

Performance Report for:

<http://www.alphacello.com/>

Report generated: Thu, Mar 14, 2024 12:29 AM -0700
 Test Server Location: London, UK
 Using: Chrome 117.0.0.0, Lighthouse 11.0.0

	Performance	Structure	L. Contentful Paint	T. Blocking Time	C. Layout Shift
	68%	77%	1.1s	967ms	0

Top Issues

High	Avoid enormous network payloads <small>LCP</small>	Total size was 31.6MB
Med-High	Avoid an excessive DOM size <small>TBT</small>	2,299 elements
Med	Serve static assets with an efficient cache policy	Potential savings of 2.94MB
Med	Use a Content Delivery Network (CDN)	75 resources found
Med-Low	Avoid long main-thread tasks <small>TBT</small>	17 long tasks found

Page Details



Total Page Size - 25.4MB



Total Page Requests - 91



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 28 years experience in web technology.

<https://carbon60.com/>

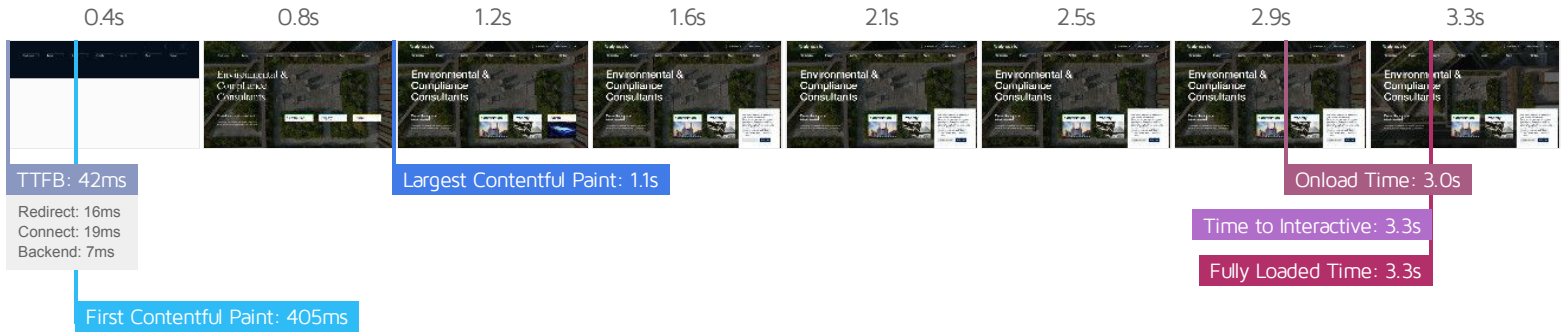
The waterfall chart displays the loading behaviour of your site in your selected browser. It can be used to discover simple issues such as 404's or more complex issues such as external resources blocking page rendering.

