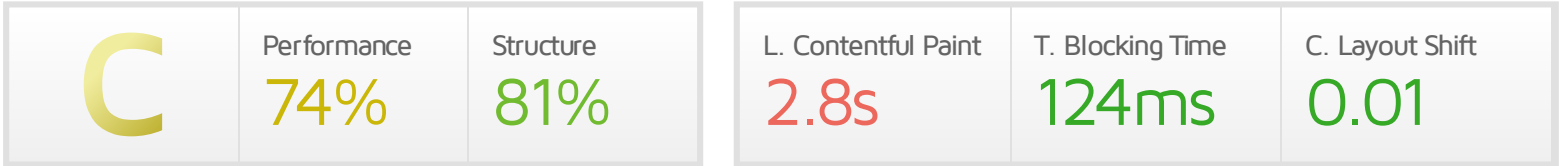




Performance Report for: <http://www.outformconsulting.com/>

Report generated: Thu, Mar 14, 2024 5:20 AM -0700
 Test Server Location: London, UK
 Using: Chrome 117.0.0.0, Lighthouse 11.0.0



Top Issues

Med	Use explicit width and height on image elements <small>CLS</small>	5 images found
Med	Serve static assets with an efficient cache policy	Potential savings of 2.53MB
Med-Low	Avoid multiple page redirects <small>FCP LCP</small>	Potential savings of 650ms
Med-Low	Use a Content Delivery Network (CDN)	11 resources found
Med-Low	Avoid enormous network payloads <small>LCP</small>	Total size was 2.96MB

