

Performance Report for: <http://www.fhpess.com/>

Report generated: Thu, Mar 14, 2024 4:20 AM -0700
 Test Server Location: London, UK
 Using: Chrome 117.0.0.0, Lighthouse 11.0.0

D	Performance	Structure	L. Contentful Paint	T. Blocking Time	C. Layout Shift
	56%	84%	1.7s	5.8s	0.01

Top Issues

High	Avoid long main-thread tasks <small>TBT</small>	20 long tasks found
Med-High	Avoid an excessive DOM size <small>TBT</small>	8,245 elements
Med-High	Reduce JavaScript execution time <small>TBT</small>	5.9s spent executing JavaScript
Med	Use explicit width and height on image elements <small>CLS</small>	23 images found
Med	Serve static assets with an efficient cache policy	Potential savings of 643KB

Page Details



Total Page Size - 1.82MB



Total Page Requests - 82



■ 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.

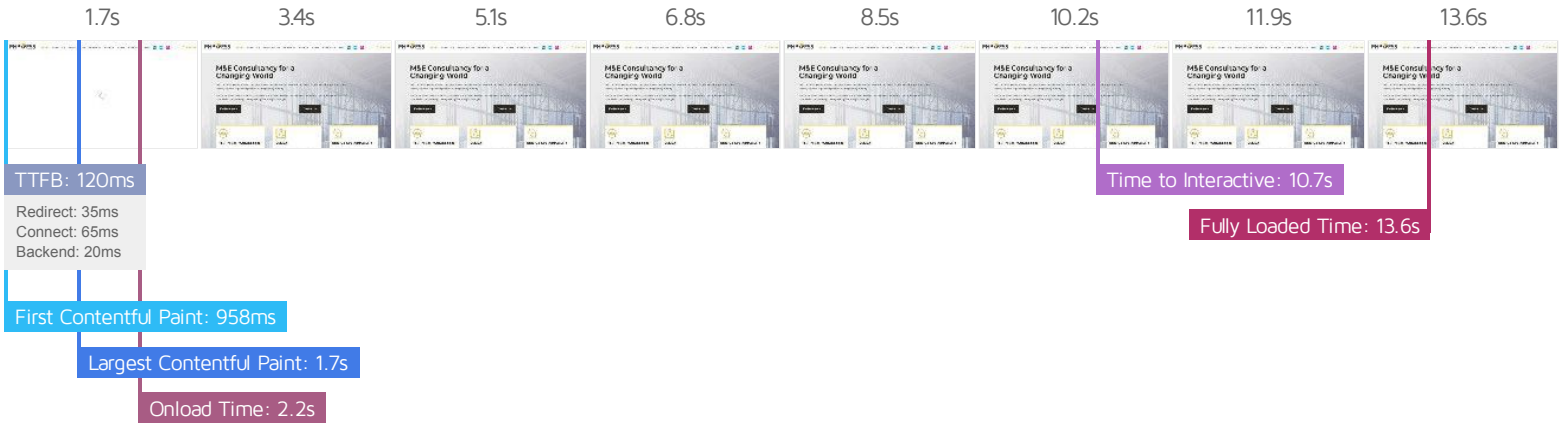
<https://carbon60.com/>

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.

