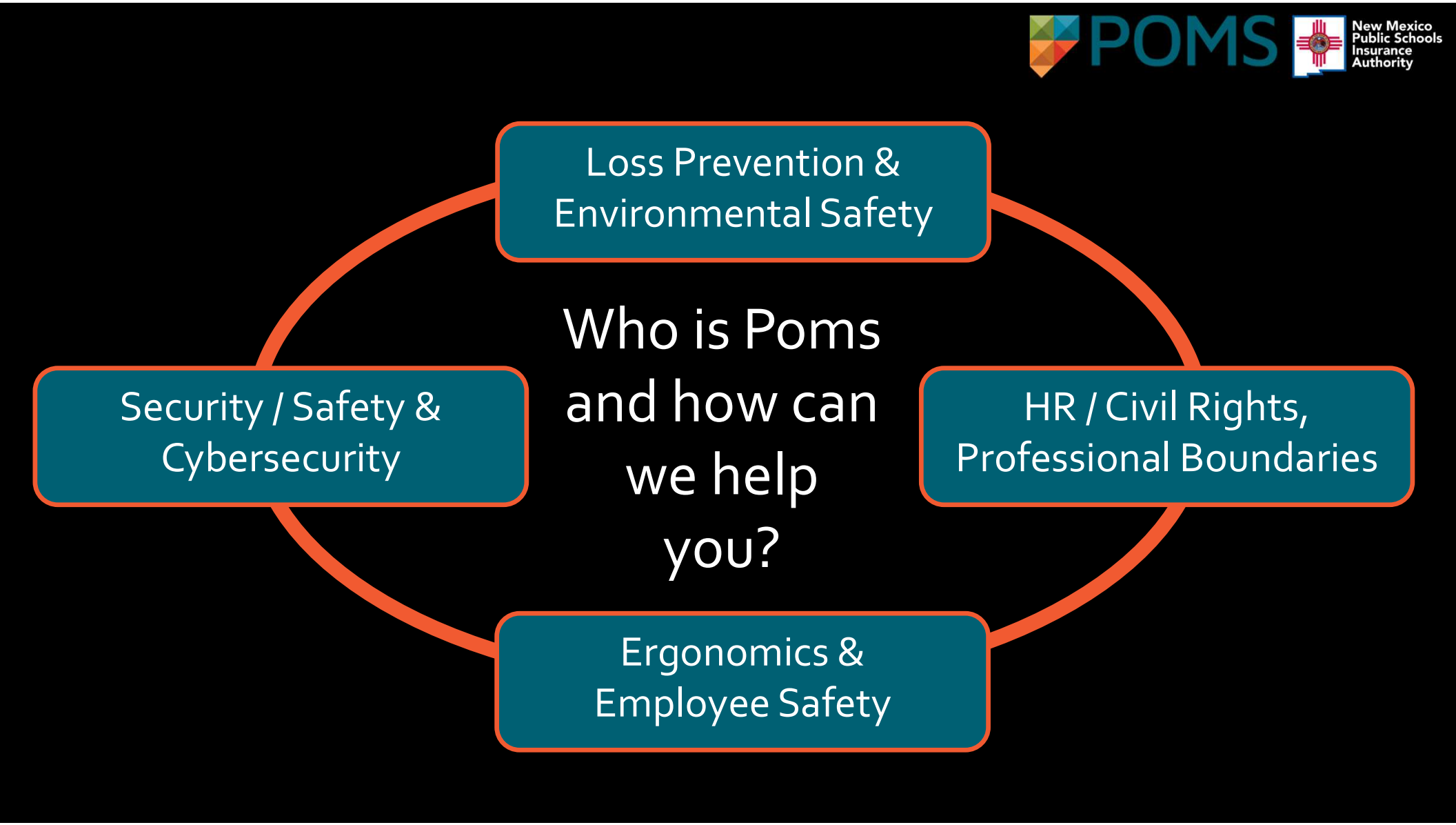
POMS RISK CONTROL & INSURANCE
SMARTER INSURANCE FOR SMARTER BUSINESS.