Page Details



Total Page Size - 2.94MB



Total Page Requests - 55



■ 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

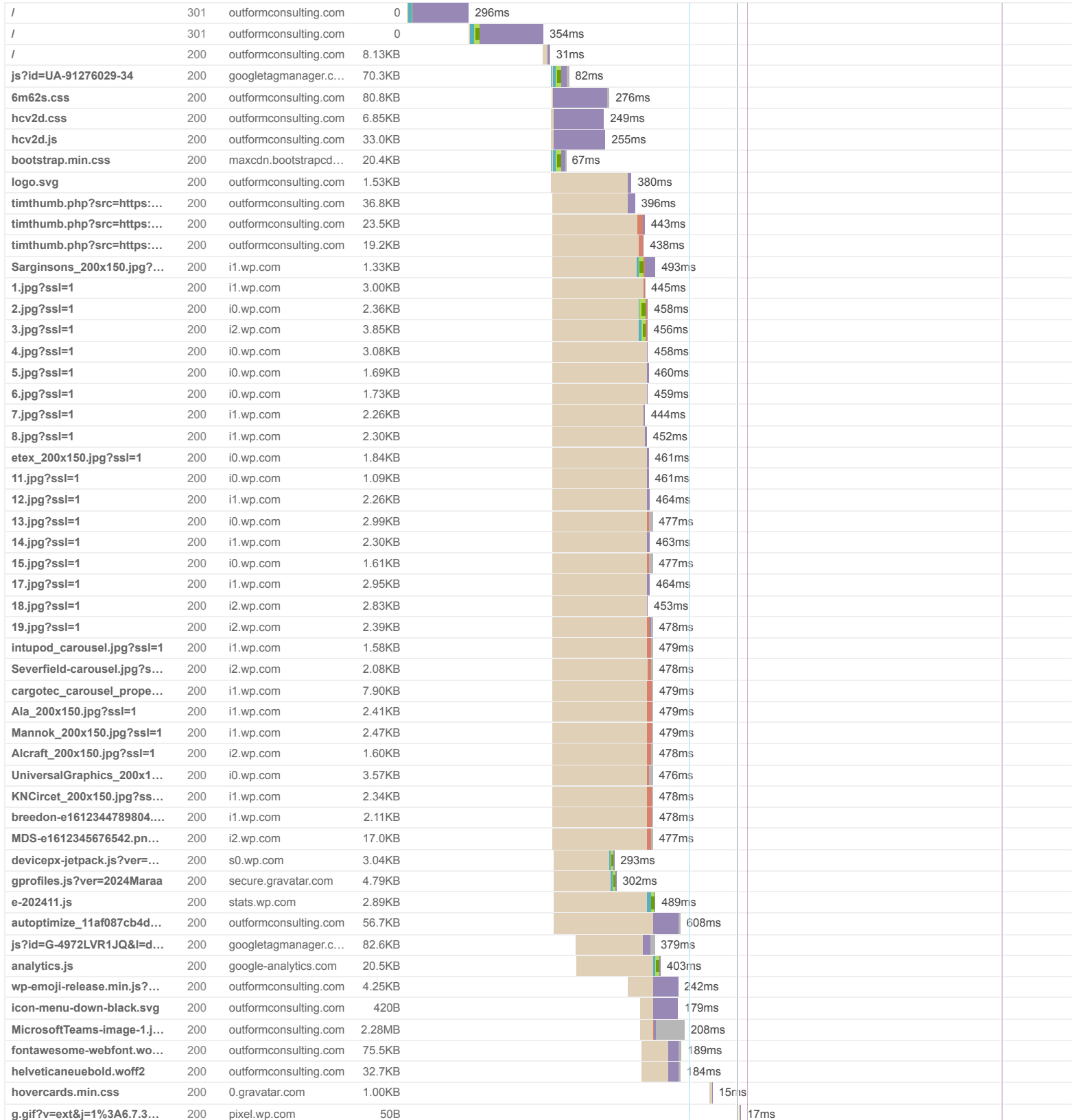


GTmetrix is developed by the good folks at **Carbon60**, a Canadian hosting company with over 28 years experience in web technology.

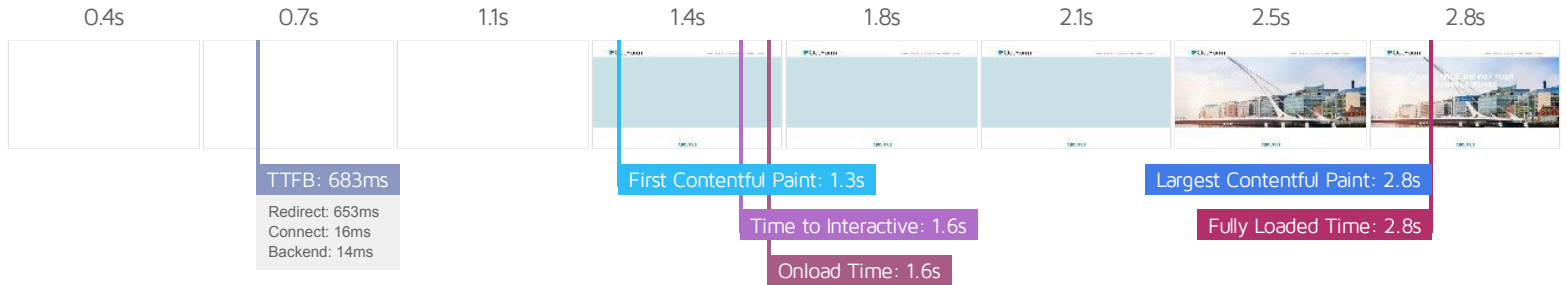
<https://carbon60.com/>

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.

Outform Consulting – Dublin, Ireland



favicon.png	200	outformconsulting.com	2.99KB		68ms
cropped-logo.jpg?fit=32%...	200	i0.wp.com	765B		8ms
55 Requests	2.94MB	(4.25MB Uncompressed)	Fully Loaded 2.8s (Onload 1.6s)		



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>Longer than recommended</p> <p>1.3s</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>1.6s</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>Longer than recommended</p> <p>2.3s</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>124ms</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>Much longer than recommended</p> <p>2.8s</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	653ms	Connect	16ms	Backend	14ms
TTFB	683ms	DOM Int.	1.1s	First Paint	1.3s
DOM Loaded	1.6s	Onload	1.6s	Fully Loaded	2.8s

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://outformconsulting.com/wp-content/cache/wpfc-minified/kopbi5wo/hcv2d.js 	Line:3