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Resource	Size	Source	Load Time
/	301	alphacello.com	15ms
/	200	alphacello.com	28ms
style.min.css?ver=6.4.3	200	alphacello.com	23ms
cookie-law-info-public.cs...	200	alphacello.com	15ms
cookie-law-info-gdpr.css?...	200	alphacello.com	16ms
font-awesome-legacy.min...	200	alphacello.com	17ms
grid-system.css?ver=170...	200	alphacello.com	18ms
style.css?ver=1703168713	200	alphacello.com	30ms
header-layout-centered-m...	200	alphacello.com	24ms
element-scrolling-text.css...	200	alphacello.com	24ms
element-post-grid.css?ve...	200	alphacello.com	25ms
element-clients.css?ver=...	200	alphacello.com	26ms
element-milestone.css?v...	200	alphacello.com	27ms
caroufredsel.css?ver=170...	200	alphacello.com	31ms
element-wpb-column-bor...	200	alphacello.com	27ms
css?family=Open+Sans%...	200	fonts.googleapis.com	69ms
responsive.css?ver=1703...	200	alphacello.com	28ms
flickity.css?ver=1703168713	200	alphacello.com	28ms
select2.css?ver=1703168...	200	alphacello.com	29ms
skin-material.css?ver=17...	200	alphacello.com	35ms
menu-dynamic.css?ver=1...	200	alphacello.com	35ms
widget-nectar-posts.css?...	200	alphacello.com	36ms
js_composer.min.css?ver...	200	alphacello.com	37ms
salient-dynamic-styles.cs...	200	alphacello.com	41ms
style.css?ver=1703168713	200	alphacello.com	39ms
css?family=Heebo%3A40...	200	fonts.googleapis.com	67ms
jquery.min.js?ver=3.7.1	200	alphacello.com	176ms
js?id=GT-TBNTZT9	200	googletagmanager.c...	237ms
alphacello-logo-dark.svg	200	alphacello.com	179ms
alphacello-logo-light.svg	200	alphacello.com	180ms
video-background-placeh...	200	alphacello.com	225ms
small-arrow.svg	200	alphacello.com	197ms
logo-breeam.png	200	alphacello.com	38ms
ska-accreditation.png	200	alphacello.com	197ms
logo-animation-alphacell...	200	alphacello.com	222ms
cookie-law-info-table.css...	200	alphacello.com	139ms
style-non-critical.css?ver...	200	alphacello.com	140ms
jquery.fancybox.css?ver=...	200	alphacello.com	156ms
core.css?ver=1703168713	200	alphacello.com	169ms
slide-out-right-hover.css?...	200	alphacello.com	170ms
6d311581987a7e214958e1...	200	alphacello.com	221ms
memvYaGs126MiZpBA-U...	200	fonts.gstatic.com	132ms
fontawesome-webfont.wo...	200	alphacello.com	87ms
HelveticaNeueMedium.woff	200	alphacello.com	98ms
icomoon.woff?v=1.5	200	alphacello.com	99ms
alphacello-video-backgro...	(canceled)	alphacello.com	3.00MB
Construction-image.jpg	200	alphacello.com	267KB
Property-Image.jpg	200	alphacello.com	298KB
events-image.jpg	200	alphacello.com	291KB
alphacello-31.jpg	200	alphacello.com	274KB
breeam-building.jpg	200	alphacello.com	147KB
ska-building.jpg	200	alphacello.com	127KB
alphacello-solar-panels.jpg	200	alphacello.com	300KB

wellbuilding-laptop.jpg	200	alphacello.com	336KB	69ms				
alphacello-2.jpg	200	alphacello.com	254KB	59ms				
alphacello-hoarding-adve...	200	alphacello.com	312KB	50ms				
thick-forest.jpg	200	alphacello.com	299KB	49ms				
alphacello-document.jpg	200	alphacello.com	188KB	50ms				
alphacello-video-backgro...	206	alphacello.com	4.73KB	48ms				
hotjar-3849719.js?sv=5	200	static.hotjar.com	4.06KB	53ms				
hotjar-3849719.js?sv=6	200	static.hotjar.com	4.04KB	51ms				
logo-iso.png	200	alphacello.com	92.7KB				12ms	
nebosh-accreditation.png	200	alphacello.com	13.6KB				8ms	
energy.png	200	alphacello.com	60.4KB				9ms	
logo-ica.png	200	alphacello.com	30.3KB				10ms	
logo-fitwell.png	200	alphacello.com	15.2KB				15ms	
area-logo.png	200	alphacello.com	18.4KB				7ms	
morgan-lovell-logo.svg	200	alphacello.com	1.67KB				9ms	
cbre-logo.svg	200	alphacello.com	1.07KB				9ms	
workman-logo.svg	200	alphacello.com	4.53KB				70ms	
oktra-logo.png	200	alphacello.com	21.0KB				61ms	
overbury-logo.svg	200	alphacello.com	4.43KB				61ms	
jill-logo.svg	200	alphacello.com	2.46KB				60ms	
gleeds-logo.svg	200	alphacello.com	1.08KB				60ms	
logo-battersea.svg	200	alphacello.com	139KB				77ms	
logo-nfl.svg	200	alphacello.com	1.80KB				60ms	
logo-samsung.svg	200	alphacello.com	1.41KB				60ms	
logo-blueyonder.svg	200	alphacello.com	2.93KB				69ms	
logo-dmexco.svg	200	alphacello.com	5.66KB				76ms	
logo-benefit.svg	200	alphacello.com	5.36KB				17ms	
logo-justeat.svg	200	alphacello.com	1.99KB				18ms	
logo-jaguar.svg	200	alphacello.com	1.16KB				18ms	
logo-landrover.svg	200	alphacello.com	3.48KB				19ms	
logo-nespresso.svg	200	alphacello.com	1.79KB				22ms	
logo-bacardi.svg	200	alphacello.com	7.39KB				23ms	
logo-tomtom.svg	200	alphacello.com	1.09KB				24ms	
modules.76600994a7e845...	200	script.hotjar.com	54.5KB				51ms	
wp-emoji-release.min.js?...	200	alphacello.com	5.08KB				18ms	
POST ?site_id=3849719&...	200	content.hotjar.io	56B				98ms	
alphacello-video-backgro...	(incomplete)	alphacello.com	17.7MB					>670ms
cropped-alphacello-favic...	200	alphacello.com	1.19KB					17ms

