Performance Report for:

https://phast.ai/

Report generated: Tue, Mar 12, 2024 12:51 AM -0700
Test Server Location: London, UK
Using: Chrome 117.0.0.0, Lighthouse 11.0.0

C	Performance	Structure	L. Contentful Paint	T. Blocking Time	C. Layout Shift
	76%	84%	2.0s	49ms	0

Top Issues

Med	**Use explicit width and height on image elements** CLS	1 image found
Med	**Serve static assets with an efficient cache policy**	Potential savings of 2.87MB
Med-Low	**Use a Content Delivery Network (CDN)**	35 resources found
Med-Low	**Avoid enormous network payloads** LCP	Total size was 3.14MB
Low	**Ensure text remains visible during webfont load** FCP LCP	5 fonts found

Page Details

3.1s
Fully Loaded Time

Total Page Size - 3.13MB

Total Page Requests - 47

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

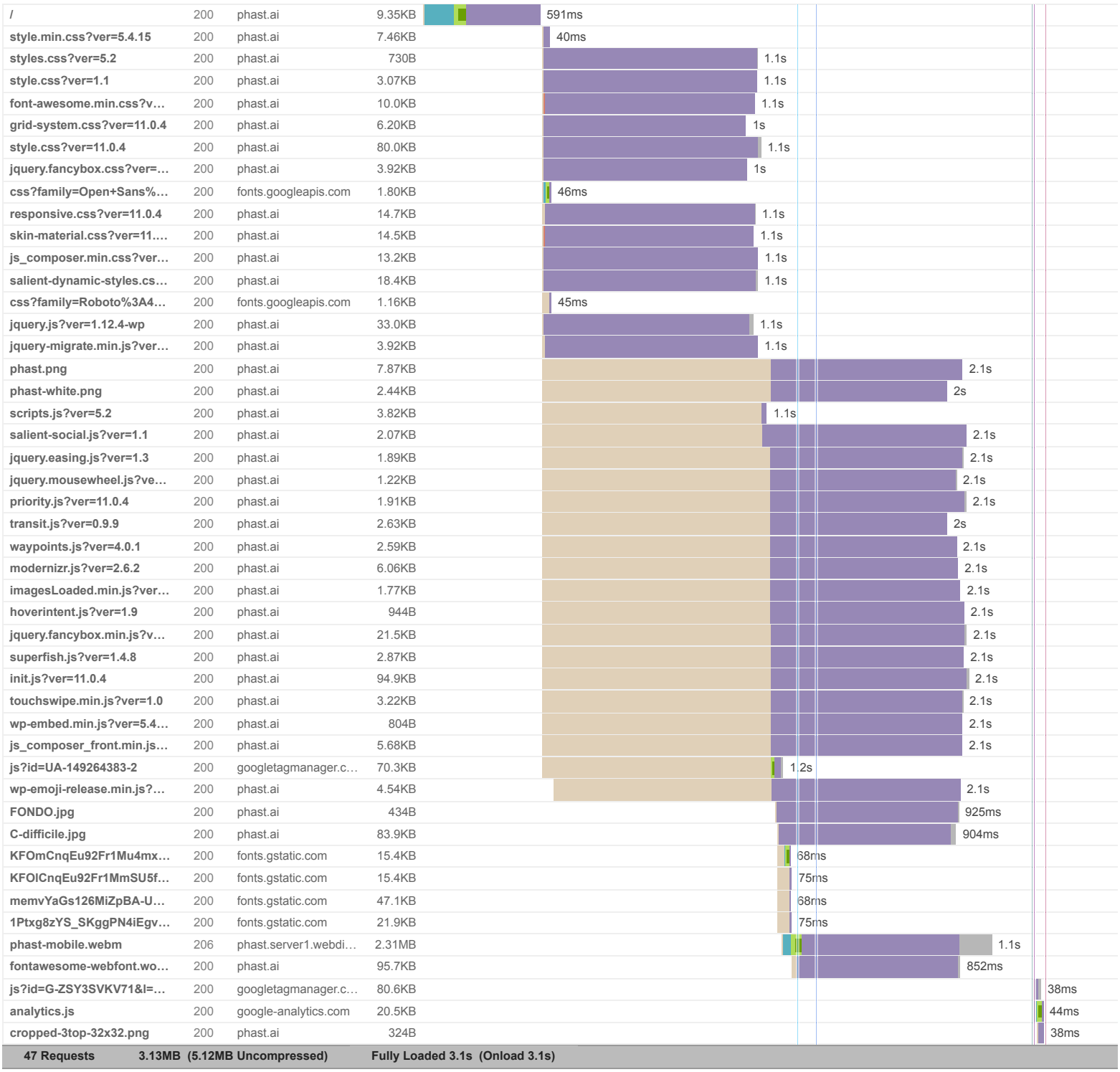
CARBON 60
THE MANAGED CLOUD COMPANY

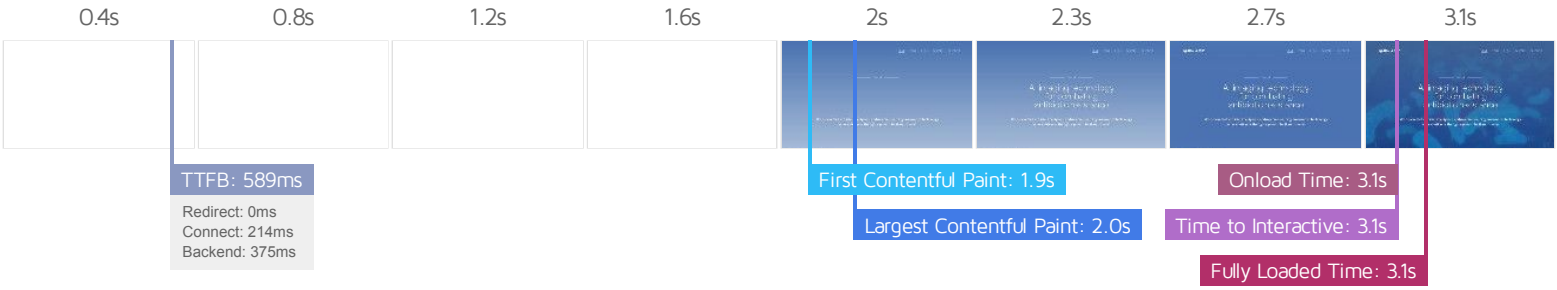
GTmetrix is developed by the good folks at **Carbon60**, a Canadian hosting company with over 28 years experience in web technology.

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.

Phast Diagnostics





Performance Metrics

First Contentful Paint

Much longer than recommended

How quickly content like text or images are painted onto your page. A good user experience is 0.9s or less.

1.9s

Time to Interactive

OK, but consider improvement

How long it takes for your page to become fully interactive. A good user experience is 2.5s or less.

3.1s

Speed Index

Much longer than recommended

How quickly the contents of your page are visibly populated. A good user experience is 1.3s or less.

3.8s

Total Blocking Time

Good - Nothing to do here

How much time is blocked by scripts during your page loading process. A good user experience is 150ms or less.

49ms

Largest Contentful Paint

Longer than recommended

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.

2.0s

Cumulative Layout Shift

Good - Nothing to do here

How much your page's layout shifts as it loads. A good user experience is a score of 0.1 or less.

0

Browser Timings

Redirect	0ms	Connect	214ms	Backend	375ms
TTFB	589ms	First Paint	1.9s	DOM Int.	3.0s
DOM Loaded	3.1s	Onload	3.1s	Fully Loaded	3.1s

IMPACT	AUDIT	
Low	**Avoid chaining critical requests** FCP LCP	33 chains found

The Critical Request Chains below show you what resources are loaded with a high priority. Consider reducing the length of chains, reducing the download size of resources, or deferring the download of unnecessary resources to improve page load.

