



Performance Report for: <http://www.internsplus.ie/>

Report generated: Sat, Mar 9, 2024 5:05 AM -0800
 Test Server Location: London, UK
 Using: Chrome 117.0.0.0, Lighthouse 11.0.0

B	Performance	Structure	L. Contentful Paint	T. Blocking Time	C. Layout Shift
	81%	89%	2.0s	55ms	0

Top Issues

Med	Eliminate render-blocking resources <small>FCP LCP</small>	Potential savings of 544ms
Med	Serve static assets with an efficient cache policy	Potential savings of 1.62MB
Med	Use a Content Delivery Network (CDN)	63 resources found
Low	Use HTTP/2 for all resources	Potential savings of 390ms
Low	Avoid an excessive DOM size <small>TBT</small>	859 elements

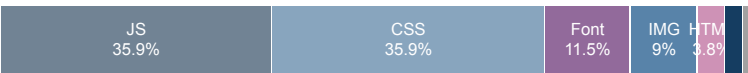
Page Details



Total Page Size - 2.51MB



Total Page Requests - 78



■ 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

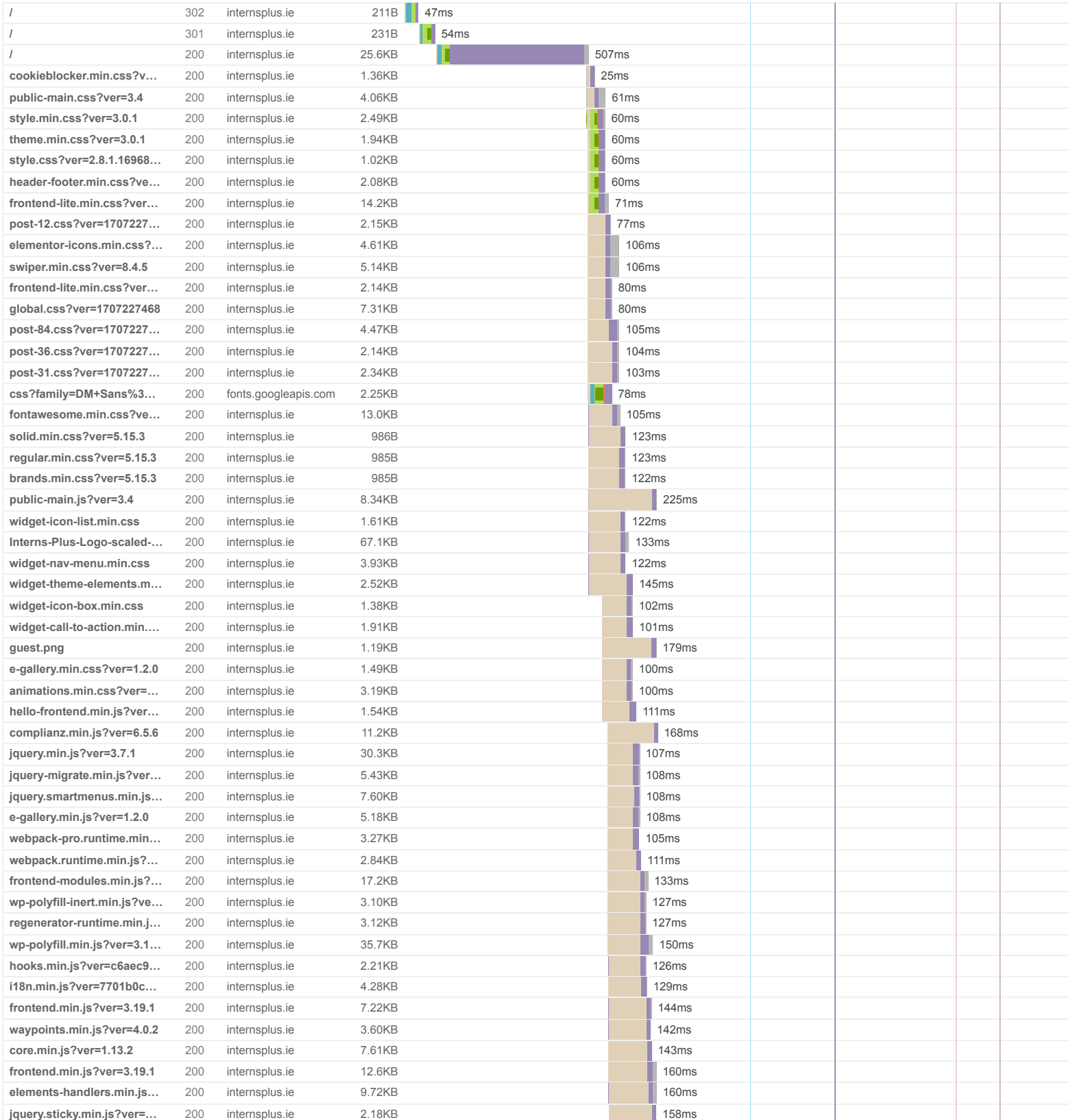


GTmetrix is developed by the good folks at **Carbon60**, a Canadian hosting company with over 28 years experience in web technology.

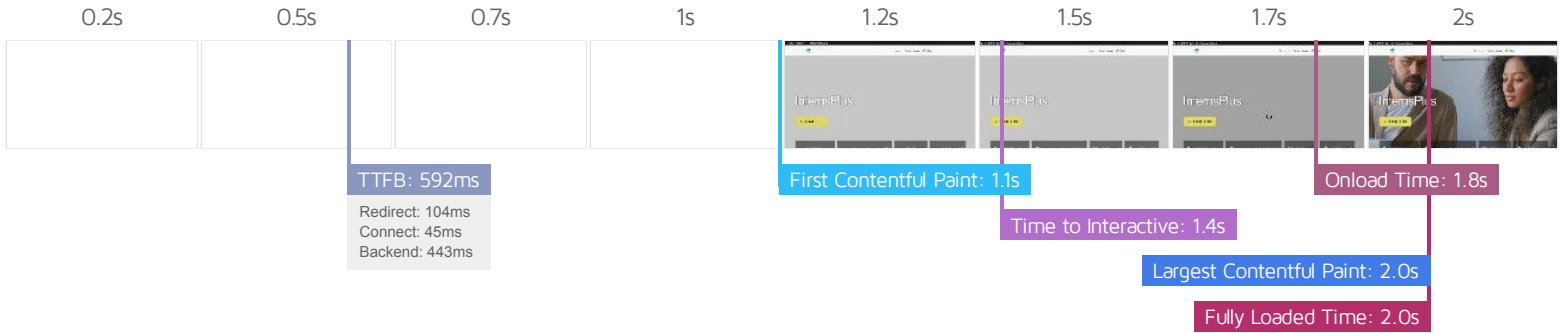
<https://carbon60.com/>

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.