91 Requests 25.4MB (27.5MB Uncompressed) Fully Loaded 3.3s (Onload 3s)



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>Good - Nothing to do here</p> <p>405ms</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>Longer than recommended</p> <p>3.3s</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>1.6s</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>Much longer than recommended</p> <p>967ms</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	16ms	Connect	19ms	Backend	7ms
TTFB	42ms	First Paint	405ms	DOM Int.	997ms
DOM Loaded	1.2s	Onload	3.0s	Fully Loaded	3.3s

IMPACT AUDIT

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
<ul style="list-style-type: none"> https://www.alphacello.com/wp-includes/js/jquery/jquery.min.js?ver=3.7.1 	Line:1

Low **Allow back/forward cache restoration** 1 failure reason

Many navigations are performed by going back to a previous page, or forwards again. The back/forward cache (bfcache) can speed up these return navigations.

FAILURE REASON	FAILURE TYPE
Pages with WebSocket cannot enter back/forward cache. https://www.alphacello.com/	Pending browser support

Low **Reduce JavaScript execution time** TBT 1.3s 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://www.alphacello.com/wp-content/cache/min/1/6d311581987a7e214958e1fe0f06047d.js	1.5s	403ms	12ms
https://www.alphacello.com/	900ms	28ms	2ms
Unattributable	740ms	61ms	0ms
https://www.alphacello.com/wp-includes/js/jquery/jquery.min.js?ver=3.7.1	584ms	357ms	6ms
https://script.hotjar.com/modules.76600994a7e845923464.js	348ms	292ms	4ms
https://www.googletagmanager.com/gtag/js?id=GT-TBNTZT9	122ms	110ms	5ms

Low **Eliminate render-blocking resources** FCP LCP Potential savings of 26ms

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://www.alphacello.com/wp-includes/css/dist/block-library/style.min.css?ver=6.4.3	14.3KB	150ms
https://www.alphacello.com/wp-content/cache/min/1/wp-content/plugins/cookie-law-info/legacy/public/css/cookie-law-info-gdpr.css?ver=1703168713	3.89KB	150ms
https://www.alphacello.com/wp-content/cache/min/1/wp-content/themes/salient/css/build/grid-system.css?ver=1703168713	3.19KB	150ms
https://www.alphacello.com/wp-content/cache/min/1/wp-content/themes/salient/css/build/style.css?ver=1703168713	29.7KB	300ms
https://www.alphacello.com/wp-content/cache/min/1/wp-content/themes/salient/css/build/plugins/caroufredsel.css?ver=1703168713	2.00KB	150ms
https://fonts.googleapis.com/css?family=Open+Sans%3A300%2C400%2C600%2C700&subset=latin%2Clatin-ext	2.13KB	767ms
https://www.alphacello.com/wp-content/cache/min/1/wp-content/themes/salient/css/build/plugins/flickity.css?ver=1703168713	5.10KB	150ms
https://www.alphacello.com/wp-content/cache/min/1/wp-content/themes/salient/css/build/skin-material.css?ver=1703168713	8.93KB	150ms
https://www.alphacello.com/wp-content/cache/min/1/wp-content/themes/salient/css/salient-dynamic-styles.css?ver=1703168713	25.0KB	150ms
https://fonts.googleapis.com/css?family=Heebo%3A400%7CGelasio%3A600italic&ver=6.4.3	1.46KB	150ms

Low Use video formats for animated content LCP Potential savings of 75.6KB

Large GIFs are inefficient for delivering animated content. Consider using MPEG4/WebM videos for animations and PNG/WebP for static images instead of GIF to save network bytes.