New Mexico Public Schools Insurance Authority

Reducing Cyber Risk Through Policy & Controls

Grant Banash - Senior Risk Control Manager - Technology


POMS
New Mexico Public Schools Insurance Authority
Loss Prevention & Environmental Safety
Who is Poms and how can we help you?
Security / Safety & Cybersecurity
HR / Civil Rights, Professional Boundaries
Ergonomics & Employee Safety

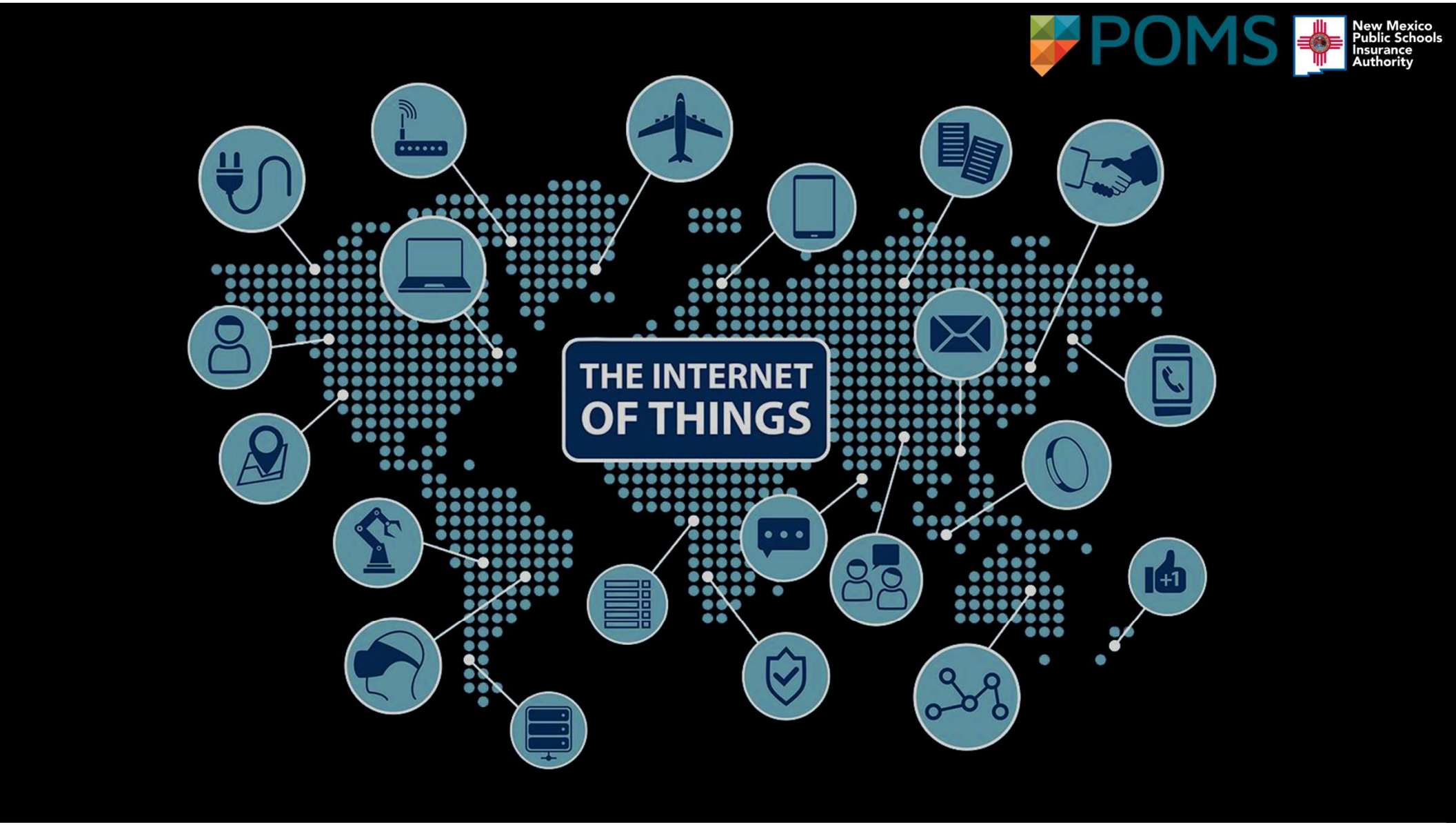