M&E Consultancy for a Changing World - FHP Engineering Services Solutions

Resource	Size	Source	Load Time
/	301	fhpess.com	24B 34ms
/	200	fhpess.com	16.3KB 87ms
api.js?onload=renderGoo...	200	google.com	1.16KB 189ms
js?id=G-QXXHFHCF5L	200	googletagmanager.c...	80.5KB 229ms
style.min.css?ver=6.4.3	200	fhpess.com	18.5KB 60ms
styles.css?ver=5.8.7	200	fhpess.com	1.30KB 31ms
responsive-slick-slider-p...	200	fhpess.com	1.39KB 31ms
slick.css?ver=1.2.0	200	fhpess.com	825B 32ms
vvg5kttk.css?ver=6.4.3	200	use.typekit.net	748B 179ms
isotope-docs.css?ver=6.4.3	200	fhpess.com	12.5KB 43ms
bootstrap.min.css?ver=6....	200	fhpess.com	25.2KB 112ms
style.css?ver=6.4.3	200	fhpess.com	16.2KB 112ms
slick.css?ver=6.4.3	200	fhpess.com	826B 61ms
font-awesome.min.css?v...	200	fhpess.com	7.98KB 112ms
animate.css?ver=6.4.3	200	fhpess.com	3.89KB 113ms
common.css?ver=6.4.3	200	fhpess.com	2.70KB 114ms
style.css?ver=6.4.3	200	fhpess.com	18.9KB 104ms
front.css?ver=1706667508	200	fhpess.com	5.51KB 104ms
frontend-gtag.min.js?ver...	200	fhpess.com	3.70KB 105ms
jquery.min.js?ver=3.7.1	200	fhpess.com	34.9KB 165ms
jquery-migrate.min.js?ver...	200	fhpess.com	5.45KB 135ms
cf7_invisible_recaptcha.j...	200	fhpess.com	1.91KB 154ms
responsive-slick-slider-p...	200	fhpess.com	723B 155ms
slick.min.js?ver=1.2.0	200	fhpess.com	12.5KB 158ms
modernizer.min.js?ver=2....	200	fhpess.com	8.20KB 159ms
front.min.js?ver=1706667...	200	fhpess.com	19.2KB 162ms
iframe_api	200	youtube.com	1.93KB 187ms
mobile-menu.js	200	fhpess.com	521B 162ms
scrollpane.css	200	fhpess.com	1.13KB 153ms
js?id=UA-118871112-1	200	googletagmanager.c...	70.4KB 555ms
icon-tech-manage-2.svg	200	fhpess.com	0.98KB 530ms
icon-design-2.svg	200	fhpess.com	902B 530ms
icon-energy-2.svg	200	fhpess.com	803B 539ms
london-pic-june-7-3i4zmaj...	200	fhpess.com	92.7KB 547ms
connor-fhp-3i4zm8wbn2n...	200	fhpess.com	79.4KB 548ms
fhpess-logo-white.svg	200	fhpess.com	9.76KB 545ms
index.js?ver=5.8.7	200	fhpess.com	3.70KB 310ms
index.js?ver=5.8.7	200	fhpess.com	4.83KB 459ms
jquery.vimeo.api.js?ver=1...	200	fhpess.com	3.14KB 460ms
lazysizes.min.js?ver=7.4.6	200	fhpess.com	3.87KB 468ms
responsive-scripts.min.js...	200	fhpess.com	8.36KB 469ms
bootstrap.min.js?ver=3.3.7	200	fhpess.com	12.0KB 505ms
isotope.pkgd.min.js?ver=...	200	fhpess.com	11.8KB 505ms
main.js?ver=6.4.3	200	fhpess.com	3.28KB 505ms
load-maps.js?ver=6.4.3	200	fhpess.com	456B 518ms
jquery.scrollpane.min.js	200	fhpess.com	5.60KB 519ms
jquery.mousewheel.js	200	fhpess.com	2.76KB 520ms
vvg5kttk.css	200	use.typekit.net	748B 53ms
p.css?s=1&k=vvg5kttk&ht...	200	p.typekit.net	5B 66ms
recaptcha_en.js	200	gstatic.com	194KB 377ms
l?primer=7cdcb44be4a7d...	200	use.typekit.net	23.2KB 186ms
www-widgetapi.js	200	youtube.com	66.7KB 103ms
fhpess-logo-gold.svg	200	fhpess.com	1.36KB 39ms

