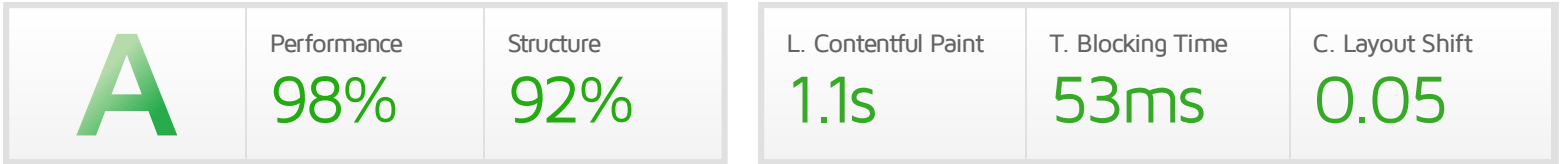




## Performance Report for: https://hamdonfirstaid.co.uk/

Report generated: Tue, Feb 8, 2022 4:02 PM +0000  
 Test Server Location: London, UK  
 Using: Chrome (Desktop) 90.0.4430.212, Lighthouse 8.3.0



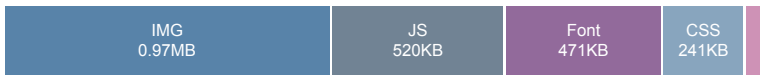
### Top Issues

IMPACT	AUDIT	
Med	Serve static assets with an efficient cache policy	Potential savings of 619KB
Low	Eliminate render-blocking resources	Potential savings of 134ms
Low	Avoid an excessive DOM size	911 elements
Low	Avoid enormous network payloads	Total size was 2.22MB
Low	Efficiently encode images	Potential savings of 247KB

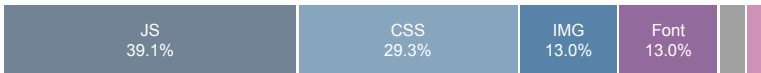
### Page Details



Total Page Size - 2.22MB



Total Page Requests - 92



■ HTML 
 ■ JS 
 ■ CSS 
 ■ IMG 
 ■ Video 
 ■ Font 
 ■ Other

### How does this affect me?

Today's web user expects a fast and seamless website experience. Delivering that fast experience can result in increased visits, conversions and overall happiness.

As if you didn't need more incentive, **Google has announced that they are using page speed in their ranking algorithm.**