Our conversation will be focused on…

TRENDS

CONTROLS

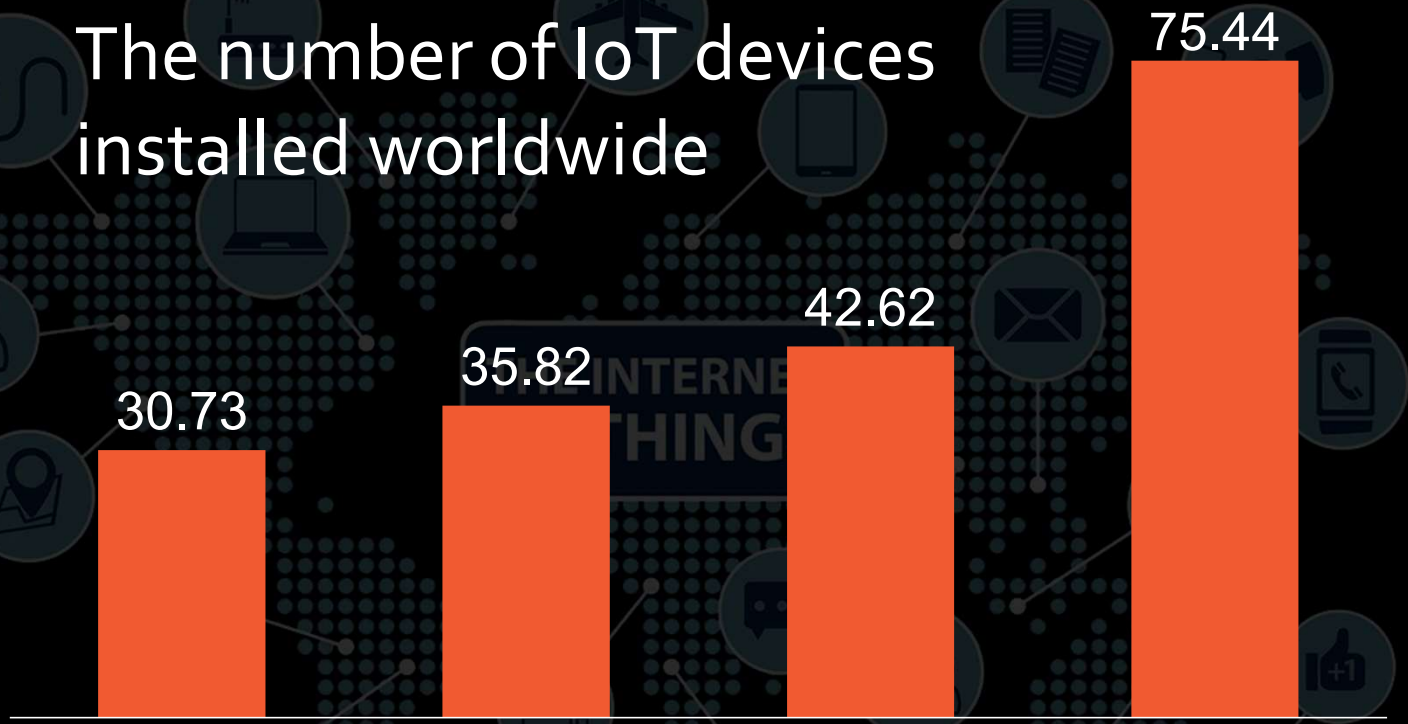
POLICIES

TRAINING


POMS
New Mexico
Public Schools
Insurance
Authority
THE INTERNET
OF THINGS

POMS New Mexico Public Schools Insurance Authority

The number of IoT devices installed worldwide



Source: Statista

POMS New Mexico Public Schools Insurance Authority

22

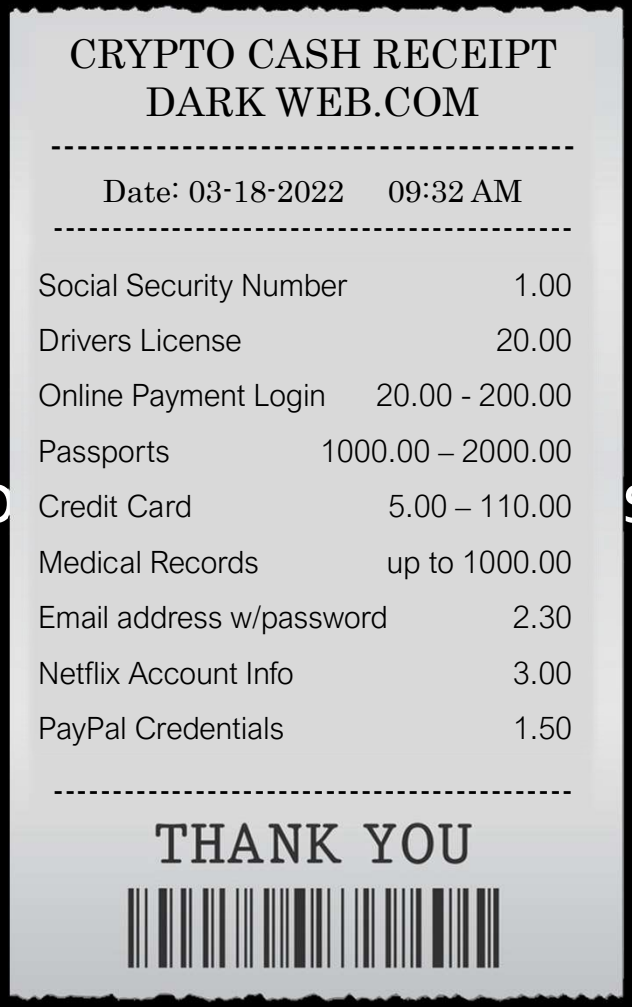
average number of connected devices per household