URL	RESOURCE SIZE	POTENTIAL SAVINGS
https://www.alphacello.com/wp-content/uploads/2023/09/logo-animation-alphacello.gif	151KB	75.6KB

Low Properly size images Potential savings of 686KB

Serve images that are appropriately-sized to save cellular data and improve load time.

URL	RESOURCE SIZE	POTENTIAL SAVINGS
https://www.alphacello.com/wp-content/uploads/2023/09/alphacello-solar-panels.jpg	300KB	274KB
https://www.alphacello.com/wp-content/uploads/2023/09/logo-animation-alphacello.gif	151KB	140KB
https://www.alphacello.com/wp-content/uploads/2023/07/logo-iso.png	92.7KB	89.8KB
https://www.alphacello.com/wp-content/uploads/2024/01/energy.png	60.4KB	60.1KB
https://www.alphacello.com/wp-content/uploads/2023/07/logo-breeam.png	40.7KB	39.5KB
https://www.alphacello.com/wp-content/uploads/2023/07/logo-ica.png	30.3KB	29.4KB
https://www.alphacello.com/wp-content/uploads/2023/12/oktra-logo.png	21.0KB	20.4KB
https://www.alphacello.com/wp-content/uploads/2023/12/area-logo.png	18.4KB	17.9KB
https://www.alphacello.com/wp-content/uploads/2023/07/logo-fitwell.png	15.2KB	14.7KB

Low Avoid multiple page redirects FCP LCP Potential savings of 15ms

Redirects introduce additional delays before the page can be loaded.

URL	TIME SPENT
http://www.alphacello.com/	15ms
https://www.alphacello.com/	0ms

Low Efficiently encode images Potential savings of 61.4KB

Optimized images load faster and consume less cellular data.

URL	RESOURCE SIZE	POTENTIAL SAVINGS
https://www.alphacello.com/wp-content/uploads/2023/12/wellbuilding-laptop.jpg	336KB	30.4KB
https://www.alphacello.com/wp-content/uploads/2023/07/alphacello-2.jpg	254KB	13.2KB
https://www.alphacello.com/wp-content/uploads/2023/12/ska-building.jpg	127KB	10.2KB
https://www.alphacello.com/wp-content/uploads/2023/09/alphacello-document.jpg	188KB	7.57KB

Low

Ensure text remains visible during webfont load FCP LCP

1 font found

Leverage the `font-display` CSS feature to ensure text is user-visible while webfonts are loading.

URL	POTENTIAL SAVINGS
<ul style="list-style-type: none"> https://fonts.gstatic.com/s/opensans/v40/memvYaGs126MiZpBA-UvWbX2vVnXBbObj2OVTS-muw.woff2 	51ms

Low

Reduce unused CSS FCP LCP

Potential savings of 55.1KB

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://www.alphacello.com/wp-content/cache/min/1/wp-content/themes/salient/css/build/style.css?ver=1703168713	29.7KB	24.4KB
https://www.alphacello.com/wp-content/cache/min/1/wp-content/themes/salient/css/salient-dynamic-styles.css?ver=1703168713	25.0KB	16.5KB
https://www.alphacello.com/wp-includes/css/dist/block-library/style.min.css?ver=6.4.3	14.3KB	14.3KB

Low

Serve images in next-gen formats

Potential savings of 1.36MB

Image formats like WebP and AVIF often provide better compression than PNG or JPEG, which means faster downloads and less data consumption.

