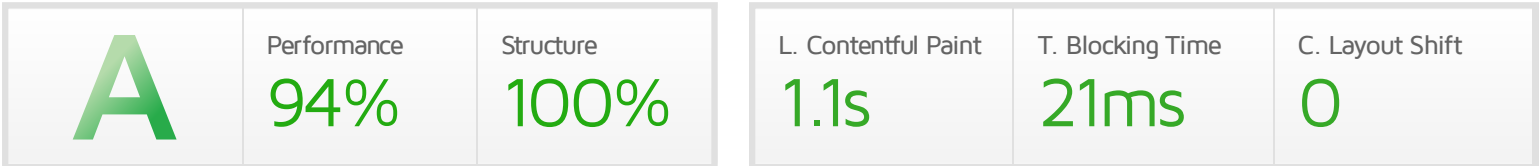




Performance Report for: <https://www.firstaidtraining-southwest.co.uk/>

Report generated: Mon, Jul 19, 2021 11:40 AM +0100
 Test Server Location: Vancouver, Canada
 Using: Chrome (Desktop) 90.0.4430.212, Lighthouse 7.4.0



Top Issues

IMPACT	AUDIT	
Low	Serve static assets with an efficient cache policy	Potential savings of 30.1KB
Low	Avoid an excessive DOM size	266 elements
Low	Avoid enormous network payloads	Total size was 446KB
Low	Ensure text remains visible during webfont load	7 fonts found
Low	Avoid long main-thread tasks	3 long tasks found

Page Details



Total Page Size - 446KB



Total Page Requests - 46



■ 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 25 years experience in web technology.

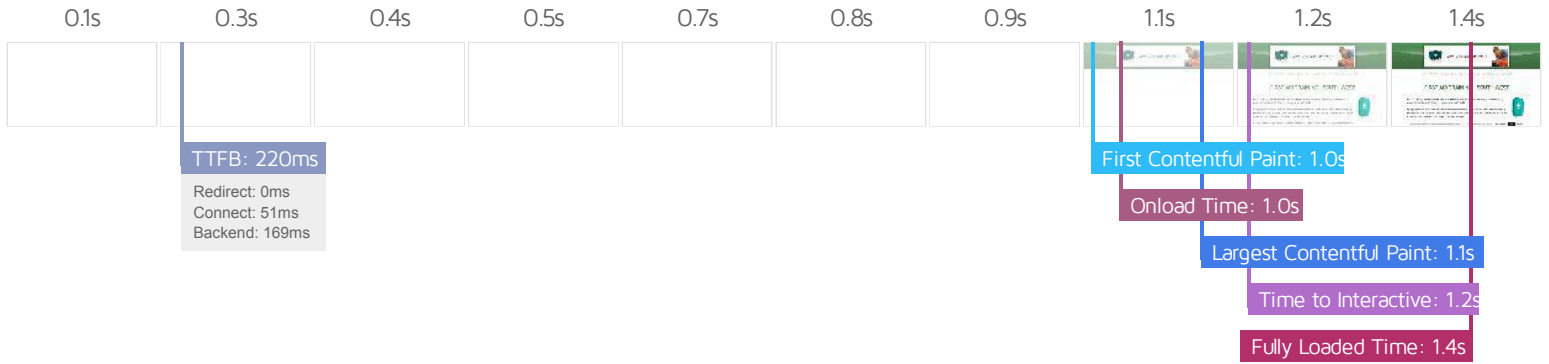


<https://carbon60.com/>

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.

First Aid Training South West





Performance Metrics

<p>First Contentful Paint</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>OK, but consider improvement</p> <p>1.0s</p>	<p>Time to Interactive</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>1.2s</p>
<p>Speed Index</p> <p>How quickly the contents of your page are visibly populated. A good user experience is 1.3s or less.</p>	<p>OK, but consider improvement</p> <p>1.3s</p>	<p>Total Blocking Time</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>21ms</p>
<p>Largest Contentful Paint</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>1.1s</p>	<p>Cumulative Layout Shift</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>0</p>

Browser Timings

Redirect	0ms	Connect	51ms	Backend	169ms
TTFB	220ms	First Paint	1.0s	DOM Int.	1.0s
DOM Loaded	1.0s	Onload	1.0s	Fully Loaded	1.4s

IMPACT	AUDIT	
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Low	Avoid an excessive DOM size	266 elements
Low	Avoid enormous network payloads	Total size was 446KB
Low	Ensure text remains visible during webfont load	7 fonts found
Low	Avoid long main-thread tasks	3 long tasks found
Low	Reduce JavaScript execution time	60ms spent executing JavaScript
Low	Reduce unused CSS	Potential savings of 51.5KB
Low	Reduce initial server response time	Root document took 169ms
Low	Avoid serving legacy JavaScript to modern browsers	Potential savings of 54B
Low	Avoid large layout shifts	3 elements found
Low	Minify CSS	Potential savings of 2.58KB
Low	Minify JavaScript	Potential savings of 2.06KB
Low	Avoid chaining critical requests	37 chains found
Low	Reduce unused JavaScript	Potential savings of 32.5KB
N/A	Largest Contentful Paint element	1 element found
N/A	Minimize main-thread work	Main-thread busy for 790ms
N/A	Reduce the impact of third-party code	Total size was 113KB
N/A	User Timing marks and measures	