Home - Internsplus



UcC73FwrK3iLTeHuS_fvQ...	200	fonts.gstatic.com	45.6KB	146ms			
post-featured-img7.jpg	200	internsplus.ie	69.4KB	48ms			
fa-solid-900.woff2	200	internsplus.ie	77.0KB	140ms			
rP2Yp2ywxg089Uril5-g4vl...	200	fonts.gstatic.com	36.1KB	133ms			
fa-regular-400.woff2	200	internsplus.ie	13.6KB	139ms			
pxiByp8kv8JHgFVrLEj6Z1...	200	fonts.gstatic.com	7.81KB	134ms			
InternsPlus-Video-1.mp4	(canceled)	internsplus.ie	757KB	251ms			
post-featured-img5.jpg	200	internsplus.ie	118KB	42ms			
fa-brands-400.woff2	200	internsplus.ie	75.6KB	103ms			
pxiByp8kv8JHgFVrLGT9Z...	200	fonts.gstatic.com	7.59KB	99ms			
pxiByp8kv8JHgFVrLDz8Z...	200	fonts.gstatic.com	7.68KB	99ms			
InternsPlus-Video-1.mp4	206	internsplus.ie	533KB	112ms			
banner-1-optin.css?v=11	200	internsplus.ie	3.52KB	17ms			
wp-emoji-release.min.js?...	200	internsplus.ie	5.60KB	24ms			
nav-menu.d43af66e5000f...	200	internsplus.ie	2.32KB	15ms			
search-form.a25a87283d0...	200	internsplus.ie	1.48KB	17ms			
swiper.min.js?ver=8.4.5	200	internsplus.ie	39.4KB	40ms			
gallery.8ca9a354ce039d1...	200	internsplus.ie	2.40KB	19ms			
video.fea4f8dfdf17262f23...	200	internsplus.ie	1.98KB	15ms			
text-editor.2c35aafbe5bf0...	200	internsplus.ie	1.33KB	16ms			
eicons.woff2?5.27.0	200	internsplus.ie	94.5KB	86ms			
call-to-action1.jpg	200	internsplus.ie	124KB	21ms			
DMA-home-hero.jpg	200	internsplus.ie	108KB	54ms			
about-social-marketing.jpg	200	internsplus.ie	46.7KB	31ms			
Interns-Plus-Logo-scaled-...	200	internsplus.ie	14.0KB	18ms			
78 Requests 2.51MB (3.68MB Uncompressed) Fully Loaded 2s (Onload 1.8s)							



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>1.1s</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>1.4s</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>3.2s</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>55ms</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>2.0s</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	104ms	Connect	45ms	Backend	443ms
TTFB	592ms	First Paint	1.1s	DOM Int.	1.4s
DOM Loaded	1.4s	Onload	1.8s	Fully Loaded	2.0s

IMPACT AUDIT

Low **Avoid multiple page redirects** FCP LCP Potential savings of 103ms

Redirects introduce additional delays before the page can be loaded.

URL	TIME SPENT
http://www.internsplus.ie/	47ms
https://www.internsplus.ie/	56ms
https://internsplus.ie/	0ms

Low **Avoid enormous network payloads** LCP Total size was 1.77MB

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

URL	TRANSFER SIZE
https://internsplus.ie/wp-content/uploads/2023/11/InternsPlus-Video-1.mp4	533KB
https://internsplus.ie/wp-content/uploads/2023/10/call-to-action1.jpg	124KB
https://internsplus.ie/wp-content/uploads/2022/11/post-featured-img5.jpg	118KB
https://internsplus.ie/wp-content/uploads/2023/10/DMA-home-hero.jpg	108KB
https://internsplus.ie/wp-content/plugins/elementor/assets/lib/eicons/fonts/eicons.woff2?5.27.0	94.5KB
https://internsplus.ie/wp-content/plugins/elementor/assets/lib/font-awesome/webfonts/fa-solid-900.woff2	77.0KB
https://internsplus.ie/wp-content/plugins/elementor/assets/lib/font-awesome/webfonts/fa-brands-400.woff2	75.6KB
https://internsplus.ie/wp-content/uploads/2022/11/post-featured-img7.jpg	69.4KB
https://internsplus.ie/wp-content/uploads/2023/10/Interns-Plus-Logo-scaled-1.png	67.1KB
https://internsplus.ie/wp-content/uploads/2023/10/about-social-marketing.jpg	46.7KB

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.