Maximum critical path latency: **2.8s**

INITIAL NAVIGATION

- https://phast.ai/ 9.58KB, 589ms
  - https://phast.ai/wp-includes/css/dist/block-library/style.min.css?ver=5.4.15 7.62KB, 35ms
  - https://phast.ai/wp-content/plugins/salient-social/css/style.css?ver=1.1 3.23KB, 1.1s
  - https://phast.ai/wp-content/themes/phast/js/third-party/hoverintent.js?ver=1.9 1.09KB, 979ms
  - https://phast.ai/wp-content/themes/phast/js/init.js?ver=11.0.4 94.9KB, 1.0s
  - https://phast.ai/wp-content/plugins/js_composer_salient/assets/css/js_composer.min.css?ver=6.1 13.4KB, 1.1s
  - https://phast.ai/wp-content/plugins/contact-form-7/includes/js/scripts.js?ver=5.2 3.99KB, 30ms
  - https://phast.ai/wp-content/plugins/salient-core/js/third-party/touchswipe.min.js?ver=1.0 3.39KB, 971ms
  - https://phast.ai/wp-content/themes/phast/css/grid-system.css?ver=11.0.4 6.36KB, 1.0s
  - https://phast.ai/wp-content/plugins/salient-portfolio/js/third-party/imagesLoaded.min.js?ver=4.1.4 1.94KB, 961ms
  - https://phast.ai/wp-content/themes/phast/css/style.css?ver=11.0.4 80.0KB, 1.1s
  - https://phast.ai/wp-content/themes/phast/js/third-party/modernizr.js?ver=2.6.2 6.24KB, 950ms
  - https://phast.ai/wp-includes/js/wp-embed.min.js?ver=5.4.15 977B, 970ms
  - https://phast.ai/wp-content/plugins/contact-form-7/includes/css/styles.css?ver=5.2 889B, 1.1s
  - https://phast.ai/wp-content/themes/phast/js/third-party/jquery.fancybox.min.js?ver=3.3.1 21.7KB, 991ms
  - https://phast.ai/wp-content/themes/phast/css/salient-dynamic-styles.css?ver=96639 18.5KB, 1.1s
  - https://phast.ai/wp-includes/js/jquery/jquery.js?ver=1.12.4-wp 33.2KB, 1.1s
  - https://phast.ai/wp-content/themes/phast/js/third-party/superfish.js?ver=1.4.8 3.04KB, 977ms
  - https://phast.ai/wp-content/themes/phast/css/plugins/jquery.fancybox.css?ver=3.3.1 4.09KB, 1.0s
  - https://phast.ai/wp-content/plugins/js_composer_salient/assets/js/dist/js_composer_front.min.js?ver=6.1 5.85KB, 969ms
  - https://phast.ai/wp-includes/js/jquery/jquery-migrate.min.js?ver=1.4.1 4.09KB, 1.1s
  - https://phast.ai/wp-content/themes/phast/js/third-party/jquery.easing.js?ver=1.3 2.06KB, 978ms
  - https://phast.ai/wp-content/themes/phast/css/skin-material.css?ver=11.0.4 14.7KB, 1.1s
  - https://phast.ai/wp-content/themes/phast/css/responsive.css?ver=11.0.4 14.9KB, 1.1s
  - https://phast.ai/wp-content/themes/phast/js/third-party/transit.js?ver=0.9.9 2.80KB, 895ms
  - https://phast.ai/wp-content/themes/phast/js/third-party/jquery.mousewheel.js?ver=3.1.13 1.39KB, 941ms
  - https://phast.ai/wp-content/themes/phast/js/priority.js?ver=11.0.4 2.08KB, 991ms
  - https://phast.ai/wp-content/themes/phast/js/third-party/waypoints.js?ver=4.0.1 2.77KB, 942ms
  - https://phast.ai/wp-content/plugins/salient-social/js/salient-social.js?ver=1.1 2.24KB, 1.0s
  - https://fonts.googleapis.com/css?family=Open+Sans%3A300%2C400%2C600%2C700&subset=latin%2Clatin-ext 1.80KB, 41ms
    - https://fonts.gstatic.com/s/opensans/v40/memvYaGs126MiZpBA-UvWbX2vVnXBbObj2OVTS-muw.woff2 47.2KB, 33ms
  - https://phast.ai/wp-content/themes/phast/css/font-awesome.min.css?ver=4.6.4 10.2KB, 1.1s
    - https://phast.ai/wp-content/themes/phast/css/fonts/fontawesome-webfont.woff?v=4.2 95.9KB, 830ms