social-icons_linkedin.svg	200	fhpess.com	849B	130ms					
social-icons_twitter.svg	200	fhpess.com	683B	132ms					
social-icons_instagram.svg	200	fhpess.com	835B	131ms					
search-icon-blue.svg	200	fhpess.com	561B	78ms					
home-background-4.jpg	200	fhpess.com	76.4KB	138ms					
white-next-circle.svg	200	fhpess.com	597B	72ms					
blue-next-circle.svg	200	fhpess.com	601B	91ms					
map-pin.svg	200	fhpess.com	578B	91ms					
blue-next.svg	200	fhpess.com	559B	92ms					
LinkedIn-white.svg	200	fhpess.com	3.20KB	124ms					
l?primer=7cdbc44be4a7d...	200	use.typekit.net	23.9KB	396ms					
l?primer=7cdbc44be4a7d...	200	use.typekit.net	45.5KB	396ms					
js?id=UA-118871112-1&f=...	200	googletagmanager.c...	70.5KB	48ms					
js?id=G-7FJLEX0QNH&f=...	200	googletagmanager.c...	80.9KB	53ms					
analytics.js	200	google-analytics.com	20.5KB	74ms					
blue-prev.svg	200	fhpess.com	563B	14ms					
ACE-Memberlogo.png	200	fhpess.com	4.94KB	18ms					
Safecontractor.png	200	fhpess.com	5.60KB	18ms					
Social-Value-logo.png	200	fhpess.com	4.70KB	19ms					
SSIP-logo.png	200	fhpess.com	4.50KB	11ms					
core.js?_=1710415229785	200	cdn.amcharts.com	274KB	759ms					
favicon.ico	200	fhpess.com	1.12KB	12ms					
cropped-favicon-gold-32x...	200	fhpess.com	914B	13ms					
maps.js?_=1710415229786	200	cdn.amcharts.com	42.8KB	444ms					
worldHigh.js?_=17104152...	200	cdn.amcharts.com	223KB	725ms					
fhpess-maps.js?_=17104...	200	fhpess.com	1.43KB	34ms					
BESA.png	200	fhpess.com	18.4KB	10ms					
BREEAM.png	200	fhpess.com	12.2KB	8ms					
CIBSE.png	200	fhpess.com	39.7KB	12ms					
82 Requests	1.82MB (4.77MB Uncompressed)	13.6s (Onload 2.2s)							



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>958ms</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>Much longer than recommended</p> <p>10.7s</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>Much longer than recommended</p> <p>2.6s</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>5.8s</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>Longer than recommended</p> <p>1.7s</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>0.01</p>

Browser Timings

Redirect	35ms	Connect	65ms	Backend	20ms
TTFB	120ms	First Paint	958ms	DOM Int.	1.9s
DOM Loaded	1.9s	Onload	2.2s	Fully Loaded	13.6s

IMPACT AUDIT

Med-Low

Avoid CSS @import FCP LCP

2 resources found

Using CSS @import in an external stylesheet can add additional delays during the loading of a web page.

STYLESHEETS WITH @IMPORT STATEMENTS AND THE STYLESHEETS THEY IMPORT

- <https://www.fhpess.com/wp-content/themes/fhpess-2020/css/style.css?ver=6.4.3>
- <https://use.typekit.net/vvg5ktk.css>
- <https://use.typekit.net/vvg5ktk.css>
- <https://p.typekit.net/p.css?s=1&k=vvg5ktk&ht=tk&f=37466.40460.40461.40466&a=60596&app=typekit&e=css>

Low

Eliminate render-blocking resources FCP LCP

Potential savings of 166ms

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://use.typekit.net/vvg5ktk.css?ver=6.4.3	971B	760ms
https://www.fhpess.com/wp-content/themes/fhpess-2020/css/isotope-docs.css?ver=6.4.3	12.5KB	153ms
https://www.fhpess.com/wp-content/themes/fhpess-2020/css/bootstrap_min.css?ver=6.4.3	25.2KB	307ms
https://www.fhpess.com/wp-content/themes/fhpess-2020/css/style.css?ver=6.4.3	16.2KB	307ms
https://www.fhpess.com/wp-content/themes/fhpess-2020/css/font-awesome.min.css?ver=6.4.3	7.98KB	307ms
https://www.fhpess.com/wp-content/themes/fhpess-2020/css/common.css?ver=6.4.3	2.70KB	153ms
https://www.fhpess.com/wp-content/themes/fhpess-2020/style.css?ver=6.4.3	18.9KB	307ms
https://www.fhpess.com/wp-content/plugins/google-analytics-for-wordpress/assets/js/frontend-gtag.min.js?ver=8.25.0	3.70KB	153ms
https://www.fhpess.com/wp-includes/js/jquery/jquery.min.js?ver=3.7.1	34.9KB	153ms
https://www.fhpess.com/wp-content/plugins/responsive-slick-slider/public/js/slick.min.js?ver=1.2.0	12.5KB	153ms
https://www.fhpess.com/wp-content/plugins/wp-gdpr-compliance/Assets/js/front.min.js?ver=1706667508	19.2KB	153ms
https://www.youtube.com/iframe_api	1.93KB	783ms

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://www.fhpess.com/wp-includes/js/jquery/jquery.min.js?ver=3.7.1	Line:1

Low

Avoid enormous network payloads LCP

Total size was 1.83MB

Large network payloads cost users real money and are highly correlated with long load times.