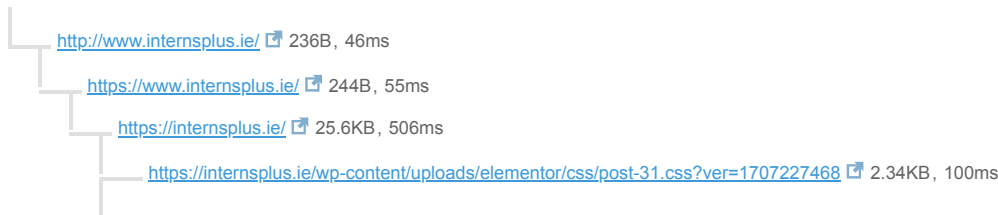
URL	POTENTIAL SAVINGS
https://internsplus.ie/wp-content/plugins/elementor/assets/lib/eicons/fonts/eicons.woff2?5.27.0	48ms

Low **Avoid chaining critical requests** FCP LCP 50 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: **1.7s**

INITIAL NAVIGATION



<https://internsplus.ie/wp-content/plugins/elementor/assets/lib/animations/animations.min.css?ver=3.19.1> 3.19KB, 22ms

<https://internsplus.ie/wp-content/plugins/elementor/assets/lib/e-gallery/css/e-gallery.min.css?ver=1.2.0> 1.49KB, 22ms

<https://internsplus.ie/wp-includes/js/dist/vendor/regenerator-runtime.min.js?ver=0.14.0> 3.12KB, 20ms

<https://internsplus.ie/wp-includes/js/jquery/ui/core.min.js?ver=1.13.2> 7.61KB, 16ms

<https://internsplus.ie/wp-content/themes/hello-elementor-child/style.css?ver=2.8.1.1696863724> 1.02KB, 56ms

<https://internsplus.ie/wp-includes/js/dist/vendor/wp-polyfill-inert.min.js?ver=3.1.2> 3.10KB, 20ms

<https://internsplus.ie/wp-content/plugins/elementor-pro/assets/js/frontend.min.js?ver=3.19.1> 7.22KB, 17ms

<https://internsplus.ie/wp-content/plugins/elementor/assets/css/frontend-lite.min.css?ver=3.19.1> 14.2KB, 67ms

<https://internsplus.ie/wp-content/plugins/elementor-pro/assets/js/elements-handlers.min.js?ver=3.19.1> 9.72KB, 28ms

<https://internsplus.ie/wp-content/plugins/elementor/assets/js/frontend-modules.min.js?ver=3.19.1> 17.2KB, 27ms

<https://internsplus.ie/wp-content/plugins/elementor-pro/assets/css/widget-theme-elements.min.css> 2.52KB, 23ms

<https://internsplus.ie/wp-content/plugins/elementor-pro/assets/css/widget-call-to-action.min.css> 1.91KB, 22ms

<https://internsplus.ie/wp-includes/js/jquery/jquery.min.js?ver=3.7.1> 30.3KB, 22ms

<https://internsplus.ie/wp-content/plugins/elementor-pro/assets/lib/smartmenus/jquery.smartmenus.min.js?ver=1.2.1> 7.60KB, 22ms

<https://internsplus.ie/wp-content/uploads/elementor/css/post-84.css?ver=1707227468> 4.47KB, 101ms

<https://internsplus.ie/wp-content/plugins/elementor-pro/assets/js/webpack-pro.runtime.min.js?ver=3.19.1> 3.27KB, 21ms

<https://internsplus.ie/wp-includes/js/dist/hooks.min.js?ver=c6aec9a8d4e5a5d543a1> 2.21KB, 19ms

<https://internsplus.ie/wp-content/uploads/elementor/css/post-36.css?ver=1707227468> 2.14KB, 100ms

<https://internsplus.ie/wp-content/themes/hello-elementor/theme.min.css?ver=3.0.1> 1.94KB, 56ms

<https://internsplus.ie/wp-content/plugins/elementor/assets/css/widget-icon-list.min.css> 1.61KB, 120ms

<https://internsplus.ie/wp-includes/js/dist/i18n.min.js?ver=7701b0c3857f914212ef> 4.28KB, 18ms