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 whose main resource has <code>cache-control:no-store</code> cannot enter back/forward cache. https://outformconsulting.com/	Circumstantial

Low Avoid an excessive DOM size TBT 715 elements

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

STATISTIC	ELEMENT	VALUE
Total DOM Elements		715
Maximum DOM Depth	<code>div.carousel-caption > div > span.content-section > h2.tdt-slider-heading</code> <code><h2 class="tdt-slider-heading" style="font-size: 22px; color: ; font-weight: normal; line-height: 1;"></code>	18
Maximum Child Elements	<code>...</code> <code><div class="slick-track" style="opacity: 1; width: 11470px; transform: translate3d(-4440px, 0px, 0px);"></code>	62

Low Ensure text remains visible during webfont load FCP LCP 2 fonts found

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

URL	POTENTIAL SAVINGS
https://outformconsulting.com/wp-content/plugins/types/vendor/toolset/toolset-common/res/lib/font-awesome/fonts/fontawesome-webfont.woff2?v=4.7.0	67ms
https://outformconsulting.com/wp-content/themes/outform/fonts/helvecaneuebold.woff2	63ms

Low Avoid long main-thread tasks TBT 2 long tasks found

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

URL	START TIME	DURATION
• https://outformconsulting.com/wp-content/cache/autoptimize/js/autoptimize_11af087cb4d212615c6d6f3b29b9dba5.js	1.4s	174ms
• https://outformconsulting.com/	1.1s	123ms

Low **Reduce JavaScript execution time** TBT 227ms 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://outformconsulting.com/	257ms	51ms	3ms
• Unattributable	203ms	12ms	0ms
• https://outformconsulting.com/wp-content/cache/wpfc-minified/kopbi5wo/hcv2d.js	151ms	102ms	1ms
• https://outformconsulting.com/wp-content/cache/autoptimize/js/autoptimize_11af087cb4d212615c6d6f3b29b9dba5.js	57ms	52ms	3ms

Low **Reduce unused CSS** FCP LCP Potential savings of 98KB

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://outformconsulting.com/wp-content/cache/wpfc-minified/6vkkid78/6m62s.css	80.8KB	79.1KB
• https://maxcdn.bootstrapcdn.com/bootstrap/3.3.7/css/bootstrap.min.css	20.4KB	18.8KB

Low **Serve images in next-gen formats** Potential savings of 39.6KB

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://outformconsulting.com/wp-content/themes/outform/timthumb.php?src=https://outformconsulting.com/wp-content/uploads/2018/08/OutForm-Banner-Image4.jpg&w=360&h=230&zc=1	37.0KB	17.3KB
https://outformconsulting.com/wp-content/themes/outform/timthumb.php?src=https://outformconsulting.com/wp-content/uploads/2018/08/OutForm-Banner-Image3-1.jpg&w=360&h=230&zc=1	23.5KB	11.7KB
https://outformconsulting.com/wp-content/themes/outform/timthumb.php?src=https://outformconsulting.com/wp-content/uploads/2018/08/OutForm-Banner-Image5.jpg&w=360&h=230&zc=1	19.3KB	10.5KB