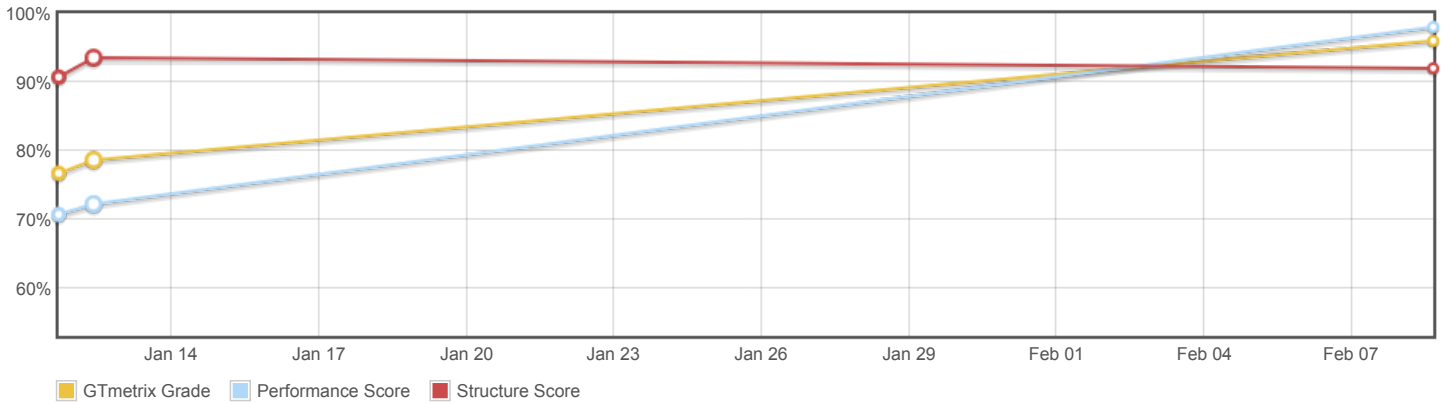
### About GTmetrix



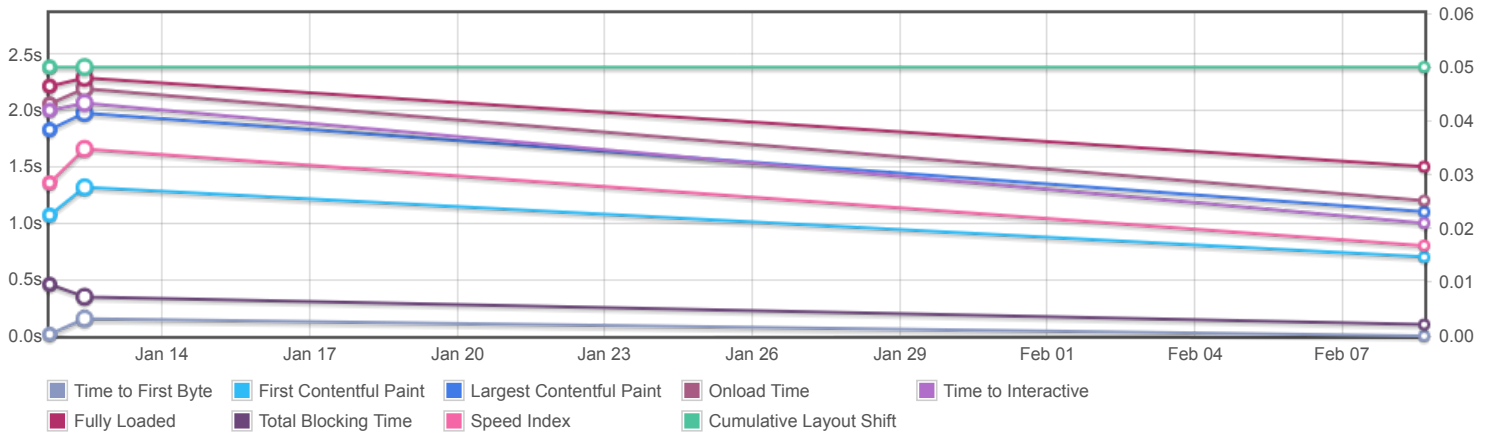
GTmetrix is developed by the good folks at **Carbon60**, a Canadian hosting company with over 26 years experience in web technology.