URL	TRANSFER SIZE
https://cdn.amcharts.com/lib/4/core.js?_ =1710415229785	274KB
https://cdn.amcharts.com/lib/4/geodata/worldHigh.js?_ =1710415229787	223KB
https://www.gstatic.com/recaptcha/releases/QquE1_MNjnFHgZF4HPsEcf_2/recaptcha_en.js	195KB
https://www.fhpress.com/wp-content/uploads/bfi_thumb/london-pic-june-7-3i4zmaj4kvlauu4m59bfgg.jpg	93.0KB
https://www.googletagmanager.com/gtag/js?id=G-QXXHFHCF5L	80.9KB
https://www.googletagmanager.com/gtag/js?id=G-7FJLEX0QNH&l=dataLayer&cx=c	80.9KB
https://www.fhpress.com/wp-content/uploads/bfi_thumb/connor-fhp-3i4zm8wn2nuq7fa4zwwlm.jpg	79.7KB
https://www.fhpress.com/wp-content/themes/fhpress-2020/images/home-background-4.jpg	76.7KB
https://www.googletagmanager.com/gtag/js?id=UA-118871112-1	70.5KB
https://www.googletagmanager.com/gtag/js?id=UA-118871112-1&l=dataLayer&cx=c	70.5KB

Low

Ensure text remains visible during webfont load FCP LCP

3 fonts found

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

URL	POTENTIAL SAVINGS
https://use.typekit.net/af/cce553/0000000000000003b9b25c1/27/?primer=7cdcb44be4a7db8877ffa5c0007b8dd865b3bbc383831fe2ea177f62257a9191&fvd=n4&v=3	103ms
https://use.typekit.net/af/4194d3/0000000000000003b9b25c7/27/?primer=7cdcb44be4a7db8877ffa5c0007b8dd865b3bbc383831fe2ea177f62257a9191&fvd=n7&v=3	8ms
https://use.typekit.net/af/05093b/0000000000000003b9b133d/27/?primer=7cdcb44be4a7db8877ffa5c0007b8dd865b3bbc383831fe2ea177f62257a9191&fvd=n7&v=3	8ms

Low

Properly size images

Potential savings of 132KB

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

URL	RESOURCE SIZE	POTENTIAL SAVINGS
https://www.fhpress.com/wp-content/uploads/bfi_thumb/connor-fhp-3i4zm8wn2nuq7fa4zwwlm.jpg	79.4KB	54.3KB
https://www.fhpress.com/wp-content/uploads/2023/06/CIBSE.png	39.7KB	29.8KB
https://www.fhpress.com/wp-content/uploads/bfi_thumb/london-pic-june-7-3i4zmaj4kvlauu4m59bfgg.jpg	92.7KB	23.8KB
https://www.fhpress.com/wp-content/uploads/2023/06/BREEAM.png	12.2KB	8.23KB
https://www.fhpress.com/wp-content/uploads/2023/06/BESA.png	18.4KB	7.17KB
https://www.fhpress.com/wp-content/uploads/2022/06/Safecontractor.png	5.60KB	4.91KB
https://www.fhpress.com/wp-content/uploads/2022/06/ACE-Memberlogo.png	4.94KB	4.20KB

Low

Avoid multiple page redirects FCP LCP

Potential savings of 33ms

Redirects introduce additional delays before the page can be loaded.

