

THE RESEARCH PROJECT FOR CYBER HYGIENE AND HUMAN FACTORS
Cyber threat factors in port logistics occupational safety

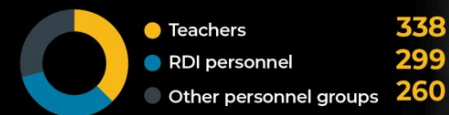
South-Eastern Finland University of Applied Sciences, Xamk

- Four campuses in Kotka, Kouvola, Mikkeli and Savonlinna
 - 48 Bachelor's and 32 Master's degree programmes
 - 11.458 Degree students (year 2022)
 - 1.525 B.Sc. graduates and 335 Master graduates (2022)
 - 28.000 Open University students / 111.300 credits (2022)

NEW KOTKA CAMPUS IN CENTRE OF KOTKA - COMING IN 2024



Employees 2022



Employees total **897**

Employees by campus 2022



Mikkeli	390
Kotka	214
Kouvola	173
Savonlinna	114



Port of HaminaKotka

- **The largest full-service universal port in Finland**
 - All types of cargo: containers, RoRo, liquid bulk, dry bulk, LoLo, gas and project shipments, Cruise vessels
 - Max. safe clearance depth 17.5 m
 - 9 km of quays, 70 berths
 - 90 km of railways



Project Group



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Target groups for the project

- Operators in port logistics
- Educational insitutes
- Companies operating in the port area
- Relevant authorities
- The City of Kotka
- The Port of HaminaKotka
- Finnish ports and collaborators
- SME companies in Finland



Cybersecurity and occupational safety

- **Objectives in port logistics**
 - Enhancing the security and awareness
 - Cybersecurity and cyber threats
 - Individual employee responsibility
 - Potential information and hybrid influence
 - Cyber espionage
- **The main theme safety** for the work environment, work community, safety management and safety competence
- **The practical Cyber hygiene and Human Factors**



The main outcome of the project in one year

- **17 interviews of the total 119 corporates**
 - Transcription, analysis and conclusions
 - The report of interviews
 - Guidelines for cyber hygiene
 - Easy exercises to implement in the companies
- **Two seminars on-site and online**
 - "Cyber Pain Day" in 23.3.2023
 - "Cyber Autumn Colors" in 13.9.2023
- **Visiting in Latvia and Estonia**



Educational videos

- **Cybersecurity - Introduction to the Basics**
 - 3 educational videos by Tuomas Heikkinen
 - <https://www.edufication.com/fi/lessons/osio-1/>
 - Cybersecurity – without IT jargon
 - Cyber threat – know your enemy
 - Cyber hygiene – lessons from real life hygiene
 - 3 videos for companies by Vesa Tuomala
 - <https://www.edufication.com/fi/lessons/osio-1-2/>
 - Cybersecurity for companies
 - Cyber hygiene and Human Factors
 - Cybersecurity for critical infrastructure

KYBERTURVALLISUUS – TÄTÄ SE TARKOITTAÄ KANSÄNGKELELLÄ
Ensimmäisessä videossa louluttaja Tuomas Heikkinen kertoo ymmärläädet, mitä kyberturvallisuus tarkoittaa ja miksi kyberturvallisuus koskattaa myös sinua.



KYBERUHKA – TUNNE VIHOLLISESI
Toisessa videossa louluttaja Tuomas Heikkinen havainnollistaa esimerkein, millaisia kyberuhkia voit kohdata päivittäisessä toiminnassasi.



KYBERHYGIENIA – MITÄ VOIMME OPPIA OIKEAN ELÄMÄN HYGIENIASTA?
Kolmannessa videossa louluttaja Tuomas Heikkinen kertoo kyberhygieniasta ja miten se parantaa kyberturvallisuuttasi. Lisäksi Tuomas antaa esimerkkejä, joilla kyberuhkia voidaan välttää.



Cyber hygiene for everyone

- Internet websites www.xamk.fi/kyberhygienia
- Collaboration with Baltic and Balkan countries, and Ukraine in future?
- You are very welcome to visit our new campus in the Autumn of 2024!
- Wärtsilä to supply one of Europe's most advanced simulators to new Finnish maritime training facility (to Xamk's new campus)
<https://www.wartsila.com/media/news/21-11-2023-wartsila-to-supply-one-of-europe-s-most-advanced-simulators-to-new-finnish-maritime-training-facility-3327317>





Tunne huominen - All for the future.