URL	RESOURCE SIZE	POTENTIAL SAVINGS
https://www.alphacello.com/wp-content/uploads/2023/12/wellbuilding-laptop.jpg	336KB	207KB
https://www.alphacello.com/wp-content/uploads/2023/09/alphacello-hoarding-advert.jpg	312KB	155KB
https://www.alphacello.com/wp-content/uploads/2023/07/alphacello-2.jpg	254KB	153KB
https://www.alphacello.com/wp-content/uploads/2023/09/alphacello-document.jpg	188KB	115KB
https://www.alphacello.com/wp-content/uploads/2023/08/video-background-placeholder.jpg	298KB	105KB
https://www.alphacello.com/wp-content/uploads/2023/09/thick-forest.jpg	299KB	100KB
https://www.alphacello.com/wp-content/uploads/2023/08/Property-Image.jpg	298KB	93.6KB
https://www.alphacello.com/wp-content/uploads/2023/08/Construction-image.jpg	267KB	87.7KB
https://www.alphacello.com/wp-content/uploads/2023/08/events-image.jpg	291KB	86.0KB
https://www.alphacello.com/wp-content/uploads/2023/12/ska-building.jpg	127KB	79.8KB
https://www.alphacello.com/wp-content/uploads/2023/12/breeam-building.jpg	147KB	71.4KB
https://www.alphacello.com/wp-content/uploads/2023/09/alphacello-solar-panels.jpg	300KB	65.0KB
https://www.alphacello.com/wp-content/uploads/2023/07/logo-iso.png	92.7KB	58.9KB
https://www.alphacello.com/wp-content/uploads/2023/08/nebosh-accreditation.png	13.6KB	10.8KB

Low

Defer offscreen images

Potential savings of 892KB

Consider lazy-loading offscreen and hidden images after all critical resources have finished loading to lower time to interactive.

URL	RESOURCE SIZE	POTENTIAL SAVINGS
https://www.alphacello.com/wp-content/uploads/2023/09/thick-forest.jpg	299KB	299KB
https://www.alphacello.com/wp-content/uploads/2023/07/alphacello-2.jpg	254KB	254KB
https://www.alphacello.com/wp-content/uploads/2023/09/alphacello-document.jpg	188KB	188KB
https://www.alphacello.com/wp-content/uploads/2023/09/logo-animation-alphacello.gif	151KB	151KB

Low **Avoid non-composited animations** CLS 2 animated elements found

Animations which are not composited can be janky and increase CLS.

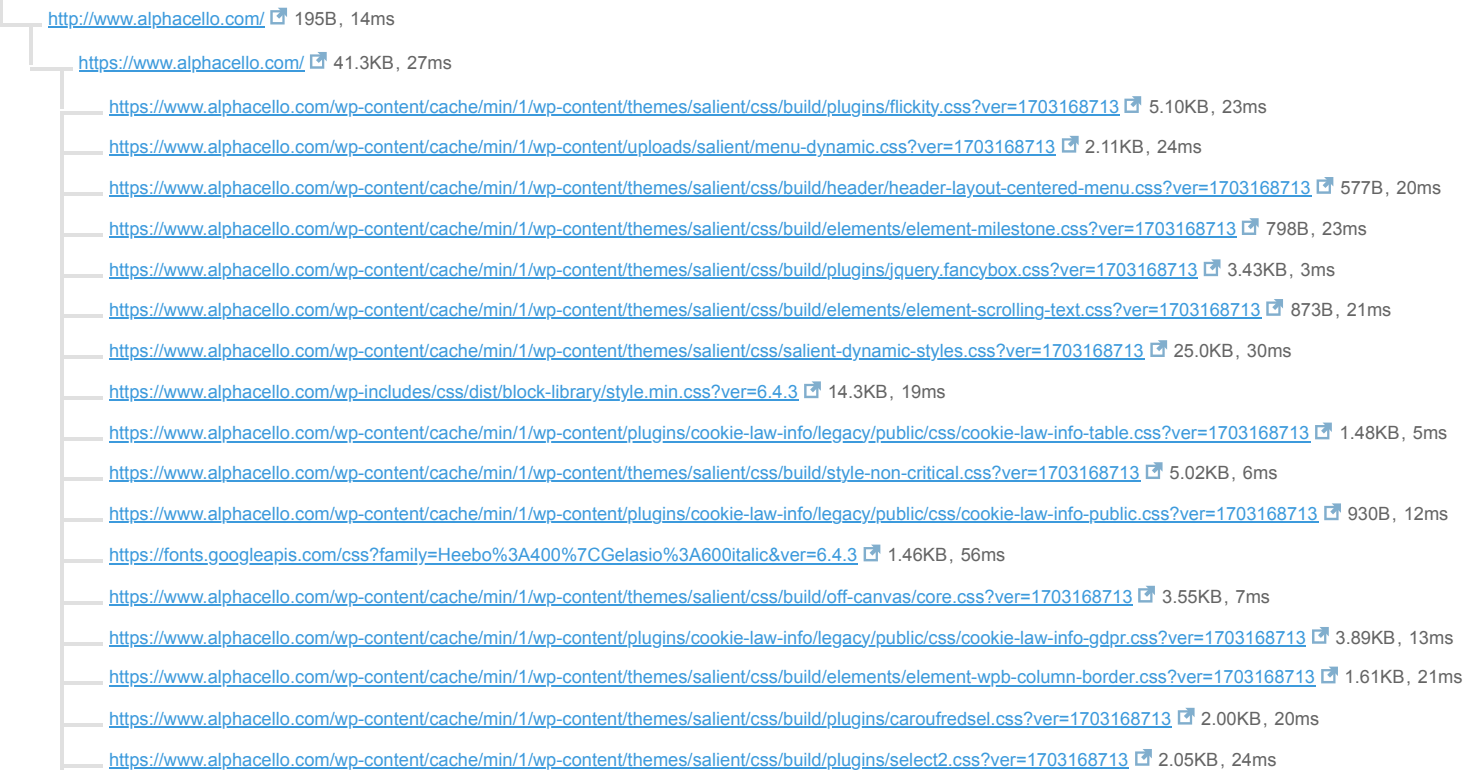
ELEMENT	NAME
Cookie Settings	
<code></code>	
Unsupported CSS Property: color	color
<code>div.nectar-flickity > ol.flickity-page-dots > li.dot > ::before</code>	
<code><::before></code>	
Unsupported CSS Property: box-shadow	box-shadow