<https://carbon60.com/>

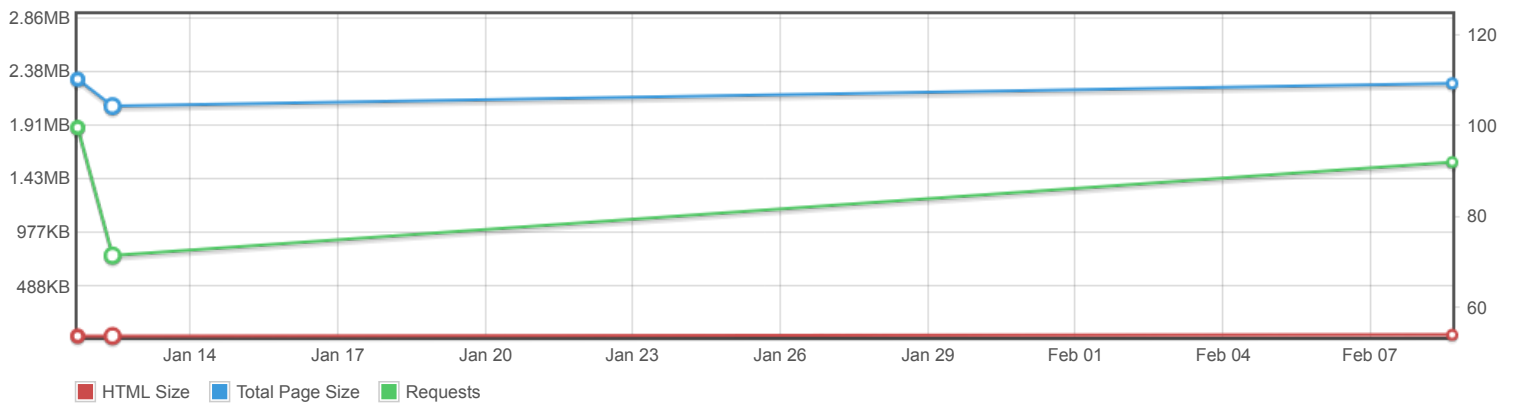
Page scores



Page metrics



Page sizes and request counts

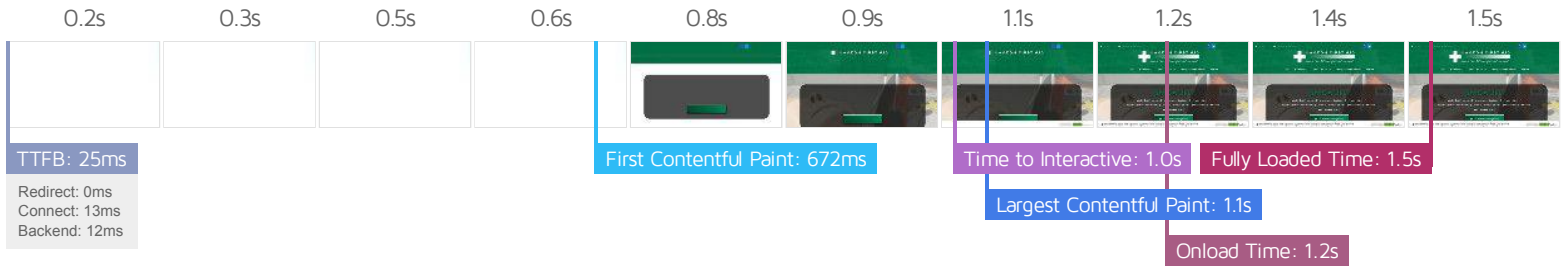


The waterfall chart displays the loading behaviour of your site in your selected browser. It can be used to discover simple issues such as 404's or more complex issues such as external resources blocking page rendering.

