



# Performance Report for: <http://www.seismic-change.com/>

Report generated: Thu, Mar 14, 2024 5:31 AM -0700  
 Test Server Location: London, UK  
 Using: Chrome 117.0.0.0, Lighthouse 11.0.0

<b>B</b>	Performance	Structure	L. Contentful Paint	T. Blocking Time	C. Layout Shift
	81%	86%	1.7s	57ms	0.12

## Top Issues

High	Avoid enormous network payloads <small>LCP</small>	Total size was 7.06MB
Med-Low	Avoid an excessive DOM size <small>TBT</small>	1,278 elements
Med-Low	Serve static assets with an efficient cache policy	Potential savings of 148KB
Low	Eliminate render-blocking resources <small>FCP LCP</small>	Potential savings of 103ms
Low	Avoid large layout shifts <small>CLS</small>	5 elements found

## Page Details



Total Page Size - 6.75MB



Total Page Requests - 51



### 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

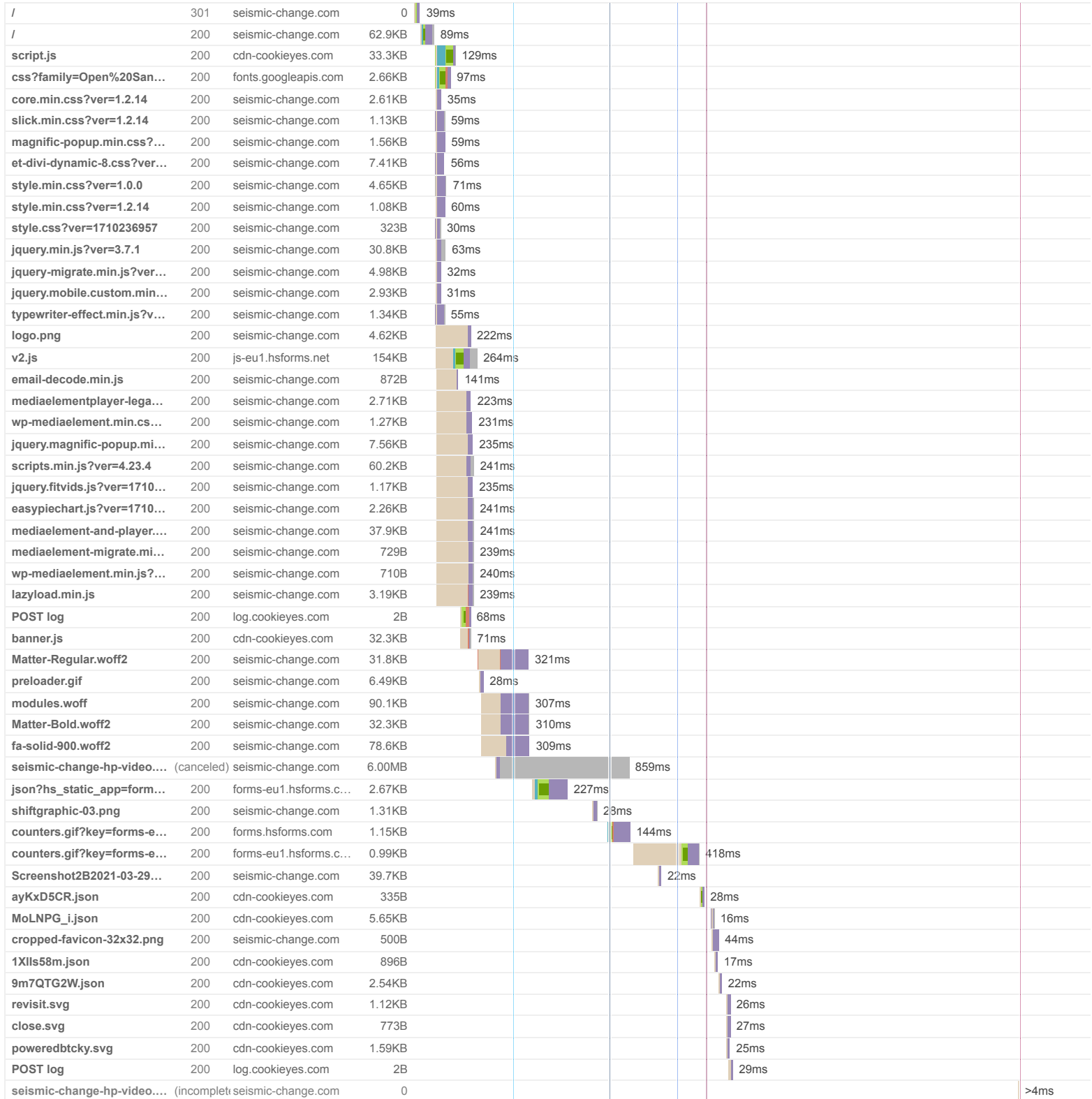


GTmetrix is developed by the good folks at **Carbon60**, a Canadian hosting company with over 28 years experience in web technology.