<https://internsplus.ie/wp-content/plugins/elementor/assets/lib/font-awesome/css/fontawesome.min.css?ver=5.15.3> 13.0KB, 102ms

<https://internsplus.ie/wp-content/plugins/elementor/assets/js/frontend.min.js?ver=3.19.1> 12.6KB, 31ms

<https://internsplus.ie/wp-content/uploads/elementor/css/global.css?ver=1707227468> 7.31KB, 77ms

<https://internsplus.ie/wp-includes/js/dist/vendor/wp-polyfill.min.js?ver=3.15.0> 35.7KB, 43ms

<https://internsplus.ie/wp-content/plugins/elementor-pro/assets/css/frontend-lite.min.css?ver=3.19.1> 2.14KB, 76ms

<https://internsplus.ie/wp-content/uploads/elementor/css/post-12.css?ver=1707227467> 2.15KB, 73ms

<https://internsplus.ie/wp-content/plugins/elementor/assets/lib/waypoints/waypoints.min.js?ver=4.0.2> 3.60KB, 15ms

<https://internsplus.ie/wp-content/themes/hello-elementor/assets/js/hello-frontend.min.js?ver=3.0.1> 1.54KB, 23ms

<https://internsplus.ie/wp-content/plugins/elementor/assets/lib/swiper/v8/css/swiper.min.css?ver=8.4.5> 5.14KB, 101ms

<https://internsplus.ie/wp-content/themes/hello-elementor/header-footer.min.css?ver=3.0.1> 2.08KB, 56ms

<https://internsplus.ie/wp-content/plugins/elementor-pro/assets/lib/sticky/jquery.sticky.min.js?ver=3.19.1> 2.18KB, 16ms

<https://internsplus.ie/wp-content/plugins/elementor/assets/lib/e-gallery/js/e-gallery.min.js?ver=1.2.0> 5.18KB, 22ms

<https://internsplus.ie/wp-content/plugins/elementor/assets/css/widget-icon-box.min.css> 1.38KB, 22ms

<https://internsplus.ie/wp-includes/js/jquery/jquery-migrate.min.js?ver=3.4.1> 5.43KB, 22ms

<https://internsplus.ie/wp-content/plugins/elementor-pro/assets/css/widget-nav-menu.min.css> 3.93KB, 18ms

<https://internsplus.ie/wp-content/plugins/widget-google-reviews/assets/css/public-main.css?ver=3.4> 4.06KB, 58ms

<https://internsplus.ie/wp-content/themes/hello-elementor/style.min.css?ver=3.0.1> 2.49KB, 56ms

<https://internsplus.ie/wp-content/plugins/elementor/assets/js/webpack.runtime.min.js?ver=3.19.1> 2.84KB, 16ms

<https://internsplus.ie/wp-content/plugins/complianz-gdpr/assets/css/cookieblocker.min.css?ver=6.5.6> 1.36KB, 21ms

<https://internsplus.ie/wp-content/plugins/elementor/assets/lib/font-awesome/css/brands.min.css?ver=5.15.3> 985B, 120ms

<https://internsplus.ie/wp-content/plugins/elementor/assets/lib/font-awesome/webfonts/fa-brands-400.woff2> 75.6KB, 18ms

<https://internsplus.ie/wp-content/plugins/elementor/assets/lib/font-awesome/css/regular.min.css?ver=5.15.3> 985B, 120ms

<https://internsplus.ie/wp-content/plugins/elementor/assets/lib/font-awesome/webfonts/fa-regular-400.woff2> 13.6KB, 17ms

<https://internsplus.ie/wp-content/plugins/elementor/assets/lib/eicons/css/elementor-icons.min.css?ver=5.27.0> 4.61KB, 102ms