### Home Page - Hamdon First Aid

Resource	Size	Transfer	Response Time
/	200	hamdonfirstaid.co.uk	41.8KB 29ms
js?id=UA-54056817-58	200	googletagmanager.com	35.2KB 140ms
select2.min.css?ver=6.2.0	200	hamdonfirstaid.co.uk	2.82KB 16ms
iconfonts.css?ver=5.9	200	hamdonfirstaid.co.uk	8.84KB 17ms
frontend.min.css?ver=6.2.0	200	hamdonfirstaid.co.uk	85.0KB 88ms
tooltip.css?ver=5.9	200	hamdonfirstaid.co.uk	1.51KB 51ms
tooltipster-sideTip-shadow.min.css?v...	200	hamdonfirstaid.co.uk	719B 17ms
featherlight.css?ver=5.9	200	hamdonfirstaid.co.uk	1.79KB 54ms
lity.min.css?ver=5.9	200	hamdonfirstaid.co.uk	1.40KB 56ms
mec-general-calendar.css?ver=5.9	200	hamdonfirstaid.co.uk	7.29KB 17ms
style.min.css?ver=5.9	200	hamdonfirstaid.co.uk	14.1KB 36ms
styles.css?ver=5.5.4	200	hamdonfirstaid.co.uk	1.33KB 25ms
cookie-law-info-public.css?ver=2.0.8	200	hamdonfirstaid.co.uk	1.33KB 56ms
cookie-law-info-gdpr.css?ver=2.0.8	200	hamdonfirstaid.co.uk	6.72KB 51ms
style.min.css?ver=2.4.2	200	hamdonfirstaid.co.uk	2.23KB 60ms
theme.min.css?ver=2.4.2	200	hamdonfirstaid.co.uk	3.42KB 61ms
style.css?ver=5.9	200	hamdonfirstaid.co.uk	0.99KB 52ms
elementor-icons.min.css?ver=5.14.0	200	hamdonfirstaid.co.uk	4.55KB 53ms
frontend.min.css?ver=3.5.4	200	hamdonfirstaid.co.uk	22.7KB 76ms
post-34.css?ver=1643102521	200	hamdonfirstaid.co.uk	838B 54ms
frontend.min.css?ver=3.5.2	200	hamdonfirstaid.co.uk	47.3KB 103ms
post-841.css?ver=1643104561	200	hamdonfirstaid.co.uk	3.19KB 73ms
post-37.css?ver=1643102521	200	hamdonfirstaid.co.uk	2.54KB 74ms
post-161.css?ver=1643102521	200	hamdonfirstaid.co.uk	767B 76ms
css?family=Roboto%3A100%2C100it...	200	fonts.googleapis.com	1.62KB 71ms
fontawesome.min.css?ver=5.15.3	200	hamdonfirstaid.co.uk	14.5KB 53ms
solid.min.css?ver=5.15.3	200	hamdonfirstaid.co.uk	685B 54ms
brands.min.css?ver=5.15.3	200	hamdonfirstaid.co.uk	684B 75ms
jquery.min.js,qver=3.6.0.pagespeed.j...	200	hamdonfirstaid.co.uk	30.2KB 78ms
jquery-migrate.min.js,qver=3.3.2.page...	(other)	hamdonfirstaid.co.uk	4.07KB 127ms
mec-general-calendar.js,qver=6.2.0.p...	(other)	hamdonfirstaid.co.uk	72.0KB 143ms
frontend.js,qver=6.2.0.pagespeed.jm...	200	hamdonfirstaid.co.uk	25.9KB 118ms
events.js,qver=6.2.0.pagespeed.jm.c...	200	hamdonfirstaid.co.uk	4.22KB 83ms
cookie-law-info-public.js,qver=2.0.8.p...	200	hamdonfirstaid.co.uk	7.93KB 81ms
cookie-law-info-table.css?ver=2.0.8	200	hamdonfirstaid.co.uk	2.09KB 75ms
core.min.js,qver=1.13.0.pagespeed.jm...	200	hamdonfirstaid.co.uk	6.69KB 104ms
datepicker.min.js,qver=1.13.0.pagesp...	200	hamdonfirstaid.co.uk	10.6KB 103ms
featherlight.js,qver=6.2.0.pagespeed.j...	200	hamdonfirstaid.co.uk	8.08KB 109ms
select2.full.min.js,qver=6.2.0.pagespe...	200	hamdonfirstaid.co.uk	21.3KB 105ms
tooltip.js,qver=6.2.0.pagespeed.jm.co...	200	hamdonfirstaid.co.uk	9.9KB 84ms
owl.carousel.min.js,qver=6.2.0.pages...	200	hamdonfirstaid.co.uk	20.1KB 109ms
wp-polyfill.min.js,qver=3.15.0.pagesp...	200	hamdonfirstaid.co.uk	6.83KB 75ms
jquery.smartmenus.min.js,qver=1.0.1....	200	hamdonfirstaid.co.uk	6.96KB 105ms
webpack-pro.runtime.min.js?ver=3.5.2	200	hamdonfirstaid.co.uk	2.61KB 62ms
webpack.runtime.min.js?ver=3.5.4	200	hamdonfirstaid.co.uk	2.51KB 72ms
frontend-modules.min.js?ver=3.5.4	200	hamdonfirstaid.co.uk	5.44KB 73ms
frontend.min.js?ver=3.5.2	200	hamdonfirstaid.co.uk	6.48KB 79ms
waypoints.min.js?ver=4.0.2	200	hamdonfirstaid.co.uk	3.83KB 84ms
frontend.min.js?ver=3.5.4	200	hamdonfirstaid.co.uk	12.7KB 85ms
elements-handlers.min.js?ver=3.5.2	200	hamdonfirstaid.co.uk	6.47KB 98ms
jquery.sticky.min.js?ver=3.5.2	200	hamdonfirstaid.co.uk	2.26KB 98ms
maps?q=Hamdon%20First%20Aid%2...	301	maps.google.com	337B 44ms
headerbg.jpg	200	hamdonfirstaid.co.uk	225KB 20ms
first-aid-g55754d60b_1920.jpg	200	hamdonfirstaid.co.uk	110KB 37ms

