

# Docker Lab 8 — Docker CIS Benchmark & Security Hardening

Author: Dr. Sandeep Kumar Sharma

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## Lab Description

Lab 8 focuses on performing **Docker CIS Benchmark checks** and applying security hardening practices using Docker Bench for Security. This lab walks through how to audit Docker hosts, containers, images, and configurations using official CIS standards.

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## Topics Covered

- What is Docker CIS Benchmark?
  - Installing Docker Bench for Security
  - Running CIS scans
  - Reading and interpreting CIS reports
  - Performing recommended hardening (daemon configs, user namespace, logging config, etc.)
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## Learning Objectives

- Understand industry security benchmarks for Docker
  - Perform security audits using automated tools
  - Apply hardening recommendations
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## Learning Outcomes

- Ability to secure Docker hosts and containers to enterprise standards
  - Ability to evaluate compliance reports
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## Section 1 — Install Docker Bench for Security

```
git clone https://github.com/docker/docker-bench-security.git  
cd docker-bench-security  
sudo sh docker-bench-security.sh
```

Report will show: - Host configuration - Docker daemon settings - Container runtime security - Logging and monitoring

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## Section 2 — Apply Basic Hardening

Enable user namespace:

```
sudo nano /etc/docker/daemon.json
```

Add:

```
{  
  "userns-remap": "default"  
}
```

Restart Docker:

```
sudo systemctl restart docker
```

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## Section 3 — Logging and Audit Config

Configure auditd:

```
sudo apt install auditd -y  
sudo auditctl -w /usr/bin/dockerd -k docker
```

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## Section 4 — Re-run CIS Scan

```
sudo sh docker-bench-security.sh
```

Verify improvements.

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## Section 5 — Cleanup

```
rm -rf docker-bench-security
```

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## Summary

You successfully ran CIS benchmarks and applied recommended hardening practices.