- <https://internsplus.ie/wp-content/plugins/elementor/assets/lib/eicons/fonts/eicons.woff2?5.27.0> 94.5KB, 48ms
- <https://internsplus.ie/wp-content/plugins/elementor/assets/lib/font-awesome/css/solid.min.css?ver=5.15.3> 986B, 121ms
- <https://internsplus.ie/wp-content/plugins/elementor/assets/lib/font-awesome/webfonts/fa-solid-900.woff2> 77.0KB, 18ms
- <https://fonts.googleapis.com/css?family=DM+Sans%3A100%2C100italic%2C200%2C200italic%2C300%2C300italic%2C400%2C400italic%2C500%2C500italic%2C600%2C600italic%2C700%2C700italic> 2.25KB, 75ms
- <https://fonts.gstatic.com/s/poppins/v20/pxiByp8kv8JHgFVrLDz8Z1xIFQ.woff2> 7.68KB, 16ms
- <https://fonts.gstatic.com/s/poppins/v20/pxiByp8kv8JHgFVrLEj6Z1xIFQ.woff2> 7.93KB, 12ms
- <https://fonts.gstatic.com/s/dmsans/v14/rP2Yp2ywxg089Uril5-g4vIH9VoD8Cmcqbu0-K4.woff2> 36.3KB, 11ms
- https://fonts.gstatic.com/s/inter/v13/UcC73FwrK3iLTeHuS_fvQtMwCp50KnMa1ZL7.woff2 46.1KB, 65ms
- <https://fonts.gstatic.com/s/poppins/v20/pxiByp8kv8JHgFVrLGT9Z1xIFQ.woff2> 7.59KB, 15ms

Low **Properly size images** Potential savings of 42.6KB

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

URL	RESOURCE SIZE	POTENTIAL SAVINGS
https://internsplus.ie/wp-content/uploads/2023/10/Interns-Plus-Logo-scaled-1.png	66.5KB	42.6KB

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://internsplus.ie/	885ms	149ms
https://internsplus.ie/	1.1s	106ms
https://internsplus.ie/	773ms	52ms

Low **Reduce JavaScript execution time** TBT 239ms 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://internsplus.ie/	730ms	40ms	3ms
Unattributable	251ms	1ms	0ms
https://internsplus.ie/wp-includes/js/jquery/jquery.min.js?ver=3.7.1	134ms	116ms	1ms
https://internsplus.ie/wp-content/plugins/elementor/assets/lib/swiper/v8/swiper.min.js?ver=8.4.5	98ms	54ms	2ms
https://internsplus.ie/wp-content/plugins/widget-google-reviews/assets/js/public-main.js?ver=3.4	94ms	19ms	0ms

Low **Reduce unused CSS** FCP LCP Potential savings of 25.8KB

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://internsplus.ie/wp-content/plugins/elementor/assets/css/frontend-lite.min.css?ver=3.19.1	14.2KB	13.0KB
• https://internsplus.ie/wp-content/plugins/elementor/assets/lib/font-awesome/css/fontawesome.min.css?ver=5.15.3	13.0KB	12.8KB

Low **Serve images in next-gen formats** Potential savings of 279KB

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://internsplus.ie/wp-content/uploads/2023/10/call-to-action1.jpg	124KB	61.4KB
https://internsplus.ie/wp-content/uploads/2022/11/post-featured-img5.jpg	118KB	55.2KB
https://internsplus.ie/wp-content/uploads/2023/10/Interns-Plus-Logo-scaled-1.png	66.5KB	52.8KB
https://internsplus.ie/wp-content/uploads/2023/10/DMA-home-hero.jpg	108KB	50.7KB
https://internsplus.ie/wp-content/uploads/2022/11/post-featured-img7.jpg	68.8KB	34.6KB
https://internsplus.ie/wp-content/uploads/2023/10/about-social-marketing.jpg	46.1KB	23.8KB

Low **Reduce initial server response time** FCP LCP Root document took 443ms

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

URL	TIME SPENT
• https://internsplus.ie/	443ms

Low **Defer offscreen images** Potential savings of 104KB

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://internsplus.ie/wp-content/uploads/2022/11/post-featured-img5.jpg	118KB	104KB

Low **Reduce unused JavaScript** LCP Potential savings of 22.0KB

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

URL	TRANSFER SIZE	POTENTIAL SAVINGS
https://internsplus.ie/wp-content/plugins/elementor/assets/lib/swiper/v8/swiper.min.js?ver=8.4.5	39.4KB	22.0KB

N/A **Largest Contentful Paint element** LCP 1,970 ms

This is the largest contentful element painted within the viewport.