Course-bookings.jpg	200	hamdonfirstaid.co.uk	112KB	23ms					
paediatric-course.jpg	200	hamdonfirstaid.co.uk	66.2KB	32ms					
Workplace-first-aid.jpg	200	hamdonfirstaid.co.uk	46.9KB	28ms					
Defibrillator-Training.jpg	200	hamdonfirstaid.co.uk	96.3KB	41ms					
Manual-Handling.jpg	200	hamdonfirstaid.co.uk	68.3KB	23ms					
First-aid-supplies.jpg	200	hamdonfirstaid.co.uk	80.3KB	25ms					
KFOmCnqEu92Fr1Mu4mxK.woff2	200	fonts.gstatic.com	15.3KB	396ms					
embed?origin=mfe&pb=!1m4!2m1!1s...	200	google.com	1.54KB	549ms					
fa-solid-900.woff2	200	hamdonfirstaid.co.uk	76.4KB	432ms					
fa-brands-400.woff2	200	hamdonfirstaid.co.uk	75.0KB	433ms					
KFOiCnqEu92Fr1MmWUlfBBc4.woff2	200	fonts.gstatic.com	15.5KB	387ms					
Simple-Line-Icons.woff2?v=2.3.1	200	hamdonfirstaid.co.uk	29.4KB	427ms					
KFOiCnqEu92Fr1MmSU5fBBc4.woff2	200	fonts.gstatic.com	15.4KB	387ms					
fontawesome-webfont.woff?v=4.2.0	200	hamdonfirstaid.co.uk	87.0KB	428ms					
KFOkCnqEu92Fr1MmgVxllzl.woff2	200	fonts.gstatic.com	15.3KB	386ms					
KFOiCnqEu92Fr1Mu51QrEzAdLw.woff2	200	fonts.gstatic.com	16.6KB	241ms					
KFOkCnqEu92Fr1Mu51xllzl.woff2	200	fonts.gstatic.com	16.9KB	233ms					
KFOiCnqEu92Fr1MmEU9fBBc4.woff2	200	fonts.gstatic.com	15.5KB	138ms					
logo.png	200	hamdonfirstaid.co.uk	157KB	8ms					
nav-menu.fd64b77e7258ee4c6205.bu...	200	hamdonfirstaid.co.uk	1.63KB	21ms					
text-editor.289ae80d76f0c5abea44.bu...	200	hamdonfirstaid.co.uk	1.03KB	4ms					
js?client=google-maps-embed&paint...	200	maps.googleapis.com	53.3KB	50ms					
eicons.woff2?5.14.0	200	hamdonfirstaid.co.uk	90.1KB	99ms					
gen_204?csp_test=true	200	maps.googleapis.com	46B	33ms					
init_embed.js	200	maps.gstatic.com	64.1KB	206ms					
common.js	200	maps.googleapis.com	28.2KB	21ms					
util.js	200	maps.googleapis.com	90.6KB	23ms					
map.js	200	maps.googleapis.com	22.3KB	18ms					
overlay.js	200	maps.googleapis.com	1.36KB	4ms					
google4.png	200	maps.gstatic.com	2.05KB	28ms					
favicon-150x150.png	200	hamdonfirstaid.co.uk	670B	33ms					
StaticMapService.GetMapImage?1m2...	200	maps.googleapis.com	23.1KB	84ms					
onion.js	200	maps.googleapis.com	9.28KB	20ms					
search_impl.js	200	maps.googleapis.com	1.26KB	19ms					
openhands_8_cur	200	maps.gstatic.com	350B	15ms					
ViewportInfoService.GetViewportInfo...	200	maps.googleapis.com	2.83KB	37ms					
AuthenticationService.Authenticate?...	200	maps.googleapis.com	84B	45ms					
QuotaService.RecordEvent?1shttps%...	200	maps.googleapis.com	83B	48ms					
<b>92 Requests</b>	<b>2.28MB (4.70MB Uncompressed)</b>	<b>1.5s (Onload 1.2s)</b>							