URL	TIME SPENT
http://www.fhpress.com/	33ms
https://www.fhpress.com/	0ms

Low

Reduce unused CSS FCP LCP

Potential savings of 84.1KB

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.fhpress.com/wp-content/themes/fhpress-2020/css/bootstrap.min.css?ver=6.4.3	25.2KB	24.3KB
https://www.fhpress.com/wp-includes/css/dist/block-library/style.min.css?ver=6.4.3	18.5KB	18.3KB
https://www.fhpress.com/wp-content/themes/fhpress-2020/style.css?ver=6.4.3	18.9KB	16.0KB
https://www.fhpress.com/wp-content/themes/fhpress-2020/css/style.css?ver=6.4.3	16.2KB	13.5KB
https://www.fhpress.com/wp-content/themes/fhpress-2020/css/isotope-docs.css?ver=6.4.3	12.5KB	12.0KB

Low **Serve images in next-gen formats** Potential savings of 119KB

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.fhpress.com/wp-content/uploads/bfi_thumb/london-pic-june-7-3i4zmaj4kvlauu4m59bfgg.jpg	92.7KB	31.2KB
https://www.fhpress.com/wp-content/uploads/2023/06/CIBSE.png	39.7KB	30.6KB
https://www.fhpress.com/wp-content/uploads/bfi_thumb/connor-fhp-3i4zm8wbn2nuq7fa4zwwlm.jpg	79.4KB	26.8KB
https://www.fhpress.com/wp-content/themes/fhpress-2020/images/home-background-4.jpg	76.4KB	17.0KB
https://www.fhpress.com/wp-content/uploads/2023/06/BESA.png	18.4KB	13.2KB

Low **Defer offscreen images** Potential savings of 18.4KB

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.fhpress.com/wp-content/uploads/2022/06/Safecontractor.png	5.60KB	5.60KB
https://www.fhpress.com/wp-content/uploads/2022/06/ACE-Memberlogo.png	4.94KB	4.94KB
https://www.fhpress.com/wp-content/uploads/2022/06/Social-Value-logo.png	4.70KB	4.70KB
https://www.fhpress.com/wp-content/themes/fhpress-2020/images/LinkedIn-white.svg	3.20KB	3.20KB

Low **Minify CSS** FCP LCP Potential savings of 12.7KB

Minifying CSS files can reduce network payload sizes.

URL	TRANSFER SIZE	POTENTIAL SAVINGS
https://www.fhpress.com/wp-content/themes/fhpress-2020/css/style.css?ver=6.4.3	16.2KB	5.04KB
https://www.fhpress.com/wp-content/themes/fhpress-2020/css/isotope-docs.css?ver=6.4.3	12.5KB	4.45KB
https://www.fhpress.com/wp-content/themes/fhpress-2020/style.css?ver=6.4.3	18.9KB	3.23KB

Low **Avoid non-composited animations** CLS 1 animated element found

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

ELEMENT	NAME
body.home > div#load	
<code><div id="load" class="spinner-loader loader-removed"></code>	
Unsupported CSS Property: visibility	visibility

Low **Avoid chaining critical requests** FCP LCP 39 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: 1.1s

INITIAL NAVIGATION



- <https://use.typekit.net/af/4194d3/000000000000000003b9b25c7/27/?primer=7cdcb44be4a7db8877ffa5c0007b8dd865b3bbc383831fe2ea177f62257a9191&fvd=n7&v=3> 24.1KB, 8ms
- <https://use.typekit.net/af/05093b/000000000000000003b9b133d/27/?primer=7cdcb44be4a7db8877ffa5c0007b8dd865b3bbc383831fe2ea177f62257a9191&fvd=n7&v=3> 45.7KB, 8ms
- <https://use.typekit.net/af/cce553/000000000000000003b9b25c1/27/?primer=7cdcb44be4a7db8877ffa5c0007b8dd865b3bbc383831fe2ea177f62257a9191&fvd=n4&v=3> 23.4KB, 103ms