ELEMENT

```
div.elementor-background-slideshow > div#swiper-wrapper-14e6f2cb10a21a151 > div.elementor-background-slideshow__slide > div.elementor-background-slideshow__slide__image
<div class="elementor-background-slideshow__slide__image swiper-lazy swiper-lazy-loaded" style="background-image: url (&quot;https://internsplus.ie/wp-content/uploads/2023/10/c...&quot;); ">
```


PHASE	% OF LCP	TIMING
TTFB	30%	593ms
Load Delay	56%	1.1s
Load Time	1%	19ms
Render Delay	13%	255ms

N/A **Avoid serving legacy JavaScript to modern browsers** TBT Potential savings of 123B

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://internsplus.ie/wp-includes/js/dist/vendor/wp-polyfill-inert.min.js?ver=3.1.2 Line:0 Column:452	65B
https://internsplus.ie/wp-content/plugins/elementor/assets/lib/e-gallery/js/e-gallery_min.js?ver=1.2.0 Line:1 Column:1011	58B

N/A **Avoid large layout shifts** CLS 5 elements found

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

ELEMENT	CLS CONTRIBUTION
Home Internships Contact <pre><ul id="menu-1-276ec0ef" class="elementor-nav-menu" data-smartmenus-id="17099895365372146"></pre>	0.00
SERVICES <pre><div class="elementor-element elementor-element-33ee598 elementor-position-left elemen..." data-id="33ee598" data-element_type="widget" data-widget_type="icon-box.default"></pre>	0.00
IRELAND <pre><div class="elementor-element elementor-element-3fe6dd4 elementor-position-left elemen..." data-id="3fe6dd4" data-element_type="widget" data-widget_type="icon-box.default"></pre>	0.00
ACCOMMODATION <pre><p class="elementor-icon-box-description"></pre>	0.00
INTERNSHIPS <pre><p class="elementor-icon-box-description"></pre>	0.00

N/A **Minimize main-thread work** TBT Main-thread busy for 1.5s

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

CATEGORY	TIME SPENT
Other	541ms
Style & Layout	431ms
Script Evaluation	365ms
Parse HTML & CSS	117ms
Rendering	54ms
Script Parsing & Compilation	16ms
Garbage Collection	5ms

N/A

Reduce the impact of third-party code TBT

Total size was 108KB

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
GOOGLE FONTS	108KB	0ms
• https://fonts.gstatic.com/s/inter/v13/UcC73FwrK3iLTeHuS_fvQtMwCp50KnMa1ZL7.woff2	46.1KB	0ms
• https://fonts.gstatic.com/s/dmsans/v14/rP2Yp2ywxg089Uri5-g4vIH9VoD8Cmcqbu0-K4.woff2	36.3KB	0ms
• https://fonts.gstatic.com/s/poppins/v20/pxiByp8kv8JHgFVrLEj6Z1xIFQ.woff2	7.93KB	0ms
• https://fonts.gstatic.com/s/poppins/v20/pxiByp8kv8JHgFVrLDz8Z1xIFQ.woff2	7.68KB	0ms
• https://fonts.gstatic.com/s/poppins/v20/pxiByp8kv8JHgFVrLGT9Z1xIFQ.woff2	7.59KB	0ms

N/A

User Timing marks and measures

No user timings and/or marks found.