Source: Statista

POMS New Mexico Public Schools Insurance Authority

Why is cybersecurity so important in schools?

Why wo schools?

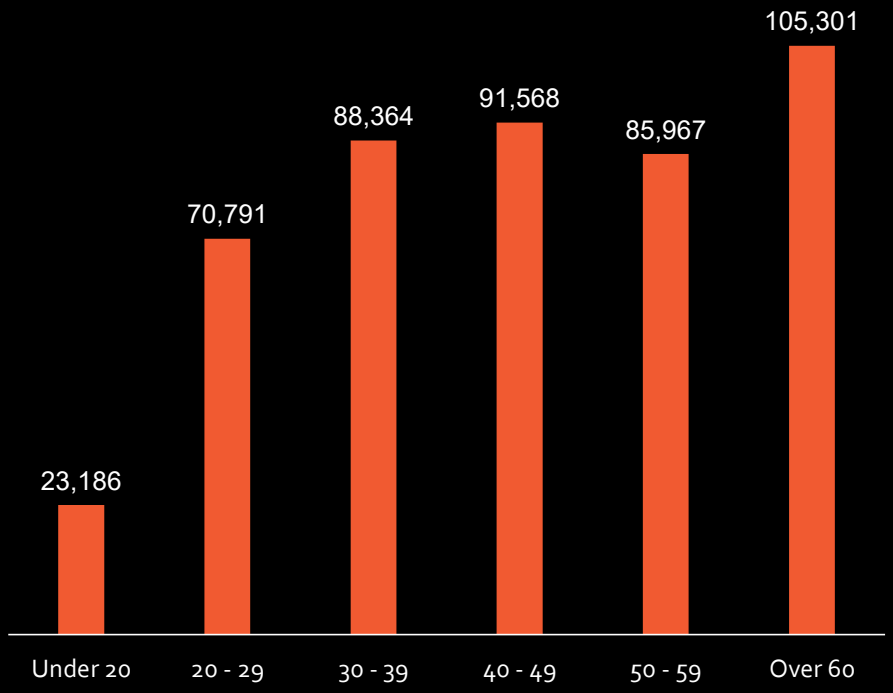


Source: Experian

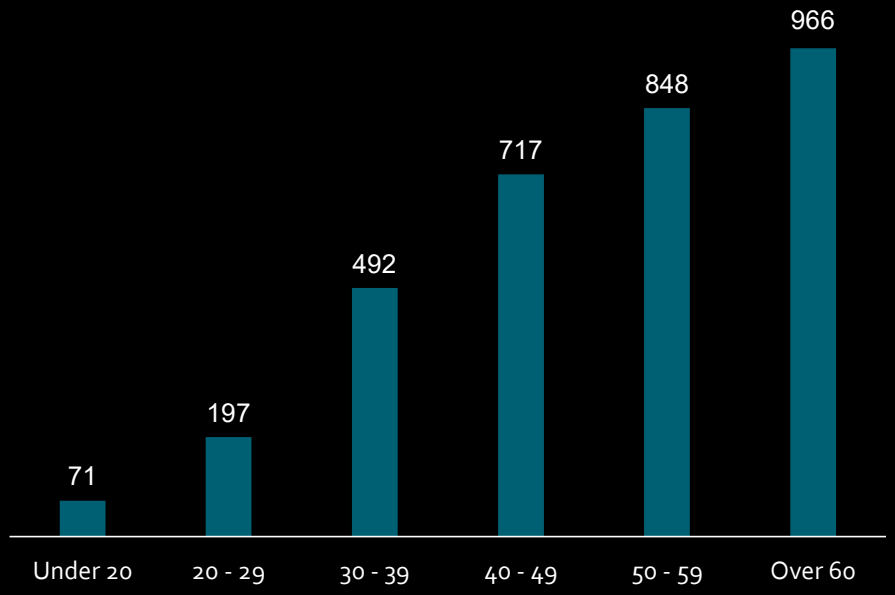
POMS New Mexico Public Schools Insurance Authority

Who is at most risk of getting hacked?