Low **Reduce unused JavaScript** LCP Potential savings of 558KB

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

URL	TRANSFER SIZE	POTENTIAL SAVINGS
https://cdn.amcharts.com/lib/4/core.js? =1710415229785	274KB	168KB
...../src/.internal/core/export/Export.ts	12.1KB	10.9KB
...../src/.internal/charts/axes/DateAxis.ts	7.96KB	7.96KB
...../src/.internal/charts/series/XYSeries.ts	7.80KB	7.80KB
...../src/.internal/charts/types/XYChart.ts	7.25KB	7.24KB
...../src/.internal/core/Sprite.ts	22.7KB	6.22KB
https://www.gstatic.com/recaptcha/releases/QquE1_MNjnFHgZF4HPsEcf_2/recaptcha_en.js	195KB	152KB
https://www.googletagmanager.com/gtag/js?id=UA-118871112-1&l=dataLayer&cx=c	70.5KB	53.2KB
https://www.youtube.com/s/player/e04b3b4c/www-widgetapi.vflset/www-widgetapi.js	67.0KB	52.4KB
https://www.googletagmanager.com/gtag/js?id=G-7FJLEX0QNH&l=dataLayer&cx=c	80.9KB	39.2KB
https://www.googletagmanager.com/gtag/js?id=G-QXXHFHCF5L	80.9KB	38.5KB
https://www.googletagmanager.com/gtag/js?id=UA-118871112-1	70.5KB	32.3KB
https://cdn.amcharts.com/lib/4/maps.js? =1710415229786	42.8KB	22.6KB
...../src/.internal/charts/types/MapChart.ts	6.28KB	2.38KB
...../src/.internal/charts/map/MapLine.ts	1.60KB	1.27KB
...../src/.internal/charts/map/MapImageSeries.ts	1.13KB	899B
...C:/Dropbox/www/amcharts4dev/node_modules/d3-array/src/merge.js	2.30KB	874B
...../src/.internal/charts/map/SmallMap.ts	968B	822B

N/A **Largest Contentful Paint element** LCP 1,710 ms

This is the largest contentful element painted within the viewport.

ELEMENT

```
M&E Consultancy for a Changing World FHP ESS are a Mechanical and Electrical e...
<main id="main" class="site-main">
```

PHASE	% OF LCP	TIMING
TTFB	7%	121ms
Load Delay	32%	554ms
Load Time	8%	130ms
Render Delay	53%	903ms

N/A

Reduce initial server response time FCP LCP

Root document took 20ms

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

URL

TIME SPENT

- <https://www.fhpess.com/>

20ms

N/A

Avoid serving legacy JavaScript to modern browsers TBT

Potential savings of 18.4KB

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.

[https://cdn.amcharts.com/lib/4/core.js?_ =1710415229785](https://cdn.amcharts.com/lib/4/core.js?_=1710415229785)

18.2KB

Line:18 Column:1589	String.prototype.codePointAt
Line:18 Column:12531	Reflect.deleteProperty
Line:18 Column:62809	Reflect.isExtensible
Line:18 Column:67605	Reflect.getOwnPropertyDescriptor
Line:18 Column:122359	Array.from
Line:18 Column:137462	Array.prototype.filter
Line:18 Column:159027	Array.prototype.forEach
Line:18 Column:162775	Reflect.defineProperty
Line:18 Column:269362	Object.setPrototypeOf
Line:18 Column:328381	Object.seal
Line:18 Column:336288	Object.freeze
Line:18 Column:337044	Number.isInteger
Line:18 Column:360644	Reflect.get
Line:18 Column:408577	String.prototype.repeat
Line:18 Column:494772	Array.prototype.map
Line:18 Column:731468	Number.isSafeInteger
Line:18 Column:731592	Reflect.has
Line:18 Column:757806	String.raw
Line:18 Column:758874	Object.preventExtensions
Line:18 Column:760892	Reflect.ownKeys
Line:18 Column:819012	Object.values
Line:18 Column:819607	Object.isExtensible
Line:18 Column:820985	Reflect.preventExtensions
Line:18 Column:825562	Reflect.construct
Line:18 Column:827381	Array.prototype.find
Line:18 Column:828361	Object.getOwnPropertyDescriptor
Line:18 Column:842730	Object.entries
Line:18 Column:850236	Object.isFrozen
Line:18 Column:865457	Reflect.apply
Line:18 Column:867288	Object.keys
Line:18 Column:867745	Reflect.setPrototypeOf
Line:18 Column:877066	Date.prototype.toISOString
Line:18 Column:877266	Array.prototype.some
Line:18 Column:912358	Reflect.getPrototypeOf
Line:18 Column:912593	Array.prototype.findIndex
Line:18 Column:914411	String.fromCodePoint
Line:18 Column:930911	Date.now
Line:18 Column:985461	Object.getPrototypeOf
Line:18 Column:995425	Array.prototype.fill
Line:18 Column:1032231	Object.defineProperty
Line:18 Column:1050475	Object.defineProperties