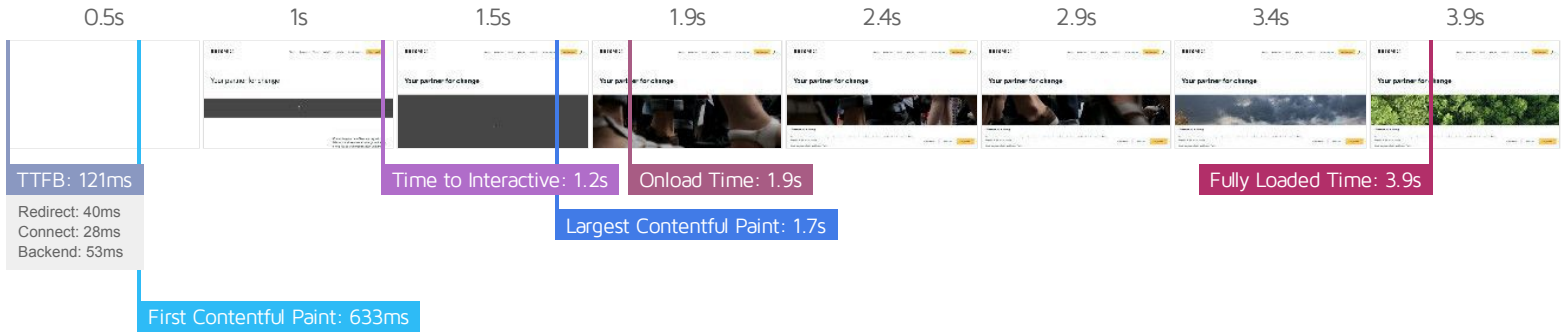
<https://carbon60.com/>

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.

## Seismic - Your Sustainability Partner for Change



51 Requests    6.75MB (9.8MB Uncompressed)    Fully Loaded 3.9s (Onload 1.9s)



### Performance Metrics

<p><b>First Contentful Paint</b></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><b>632ms</b></p>	<p><b>Time to Interactive</b></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><b>1.2s</b></p>
<p><b>Speed Index</b></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><b>3.4s</b></p>	<p><b>Total Blocking Time</b></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><b>57ms</b></p>
<p><b>Largest Contentful Paint</b></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><b>1.7s</b></p>	<p><b>Cumulative Layout Shift</b></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>OK, but consider improvement</p> <p><b>0.12</b></p>

### Browser Timings

Redirect	40ms	Connect	28ms	Backend	53ms
TTFB	121ms	First Paint	633ms	DOM Int.	1.2s
DOM Loaded	1.2s	Onload	1.9s	Fully Loaded	3.9s

IMPACT AUDIT

**Low** **Reduce JavaScript execution time** TBT 592ms 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
• <a href="https://www.seismic-change.com/">https://www.seismic-change.com/</a>	664ms	85ms	26ms
• Unattributable	439ms	27ms	0ms
• <a href="https://js-eu1.hsforms.net/forms/embed/v2.js">https://js-eu1.hsforms.net/forms/embed/v2.js</a>	154ms	123ms	23ms
• <a href="https://www.seismic-change.com/wp-content/themes/Divi/js/scripts.min.js?ver=4.23.4">https://www.seismic-change.com/wp-content/themes/Divi/js/scripts.min.js?ver=4.23.4</a>	138ms	91ms	4ms
• <a href="https://cdn-cookieyes.com/client_data/f0d4f1cc92fd4fe3863e46a6/banner.js">https://cdn-cookieyes.com/client_data/f0d4f1cc92fd4fe3863e46a6/banner.js</a>	97ms	89ms	4ms
• <a href="https://www.seismic-change.com/wp-includes/js/jquery/jquery.min.js?ver=3.7.1">https://www.seismic-change.com/wp-includes/js/jquery/jquery.min.js?ver=3.7.1</a>	86ms	66ms	1ms
• <a href="https://www.seismic-change.com/wp-includes/js/mediaelement/mediaelement-and-player.min.js?ver=4.2.17">https://www.seismic-change.com/wp-includes/js/mediaelement/mediaelement-and-player.min.js?ver=4.2.17</a>	55ms	44ms	4ms

**Low** **Avoid multiple page redirects** FCP LCP Potential savings of 39ms

Redirects introduce additional delays before the page can be loaded.

URL	TIME SPENT
• <a href="http://www.seismic-change.com/">http://www.seismic-change.com/</a>	39ms
• <a href="https://www.seismic-change.com/">https://www.seismic-change.com/</a>	0ms

**Low** **Avoid long main-thread tasks** TBT 5 long tasks found

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

URL	START TIME	DURATION
• <a href="https://www.seismic-change.com/">https://www.seismic-change.com/</a>	397ms	109ms
• <a href="https://js-eu1.hsforms.net/forms/embed/v2.js">https://js-eu1.hsforms.net/forms/embed/v2.js</a>	612ms	81ms
• <a href="https://www.seismic-change.com/">https://www.seismic-change.com/</a>	927ms	77ms
• <a href="https://cdn-cookieyes.com/client_data/f0d4f1cc92fd4fe3863e46a6/script.js">https://cdn-cookieyes.com/client_data/f0d4f1cc92fd4fe3863e46a6/script.js</a>	1.0s	62ms
• <a href="https://www.seismic-change.com/wp-content/themes/Divi/js/scripts.min.js?ver=4.23.4">https://www.seismic-change.com/wp-content/themes/Divi/js/scripts.min.js?ver=4.23.4</a>	1.2s	56ms