### Performance Metrics

<p><b>First Contentful Paint</b></p> <p>How quickly content like text or images are painted onto your page. A good user experience is 0.9s or less.</p>	<p>Good - Nothing to do here</p> <p><b>671ms</b></p>	<p><b>Time to Interactive</b></p> <p>How long it takes for your page to become fully interactive. A good user experience is 2.5s or less.</p>	<p>Good - Nothing to do here</p> <p><b>1.0s</b></p>
<p><b>Speed Index</b></p> <p>How quickly the contents of your page are visibly populated. A good user experience is 1.3s or less.</p>	<p>Good - Nothing to do here</p> <p><b>814ms</b></p>	<p><b>Total Blocking Time</b></p> <p>How much time is blocked by scripts during your page loading process. A good user experience is 150ms or less.</p>	<p>Good - Nothing to do here</p> <p><b>53ms</b></p>
<p><b>Largest Contentful Paint</b></p> <p>How long it takes for the largest element of content (e.g. a hero image) to be painted on your page. A good user experience is 1.2s or less.</p>	<p>Good - Nothing to do here</p> <p><b>1.1s</b></p>	<p><b>Cumulative Layout Shift</b></p> <p>How much your page's layout shifts as it loads. A good user experience is a score of 0.1 or less.</p>	<p>Good - Nothing to do here</p> <p><b>0.05</b></p>

### Browser Timings

Redirect	0ms	Connect	13ms	Backend	12ms
TTFB	25ms	First Paint	672ms	DOM Int.	707ms
DOM Loaded	710ms	Onload	1.2s	Fully Loaded	1.5s

IMPACT	AUDIT	
Med	<b>Serve static assets with an efficient cache policy</b>	Potential savings of 619KB
Low	<b>Eliminate render-blocking resources</b>	Potential savings of 134ms
Low	<b>Avoid an excessive DOM size</b>	911 elements
Low	<b>Avoid enormous network payloads</b>	Total size was 2.22MB
Low	<b>Efficiently encode images</b>	Potential savings of 247KB
Low	<b>Reduce unused CSS</b>	Potential savings of 179KB
Low	<b>Avoid large layout shifts</b>	5 elements found
Low	<b>Minify JavaScript</b>	Potential savings of 25.7KB
Low	<b>Properly size images</b>	Potential savings of 76.0KB
Low	<b>Ensure text remains visible during webfont load</b>	10 fonts found
Low	<b>Avoid long main-thread tasks</b>	5 long tasks found
Low	<b>Reduce JavaScript execution time</b>	236ms spent executing JavaScript
Low	<b>Serve images in next-gen formats</b>	Potential savings of 696KB
Low	<b>Reduce initial server response time</b>	Root document took 11ms
Low	<b>Avoid chaining critical requests</b>	55 chains found
Low	<b>Reduce unused JavaScript</b>	Potential savings of 47.8KB
N/A	<b>Largest Contentful Paint element</b>	1 element found
N/A	<b>Minimize main-thread work</b>	Main-thread busy for 1.1s
N/A	<b>Reduce the impact of third-party code</b>	Total size was 452KB
N/A	<b>User Timing marks and measures</b>	