MITIGATING RISING
DIGITAL FATIGUE WITH
ERGONOMICS FOR CYBERSECURITY

Recognizing Digital Fatigue as a Security Control

HUMAN LAYER IS THE PRIMARY ATTACK SURFACE

240,000+
DAILY CYBERATTACKS
WORLDWIDE

Billions of phishing emails sent every day

Hundreds of thousands of complaints per quarter

Digital Fatigue is a Force Multiplier of Cyber Risk

Fatigued users are much more likely to mishandle one of the thousands of attacks targeting them every day.

95%
CYBERSECURITY INCIDENTS INVOLVE HUMAN ERROR

74%
DATA BREACHES INVOLVE HUMAN ELEMENT

ENTERPRISE RISK **ACCELERATES** WITH FATIGUE

A STRATEGIC RISK-MANAGEMENT PRIORITY

Integrating office ergonomics, recovery **microbreaks**, and human-centered design into daily work is essential to managing **digital fatigue**.

ERGONOMICS

MICROBREAKS

HUMAN-CENTERED DESIGN