Low **Avoid chaining critical requests** FCP LCP 29 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: **439ms**

INITIAL NAVIGATION



https://www.alphacello.com/wp-content/cache/min/1/wp-content/themes/salient/css/build/skin-material.css?ver=1703168713	8.93KB, 24ms
https://www.alphacello.com/wp-content/cache/min/1/wp-content/plugins/js_composer_salient/assets/css/js_composer_min.css?ver=1703168713	5.71KB, 26ms
https://www.alphacello.com/wp-content/cache/min/1/wp-content/themes/salient/css/build/grid-system.css?ver=1703168713	3.19KB, 15ms
https://www.alphacello.com/wp-content/cache/min/1/wp-content/themes/salient/css/build/elements/element-post-grid.css?ver=1703168713	5.59KB, 22ms
https://www.alphacello.com/wp-content/cache/min/1/wp-content/themes/salient/css/build/responsive.css?ver=1703168713	7.19KB, 22ms
https://www.alphacello.com/wp-content/cache/min/1/wp-content/themes/salient/css/build/elements/widget-nectar-posts.css?ver=1703168713	2.08KB, 25ms
https://www.alphacello.com/wp-content/cache/min/1/wp-content/themes/salient/css/build/elements/element-clients.css?ver=1703168713	1.17KB, 23ms
https://www.alphacello.com/wp-content/cache/min/1/wp-content/themes/salient/css/build/off-canvas/slide-out-right-hover.css?ver=1703168713	1.67KB, 8ms
https://fonts.googleapis.com/css?family=Open+Sans%3A300%2C400%2C600%2C700&subset=latin%2Clatin-ext	2.13KB, 63ms
https://fonts.gstatic.com/s/opensans/v40/memvYaGs126MiZpBA-UvWbX2vVnXBbObj2OVTS-muw.woff2	47.6KB, 51ms
https://www.alphacello.com/wp-content/cache/min/1/wp-content/themes/salient/css/build/style.css?ver=1703168713	29.7KB, 26ms
https://www.alphacello.com/wp-content/themes/salient/css/fonts/icomoon.woff?v=1.5	21.5KB, 19ms
https://www.alphacello.com/wp-content/cache/min/1/wp-content/themes/salient/css/font-awesome-legacy.min.css?ver=1703168713	9.8KB, 14ms
https://www.alphacello.com/wp-content/themes/salient/css/fonts/fontawesome-webfont.woff?v=4.2	96.0KB, 6ms
https://www.alphacello.com/wp-content/cache/min/1/wp-content/themes/salient-child/style.css?ver=1703168713	985B, 28ms
https://www.alphacello.com/wp-content/themes/salient-child/fonts/HelveticaNeueMedium.woff	18.1KB, 17ms