URL	POTENTIAL SAVINGS
Line:18 Column:1055137	Object.isSealed
Line:18 Column:1059506	Array.isArray
Line:18 Column:80926	Array.of
Line:18 Column:80563	Date.prototype.toJSON
Line:18 Column:471648	Date.prototype.toString
Line:18 Column:251649	Function.prototype.name
https://www.fhpress.com/wp-content/plugins/wp-gdpr-compliance/Assets/js/front.min.js?ver=1706667508	207B
Line:1 Column:1766	@babel/plugin-transform-classes
Line:1 Column:26938	@babel/plugin-transform-regenerator
https://cdn.amcharts.com/lib/4/maps.js?_=1710415229786	55B
Line:19 Column:7925	@babel/plugin-transform-classes

N/A

Avoid large layout shifts CLS

5 elements found

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

ELEMENT	CLS CONTRIBUTION
An end-to-end service ensuring businesses protect high-value engineering system... <div class="home-service-description">	0.00
Our team deliver full design support for the engineering services within buildi... <div class="home-service-description">	0.00
Our experienced team regularly work with clients to design a tailored approach ... <div class="home-service-description">	0.00
TECHNICAL MANAGEMENT <h3>	0.00
INSTAGRAM <li id="menu-item-1159" class="nav-social nav-instagram menu-item menu-item-type-custom menu-item-object-...">	0.00

N/A

Minimize main-thread work TBT

Main-thread busy for 9.0s

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

CATEGORY	TIME SPENT
Script Evaluation	6.0s
Style & Layout	1.1s
Other	1.1s
Garbage Collection	366ms
Rendering	155ms
Script Parsing & Compilation	137ms
Parse HTML & CSS	80ms

N/A **Reduce the impact of third-party code** TBT Third-party code blocked the main thread for 4.1s

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
AMCHARTS.COM	539KB	4.0s
• https://cdn.amcharts.com/lib/4/core.js?_=1710415229785	274KB	4.0s
• https://cdn.amcharts.com/lib/4/geodata/worldHigh.js?_=1710415229787	223KB	0ms
• https://cdn.amcharts.com/lib/4/maps.js?_=1710415229786	42.8KB	0ms
GOOGLE TAG MANAGER	303KB	56ms
• https://www.googletagmanager.com/gtag/js?id=G-QXXHFHCF5L	80.9KB	29ms
• https://www.googletagmanager.com/gtag/js?id=G-7FJLEX0QNH&l=dataLayer&cx=c	80.9KB	26ms
• https://www.googletagmanager.com/gtag/js?id=UA-118871112-1	70.5KB	0ms
• https://www.googletagmanager.com/gtag/js?id=UA-118871112-1&l=dataLayer&cx=c	70.5KB	0ms
GOOGLE CDN	195KB	0ms
• https://www.gstatic.com/recaptcha/releases/QquE1_MNjnFHgZF4HPsEcf_2/recaptcha__en.js	195KB	0ms
ADOBE TYPEKIT	95.3KB	0ms
• https://use.typekit.net/af/05093b/000000000000000000000000003b9b133d/27/?primer=7cdcb44be4a7db8877ffa5c0007b8dd865b3bbc383831fe2ea177f62257a9191&fvd=n7&v=3	45.7KB	0ms
• https://use.typekit.net/af/4194d3/000000000000000000000000003b9b25c7/27/?primer=7cdcb44be4a7db8877ffa5c0007b8dd865b3bbc383831fe2ea177f62257a9191&fvd=n7&v=3	24.1KB	0ms
• https://use.typekit.net/af/cce553/000000000000000000000000003b9b25c1/27/?primer=7cdcb44be4a7db8877ffa5c0007b8dd865b3bbc383831fe2ea177f62257a9191&fvd=n4&v=3	23.4KB	0ms
YOUTUBE	68.9KB	0ms
• https://www.youtube.com/s/player/e04b3b4c/www-widgetapi.vflset/www-widgetapi.js	67.0KB	0ms
GOOGLE ANALYTICS	20.8KB	0ms
• https://www.google-analytics.com/analytics.js	20.8KB	0ms
OTHER GOOGLE APIS/SDKS	1.16KB	0ms

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

No user timings and/or marks found.