- https://fonts.googleapis.com/css?family=Roboto%3A400%2C300%7CRaleway%3A300&ver=1698841538 1.16KB, 39ms
  - https://fonts.gstatic.com/s/roboto/v30/KFOmCnqEu92Fr1Mu4mxK.woff2 15.9KB, 32ms
  - https://fonts.gstatic.com/s/raleway/v29/1Ptxg8zYS_SKggPN4iEgvnHyvveLxVuEorCIPrE.woff2 22.0KB, 40ms
  - https://fonts.gstatic.com/s/roboto/v30/KFOlCnqEu92Fr1MmSU5fBBc4.woff2 15.5KB, 39ms

Low **Use passive listeners to improve scrolling performance** — 1 event listener not passive

Consider marking your touch and wheel event listeners as `passive` to improve your page's scroll performance.

URL	LOCATION
https://phast.ai/wp-content/themes/phast/js/third-party/jquery.mousewheel.js?ver=3.1.13	Line:8

Low **Avoid long main-thread tasks** TBT — 3 long tasks found

Lists the longest tasks on the main thread, useful for identifying worst contributors to input delay.

URL	START TIME	DURATION
https://phast.ai/wp-content/themes/phast/js/third-party/jquery.easing.js?ver=1.3	2.8s	74ms
https://www.googletagmanager.com/gtag/js?id=UA-149264383-2	3.0s	74ms
https://phast.ai/	1.8s	54ms

Low **Avoid an excessive DOM size** TBT — 259 elements

A large DOM will increase memory usage, cause longer style calculations, and produce costly layout reflows.

STATISTIC	ELEMENT	VALUE
Total DOM Elements		259
Maximum DOM Depth	div.wpb_wrapper > h1.p1 > span.s1 > br 	22
Maximum Child Elements	body.home <body data-rsssl="1" class="home page-template-default page page-id-2 material wpb-js-composer js-comp…" data-footer-reveal="false" data-footer-reveal-shadow="none" data-header-format="default" data-body-border="off" data-boxed-style="" data-header-breakpoint="1000" data-dropdown-style="minimal" data-cae="easeOutCubic" data-cad="750" data-megamenu-width="contained" data-aie="none" data-ls="fancybox" data-apte="standard" data-hhun="0" data-fancy-form-rcs="default" data-form-style="default" data-form-submit="regular" data-is="minimal" data-button-style="default" data-user-account-button="false" …>	27

Low **Reduce JavaScript execution time** TBT — 213ms spent executing JavaScript

Consider reducing the time spent parsing, compiling, and executing JS. You may find delivering smaller JS payloads helps with this.

URL	TOTAL CPU TIME	SCRIPT EVALUATION	SCRIPT PARSE
https://phast.ai/	337ms	43ms	2ms
Unattributable	214ms	11ms	0ms
https://phast.ai/wp-includes/js/jquery/jquery.js?ver=1.12.4-wp	108ms	59ms	1ms
https://phast.ai/wp-content/themes/phast/js/third-party/modernizr.js?ver=2.6.2	69ms	40ms	0ms
https://www.googletagmanager.com/gtag/js?id=G-ZSY3SVKV71&l=dataLayer&cx=c	54ms	50ms	3ms

Low **Reduce unused CSS** FCP LCP — Potential savings of 142KB

Reduce unused rules from stylesheets and defer CSS not used for above-the-fold content to decrease bytes consumed by network activity.