Low **Reduce unused JavaScript** LCP Potential savings of 189KB

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

URL	TRANSFER SIZE	POTENTIAL SAVINGS
https://www.alphacello.com/wp-content/cache/min/1/6d311581987a7e214958e1fe0f06047d.js	188KB	121KB
https://www.googletagmanager.com/gtag/js?id=GT-TBNTZT9	94.5KB	42.7KB
https://script.hotjar.com/modules.76600994a7e845923464.js	55.0KB	24.8KB

N/A **Largest Contentful Paint element** LCP 1,080 ms

This is the largest contentful element painted within the viewport.

ELEMENT

```
div#fws_65f291521a0ba > div.row-bg-wrap > div.inner-wrap > div.row-bg
<div class="row-bg viewport-desktop using-image using-bg-color" style="background-image:
url (&quot;https://www.alphacello.com/wp-content/uploads/2023/0...&quot;); ">
```

PHASE	% OF LCP	TIMING
TTFB	4%	43ms
Load Delay	18%	191ms
Load Time	6%	59ms
Render Delay	73%	785ms

N/A

Reduce initial server response time FCP LCP

Root document took 6ms

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

URL	TIME SPENT
<ul style="list-style-type: none"> https://www.alphacello.com/ 	6ms

N/A

Avoid serving legacy JavaScript to modern browsers TBT

Potential savings of 256B

Polyfills and transforms enable legacy browsers to use new JavaScript features. However, many aren't necessary for modern browsers. For your bundled JavaScript, adopt a modern script deployment strategy using module/nomodule feature detection to reduce the amount of code shipped to modern browsers, while retaining support for legacy browsers.

URL	POTENTIAL SAVINGS
https://static.hotjar.com/c/hotjar-3849719.js?sv=5 Line:2 Column:921	78B
https://static.hotjar.com/c/hotjar-3849719.js?sv=6 Line:2 Column:921	78B
https://script.hotjar.com/modules.76600994a7e845923464.js Line:1 Column:70575	58B
https://www.alphacello.com/ Line:2 Column:615	21B
https://www.alphacello.com/ Line:3 Column:524	21B

N/A

Avoid large layout shifts CLS

5 elements found

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

ELEMENT	CLS CONTRIBUTION
Environmental & Compliance Consultants <code><h1></code>	0.00
Diverse team of consultants and assessors, specialising within the construction... <code><div class="nectar-responsive-text font_size_desktop_14px font_line_height_1-2"></code>	0.00
div.textwidget > div.cdl-right-links > a.cdl-phone > i.fa <code><i class="fa fa-phone cdl-phone"></code>	0.00
Grey arrow <code><div class="hover-wrap"></code>	0.00
Grey arrow <code><div class="hover-wrap"></code>	0.00

N/A

Minimize main-thread work TBT

Main-thread busy for 4.3s

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

CATEGORY	TIME SPENT
Style & Layout	1.4s
Other	1.3s
Script Evaluation	1.3s
Rendering	154ms
Parse HTML & CSS	74ms
Script Parsing & Compilation	32ms
Garbage Collection	23ms

N/A

Reduce the impact of third-party code TBT

Third-party code blocked the main thread for 175ms

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
HOTJAR	63.3KB	153ms
• https://script.hotjar.com/modules.76600994a7e845923464.js	55.0KB	153ms
• https://static.hotjar.com/c/hotjar-3849719.js?sv=5	4.06KB	0ms
• https://static.hotjar.com/c/hotjar-3849719.js?sv=6	4.04KB	0ms
GOOGLE TAG MANAGER	94.5KB	22ms
• https://www.googletagmanager.com/gtag/js?id=GT-TBNTZT9	94.5KB	22ms
GOOGLE FONTS	51.2KB	0ms
• https://fonts.gstatic.com/s/opensans/v40/memvYaGs126MiZpBA-UvWbX2vVnXBbObj2OVTS-muw.woff2	47.6KB	0ms

N/A

User Timing marks and measures

No user timings and/or marks found.