Number of Reported Incidents



Impact from these Incidents (Millions)



FBI Internet Crime Complaint Center: Internet Crime Report 2020
https://www.ic3.gov/Media/PDF/AnnualReport/2020_IC3Report.pdf

POMS Ergonomic Team

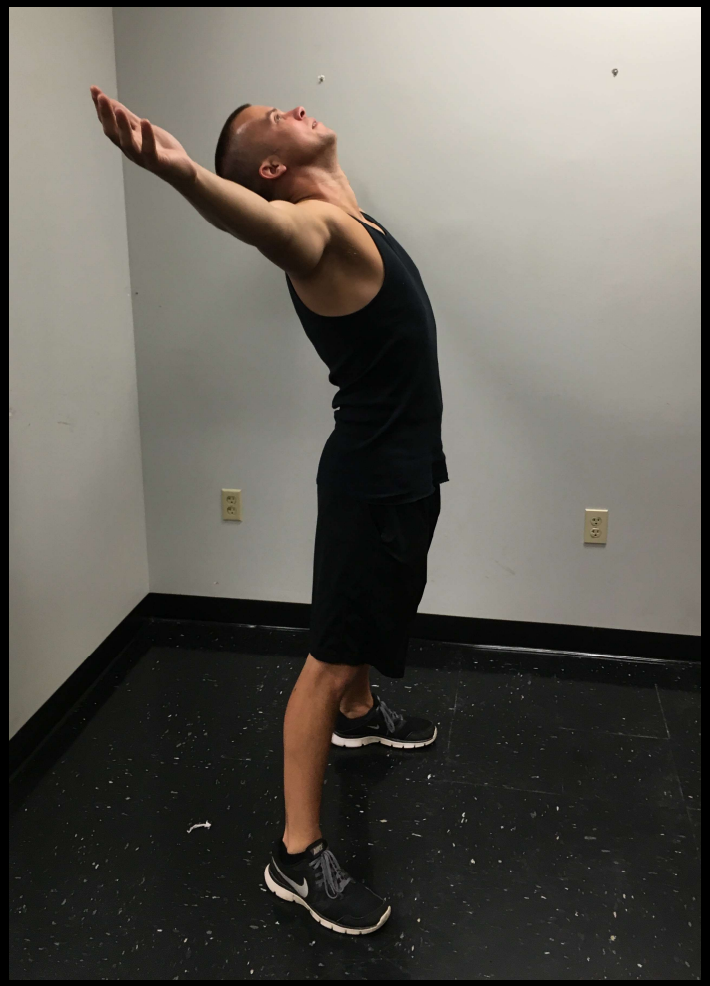
- Individual or group training
- Trend analysis on work comp MSD (musculoskeletal disorder) claims
- Job hazard analysis (JHA)
- Ergonomics evaluations

Karen Mestas-Harris, OTR/L, CEAS II
Senior Manager, Risk Services/Ergonomics
Cell: 575-693-3655 Office: 505-933-6284
kmestas@pomsassoc.com

Erin Brannan, PTA, CEAS I
Risk Consultant-Ergonomics
Cell: 612-227-1898 Office: 505-933-6284
ebrannan@pomsassoc.com

Ergo Breaks

- Micro-breaks (do the opposite)
- Helps your brain refocus
- Gives your body time to recover
- Use timers or transitions
- Work athlete