URL	TRANSFER SIZE	POTENTIAL SAVINGS
https://phast.ai/wp-content/themes/phast/css/style.css?ver=11.0.4	80.0KB	76.3KB
https://phast.ai/wp-content/themes/phast/css/salient-dynamic-styles.css?ver=96639	18.5KB	15.0KB
https://phast.ai/wp-content/themes/phast/css/responsive.css?ver=11.0.4	14.9KB	14.8KB
https://phast.ai/wp-content/plugins/js_composer_salient/assets/css/js_composer.min.css?ver=6.1	13.4KB	13.1KB
https://phast.ai/wp-content/themes/phast/css/skin-material.css?ver=11.0.4	14.7KB	12.7KB
https://phast.ai/wp-content/themes/phast/css/font-awesome.min.css?ver=4.6.4	10.2KB	10.1KB

Low **Reduce initial server response time** FCP LCP — Root document took 374ms

Keep the server response time for the main document short because all other requests depend on it.

URL	TIME SPENT
https://phast.ai/	374ms

Low **Minify CSS** FCP LCP — Potential savings of 16.2KB

Minifying CSS files can reduce network payload sizes.

URL	TRANSFER SIZE	POTENTIAL SAVINGS
https://phast.ai/wp-content/themes/phast/css/style.css?ver=11.0.4	80.0KB	9.65KB
https://phast.ai/wp-content/themes/phast/css/responsive.css?ver=11.0.4	14.9KB	2.35KB
https://phast.ai/wp-content/themes/phast/css/salient-dynamic-styles.css?ver=96639	18.5KB	2.19KB
https://phast.ai/wp-content/plugins/js_composer_salient/assets/css/js_composer.min.css?ver=6.1	13.4KB	2.04KB

Low **Minify JavaScript** FCP LCP — Potential savings of 31.2KB

Minifying JavaScript files can reduce payload sizes and script parse time.

URL	TRANSFER SIZE	POTENTIAL SAVINGS
https://phast.ai/wp-content/themes/phast/js/init.js?ver=11.0.4	94.9KB	31.2KB

Low **Reduce unused JavaScript** LCP — Potential savings of 141KB

Reduce unused JavaScript and defer loading scripts until they are required to decrease bytes consumed by network activity.

URL	TRANSFER SIZE	POTENTIAL SAVINGS
https://phast.ai/wp-content/themes/phast/js/init.js?ver=11.0.4	94.9KB	70.1KB
https://www.googletagmanager.com/gtag/js?id=G-ZSY3SVKV71&l=dataLayer&cx=c	80.7KB	39.3KB
https://www.googletagmanager.com/gtag/js?id=UA-149264383-2	70.7KB	31.8KB

N/A **Largest Contentful Paint element** LCP — 1,980 ms

This is the largest contentful element painted within the viewport.

ELEMENT

AI imaging technology for combating antibiotic resistance
`<h1 class="p1" style="text-align: center;">`

PHASE	% OF LCP	TIMING
TTFB	30%	591ms
Load Delay	0%	0ms
Load Time	0%	0ms
Render Delay	70%	1.4s

N/A **Eliminate render-blocking resources** FCP LCP — Potential savings of 6ms

Resources are blocking the first paint of your page. Consider delivering critical JS/CSS inline and deferring all non-critical JS/styles.

