Strong Password Requirements for Remote Work

Minimum Requirements

- At least 12 characters in length

- Includes both uppercase and lowercase letters

- Contains at least one number (0-9)

- Contains at least one special character (e.g., !@#$%^&*)

- Does not contain easily guessable words, names, or patterns

Password Best Practices

- Do not reuse passwords across different accounts or services

- Change passwords every 90 days, or immediately if a compromise is suspected

- Use a passphrase, combining several random words with numbers or symbols

- Avoid using personal information, such as birthdays, names, or common phrases

- Enable multi-factor authentication (MFA) wherever possible

Examples

- `xrT9!dpQw2zL`

- `Coffee#Train18!storm`

- `w4vE$rIbbon2024`

Prohibited Passwords

- Simple sequences (e.g., `12345678`, `abcdefg`)

- Common passwords (e.g., `password`, `qwerty`)

- Company or employee names