Low **Defer offscreen images** Potential savings of 49.6KB

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://i2.wp.com/outformconsulting.com/wp-content/uploads/2021/02/MDS-e1612345676542.png?ssl=1	17.0KB	17.0KB
https://i2.wp.com/outformconsulting.com/wp-content/uploads/2018/11/3.jpg?ssl=1	3.85KB	3.85KB
https://i0.wp.com/outformconsulting.com/wp-content/uploads/2021/02/UniversalGraphics_200x150.jpg?ssl=1	3.57KB	3.57KB
https://i0.wp.com/outformconsulting.com/wp-content/uploads/2018/11/4.jpg?ssl=1	3.08KB	3.08KB
https://i1.wp.com/outformconsulting.com/wp-content/uploads/2018/11/1.jpg?ssl=1	3.00KB	3.00KB
https://i0.wp.com/outformconsulting.com/wp-content/uploads/2018/11/13.jpg?ssl=1	2.99KB	2.97KB
https://i1.wp.com/outformconsulting.com/wp-content/uploads/2021/02/Mannok_200x150.jpg?ssl=1	2.47KB	2.47KB
https://i0.wp.com/outformconsulting.com/wp-content/uploads/2018/11/2.jpg?ssl=1	2.36KB	2.36KB
https://i1.wp.com/outformconsulting.com/wp-content/uploads/2021/02/KNCircet_200x150.jpg?ssl=1	2.34KB	2.34KB
https://i1.wp.com/outformconsulting.com/wp-content/uploads/2018/11/8.jpg?ssl=1	2.30KB	2.30KB
https://i1.wp.com/outformconsulting.com/wp-content/uploads/2018/11/12.jpg?ssl=1	2.26KB	2.26KB
https://i1.wp.com/outformconsulting.com/wp-content/uploads/2018/11/7.jpg?ssl=1	2.26KB	2.26KB
https://i1.wp.com/outformconsulting.com/wp-content/uploads/2021/02/breedon-e1612344789804.jpg?ssl=1	2.11KB	2.11KB

Low

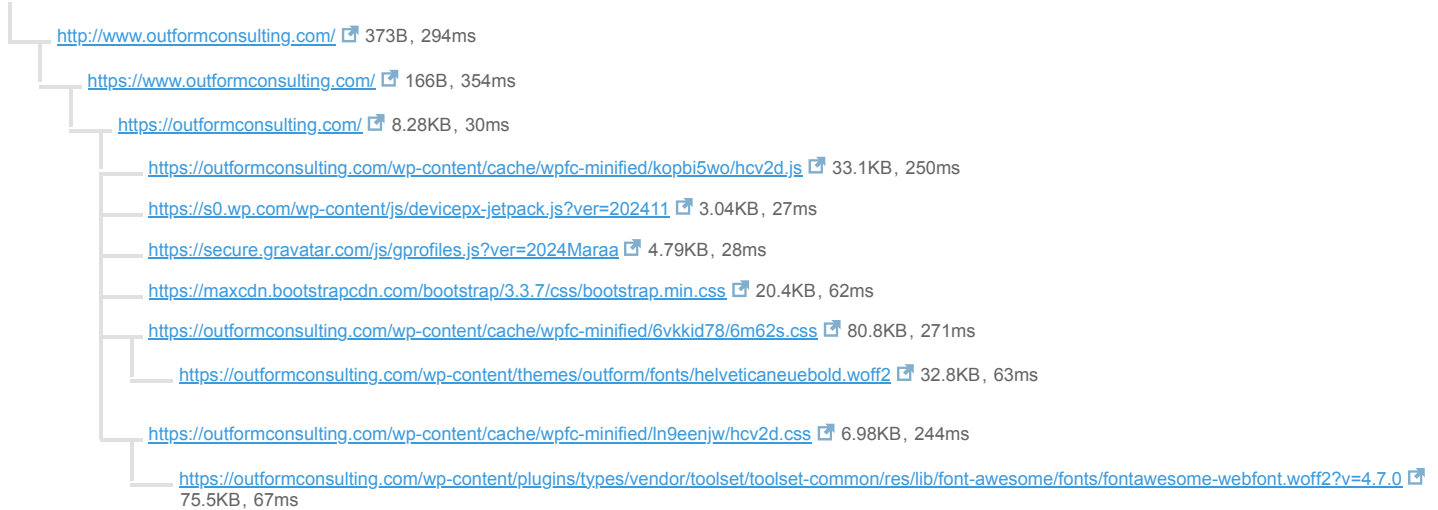
Avoid chaining critical requests FCP LCP

6 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: 1.3s

INITIAL NAVIGATION



Low

Reduce unused JavaScript LCP

Potential savings of 105KB

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.googletagmanager.com/gtag/js?id=G-4972LVR1JQ&l=dataLayer&cx=c	82.8KB	39.1KB
https://outformconsulting.com/wp-content/cache/autoptimiz/js/autoptimize_11af087cb4d212615c6d6f3b29b9dba5.js	56.8KB	34.2KB
https://www.googletagmanager.com/gtag/js?id=UA-91276029-34	70.7KB	32.0KB

N/A

Largest Contentful Paint element LCP

2,840 ms

This is the largest contentful element painted within the viewport.