Resources that **may** be contributing to render-blocking include:

URL	TRANSFER SIZE	DOWNLOAD TIME
• https://phast.ai/wp-includes/css/dist/block-library/style.min.css?ver=5.4.15	7.62KB	166ms
• https://phast.ai/wp-content/themes/phast/css/font-awesome.min.css?ver=4.6.4	10.2KB	166ms
• https://phast.ai/wp-content/themes/phast/css/grid-system.css?ver=11.0.4	6.36KB	166ms
• https://phast.ai/wp-content/themes/phast/css/style.css?ver=11.0.4	80.0KB	998ms
• https://fonts.googleapis.com/css?family=Open+Sans%3A300%2C400%2C600%2C700&subset=latin%2Clatin-ext	1.80KB	759ms
• https://phast.ai/wp-content/themes/phast/css/responsive.css?ver=11.0.4	14.9KB	166ms
• https://phast.ai/wp-content/themes/phast/css/skin-material.css?ver=11.0.4	14.7KB	166ms
• https://phast.ai/wp-content/plugins/js_composer_salient/assets/css/js_composer.min.css?ver=6.1	13.4KB	166ms
• https://phast.ai/wp-content/themes/phast/css/salient-dynamic-styles.css?ver=96639	18.5KB	333ms
• https://fonts.googleapis.com/css?family=Roboto%3A400%2C300%7CRaleway%3A300&ver=1698841538	1.16KB	150ms
• https://phast.ai/wp-includes/js/jquery/jquery.js?ver=1.12.4-wp	33.2KB	499ms

N/A **Avoid large layout shifts** CLS — 1 element found

These DOM elements contribute most to the CLS of the page.

ELEMENT	CLS CONTRIBUTION
HOME TEAM NEWS CAREERS CONTACTS <ul class="sf-menu sf-js-enabled sf-arrows">	0.00

N/A **Minimize main-thread work** TBT — Main-thread busy for 913ms

Consider reducing the time spent parsing, compiling and executing JS. You may find delivering smaller JS payloads helps with this.

CATEGORY	TIME SPENT
Other	338ms
Script Evaluation	257ms
Style & Layout	210ms
Parse HTML & CSS	59ms
Script Parsing & Compilation	29ms
Rendering	17ms

N/A **Reduce the impact of third-party code** TBT — Total size was 2.58MB

Third-party code can significantly impact load performance. Limit the number of redundant third-party providers and try to load third-party code after your page has primarily finished loading.

THIRD-PARTY	TRANSFER SIZE	MAIN-THREAD BLOCKING TIME
WEBDISTRICT.IT	2.31MB	0ms
• https://phast.server1.webdistrict.it/video/phast-mobile.webm	2.31MB	0ms
GOOGLE TAG MANAGER	151KB	0ms
• https://www.googletagmanager.com/gtag/js?id=G-ZSY3SVKV71&l=dataLayer&cx=c	80.7KB	0ms
• https://www.googletagmanager.com/gtag/js?id=UA-149264383-2	70.7KB	0ms
GOOGLE FONTS	104KB	0ms
• https://fonts.gstatic.com/s/opensans/v40/memvYaGs126MiZpBA-UvWbX2vVnXBbObj2OVTS-muw.woff2	47.2KB	0ms
• https://fonts.gstatic.com/s/raleway/v29/1Ptxg8zYS_SKggPN4iEgvnHyvveLxVuEorCIPrE.woff2	22.0KB	0ms
• https://fonts.gstatic.com/s/roboto/v30/KFOmCnqEu92Fr1Mu4mxK.woff2	15.9KB	0ms
• https://fonts.gstatic.com/s/roboto/v30/KFOlCnqEu92Fr1MmSU5fBBc4.woff2	15.5KB	0ms
GOOGLE ANALYTICS	20.8KB	0ms
• https://www.google-analytics.com/analytics.js	20.8KB	0ms

N/A **Avoid serving legacy JavaScript to modern browsers** TBT

Nothing to do here, good job!

N/A **User Timing marks and measures**

No user timings and/or marks found.