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MFA FATIGUE ATTACKS



What is MFA fatigue?

MFA fatigue is a tactic where attackers overwhelm users with repeated MFA requests. This can lead to users unintentionally approving a request, granting attackers access to their accounts.

Real-life example

Teena works for a financial institution and starts receiving repeated MFA login attempt notifications on her smartphone, even though she isn't trying to log in.



Frustrated by the constant interruptions, Teena eventually approves one of the requests, unknowingly granting access to a cyber criminal.



How to prevent MFA fatigue attacks?

- Notify IT support and temporarily disable MFA if overwhelmed by repeated requests.
- Change your password if you receive multiple suspicious MFA requests to secure your account.
- Enable number matching to add an extra layer of security and prevent accidental approvals.



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