ELEMENT

CHALLENGE THE WAY YOUR BUSINESS WORKS Contact us Scroll Down

```
<div data-vc-full-width="true" data-vc-full-width-init="true" data-vc-stretch-content="true" class="vc_row wpb_row vc_row-fluid hero text-center vc_custom_1662472920422 vc_ro..." style="position: relative; left: 15px; box-sizing: border-box; width: 1366px;">
```

PHASE	% OF LCP	TIMING
TTFB	24%	683ms
Load Delay	17%	491ms
Load Time	5%	152ms
Render Delay	53%	1.5s

N/A

Eliminate render-blocking resources FCP LCP

Potential savings of 23ms

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://outformconsulting.com/wp-content/cache/wpfc-minified/6vkkid78/6m62s.css	80.8KB	905ms
• https://outformconsulting.com/wp-content/cache/wpfc-minified/ln9eenjw/hcv2d.css	6.98KB	151ms
• https://maxcdn.bootstrapcdn.com/bootstrap/3.3.7/css/bootstrap.min.css	20.4KB	931ms
• https://outformconsulting.com/wp-content/cache/wpfc-minified/kopbi5wo/hcv2d.js	33.1KB	151ms

N/A

Reduce initial server response time FCP LCP

Root document took 13ms

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

URL	TIME SPENT
• https://outformconsulting.com/	13ms

N/A

Avoid large layout shifts CLS

2 elements found

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

CHALLENGE THE WAY YOUR BUSINESS WORKS Contact us Scroll Down

```
<div data-vc-full-width="true" data-vc-full-width-init="true" data-vc-stretch-content="true"
class="vc_row wpb_row vc_row-fluid hero text-center vc_custom_1662472920422 vc_ro..."
style="position: relative; left: 15px; box-sizing: border-box; width: 1366px;">
```

0.01

ABOUT US EXPERTS IN DELIVERING BUSINESS TRANSFORMATION At OutForm, we work wit...

```
<div data-vc-full-width="true" data-vc-full-width-init="true" data-vc-stretch-content="true"
class="vc_row wpb_row vc_row-fluid malone-intro text-center vc_row-no-padding" style="position:
relative; left: 15px; box-sizing: border-box; width: 1366px;">
```

0.00

N/A

Minimize main-thread work TBT

Main-thread busy for 810ms

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

310ms

Other

246ms

Style & Layout

172ms

Parse HTML & CSS

43ms

Script Parsing & Compilation

16ms

Rendering

16ms

Garbage Collection

5ms

N/A

Reduce the impact of third-party code TBT

Total size was 303KB

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 TAG MANAGER	153KB	0ms
• https://www.googletagmanager.com/gtag/js?id=G-4972LVR1JQ&i=dataLayer&cx=c	82.8KB	0ms
• https://www.googletagmanager.com/gtag/js?id=UA-91276029-34	70.7KB	0ms
WORDPRESS	100KB	0ms
• https://i2.wp.com/outformconsulting.com/wp-content/uploads/2021/02/MDS-e1612345676542.png?ssl=1	17.5KB	0ms
• https://i1.wp.com/outformconsulting.com/wp-content/uploads/2020/01/cargotec_carousel_proper.png?ssl=1	8.31KB	0ms
• Other resources	74.1KB	0ms
GOOGLE ANALYTICS	20.8KB	0ms
• https://www.google-analytics.com/analytics.js	20.8KB	0ms
BOOTSTRAP CDN	20.4KB	0ms
• https://maxcdn.bootstrapcdn.com/bootstrap/3.3.7/css/bootstrap.min.css	20.4KB	0ms
GRAVATAR	5.79KB	0ms
• https://secure.gravatar.com/js/gprofiles.js?ver=2024Maraa	4.79KB	0ms
WORDPRESS SITE STATS	3.06KB	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.