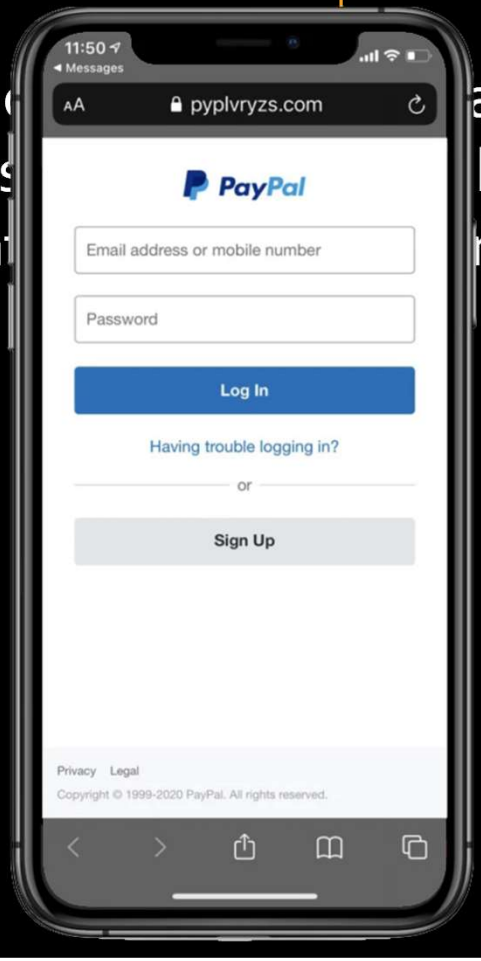
POMS New Mexico Public Schools Insurance Authority

TRENDS

Phishing

The practice of tricking an internet user into discl ancial or confidential information. This is usually accomplis l or websites. Phishing is the most common type of a rattacks start with a phishing email.

- Spear Phishing
- Whaling
- Pharming – creating fake websites
- Smishing



Phishing Indicators

- Urgency
- Authority statements
- Poor spelling and grammar
- If something does not feel right, it probably isn't
- Don't be embarrassed to ask for help, Report if you Click

POMS New Mexico Public Schools Insurance Authority

Microsoft 365 Deployment

H HR <support@it-notif.com>
To Grant Banash

Reply | Reply All | Forward

Mon 3/14/2022 6:16 PM

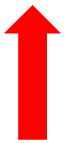
Click here to download pictures. To help protect your privacy, Outlook prevented automatic download of some pictures in this message.

Hi Grant

As many of you know we are rolling out Microsoft 0365 over the next several days. You will be notified of the changes in your account.

We stronly encourage you to setup your Microsoft 0365 username and password now in order to have a seemless experience.

To setup your username and password, please nabigate to the internal Site.



Thanks,

Human Resources

Social Engineering

Is one of the most common and successful malicious techniques. It can also be referred to as "Hacking the Human". It is used to manipulate people into doing things that they do not suspect to be harmful.

- Familiarity/Liking
- Consensus/Social Proof
- Curiosity
- Authority and Intimidation
- Scarcity and Urgency
- Fear

Malware

Software that will harm or exploit a programable device, service or network

- Viruses
- Trojans
- Worms
- Ransomware
- Spyware
- Rootkits
- Adware
- Botnets

POLICIES

Tamie A. Pargas
Risk Control Consultant, HR & Civil Rights Specialist
Cell: 505-249-7973
tpargas@pomsassoc.com

Policies

- What is in your Board Policies?
- What is in your employee handbook regarding Cybersecurity?
  - Acceptable Use Policies (AUP) signed annually
  - Password Policies
  - Storage Policies
  - Cybersecurity training requirements
  - Reporting procedures

POMS New Mexico Public Schools Insurance Authority

CONTROLS

Protection and Mitigation Controls

1. Multi-Factor Authentication (MFA)

2. End-Point Detection and Response (EDR) including EPP
3. Back Up Security (3 · 2 · 1 rule)

Controls

2. Patching Cadence
3. End of Life Software segregated from the Network
4. Incident Response Plan
5. Training for all end point users

POMS New Mexico Public Schools Insurance Authority

TRAINING

Cyber Awareness Training from NMPSIA and POMS

- No Cost
- Available to all NMPSIA members
- Training options are tailored to best fit a School District's needs
  - Online, self-paced format through Vector Solutions
  - In-person, small group training

Kevin McDonald
Media Manager
Office: 505-933-6293
kmcdonald@pomsassoc.com

Other Cyber Awareness Training and Resources

- cisa.gov
  - Protecting Our Future (January 2023)
  - Online Toolkit
  - https://www.cisa.gov/stopransomware
- nist.gov
  - Cybersecurity Framework
- rems.ed.gov
- hhs.gov
  - U.S. Department of Health & Human Services
- schoolsafety.gov
  - schoolsafety.gov/grants-finder-tool
- Amazon
  - https://learnsecurity.amazon.com/en/index.html

POMS RISK CONTROL & INSURANCE
SMARTER INSURANCE FOR SMARTER BUSINESS.

New Mexico Public Schools Insurance Authority

THANKYOU

Grant Banash
Senior Risk Control Manager – Technology
Office: 505-333-5651
gbanash@pomsassoc.com