**Low** **Reduce unused CSS** FCP LCP Potential savings of 22.4KB

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
• body,.et_pb_column_1_2 .et_quote_content blockquote cite,.et_pb_column_1_2 .et_link_content a.et_li...	15.2KB	11.7KB
• @font-face{font-family:ETmodules;font-display:block;src:url(//www.seismic-change.com/wp-content/the...	12.2KB	10.7KB

**Low** **Serve images in next-gen formats** Potential savings of 17.5KB

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
<a href="https://www.seismic-change.com/wp-content/uploads/2022/08/Screenshot2B2021-03-292Bat2B18.06.20-1024x576.jpg">https://www.seismic-change.com/wp-content/uploads/2022/08/Screenshot2B2021-03-292Bat2B18.06.20-1024x576.jpg</a>	39.5KB	17.5KB

**Low** **Defer offscreen images** Potential savings of 4.38KB

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

URL	RESOURCE SIZE	POTENTIAL SAVINGS
<a href="https://www.seismic-change.com/wp-content/uploads/2022/08/logo.png">https://www.seismic-change.com/wp-content/uploads/2022/08/logo.png</a>	4.38KB	4.38KB

**Low** **Avoid non-composited animations** CLS 28 animated elements found

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

ELEMENT	NAME
div.et_pb_module_inner > div.wdcl-carousel-item > div.wdcl-overlay > ::after <::after>	
Unsupported CSS Property: font-size	font-size
Unsupported CSS Property: color	color
div.wdcl_logo_carousel_child > div.et_pb_module_inner > div.wdcl-carousel-item > div.wdcl-overlay <div class="wdcl-overlay" data-icon="">	
Unsupported CSS Property: color	color
div.wdcl_logo_carousel_child > div.et_pb_module_inner > div.wdcl-carousel-item > div.wdcl-overlay <div class="wdcl-overlay" data-icon="">	
Unsupported CSS Property: color	color
div.et_pb_module_inner > div.wdcl-carousel-item > div.wdcl-overlay > ::after <::after>	
Unsupported CSS Property: font-size	font-size
Unsupported CSS Property: color	color
div.wdcl_logo_carousel_child > div.et_pb_module_inner > div.wdcl-carousel-item > div.wdcl-overlay <div class="wdcl-overlay" data-icon="">	
Unsupported CSS Property: color	color
About us	
<a class="et_pb_button et_pb_button_1 button-arrow et_pb_bg_layout_light" href="/about/" data-icon="">	
Unsupported CSS Property: color	color
Unsupported CSS Property: border-left-color	border-left-color
Unsupported CSS Property: border-right-color	border-right-color
Unsupported CSS Property: border-top-color	border-top-color
Unsupported CSS Property: border-top-left-radius	border-top-left-radius
Unsupported CSS Property: border-top-right-radius	border-top-right-radius
Unsupported CSS Property: border-bottom-color	border-bottom-color
Unsupported CSS Property: border-bottom-left-radius	border-bottom-left-radius
Unsupported CSS Property: border-bottom-right-radius	border-bottom-right-radius
div.wdcl_logo_carousel_child > div.et_pb_module_inner > div.wdcl-carousel-item > div.wdcl-overlay <div class="wdcl-overlay" data-icon="">	
Unsupported CSS Property: color	color
div.wdcl_logo_carousel_child > div.et_pb_module_inner > div.wdcl-carousel-item > div.wdcl-overlay <div class="wdcl-overlay" data-icon="">	
Unsupported CSS Property: color	color
div.wdcl_logo_carousel_child > div.et_pb_module_inner > div.wdcl-carousel-item > div.wdcl-overlay <div class="wdcl-overlay" data-icon="">	
Unsupported CSS Property: color	color
div.et_pb_column > div.et_pb_button_module_wrapper > a.et_pb_button > ::after <::after>	
Unsupported CSS Property: line-height	line-height
Unsupported CSS Property: color	color
Unsupported CSS Property: color	color
Unsupported CSS Property: color	color
Unsupported CSS Property: color	color
Unsupported CSS Property: color	color
div.et_pb_module_inner > div.wdcl-carousel-item > div.wdcl-overlay > ::after <::after>	
Unsupported CSS Property: font-size	font-size
Unsupported CSS Property: color	color
Get Started	
<a class="et_pb_button et_pb_button_0 normal-button et_pb_bg_layout_light" href="/contact/">	

ELEMENT	NAME
Unsupported CSS Property: padding-bottom	padding-bottom
Unsupported CSS Property: padding-left	padding-left
Unsupported CSS Property: padding-right	padding-right
Unsupported CSS Property: padding-top	padding-top
div.et_pb_module_inner > div.wdcl-carousel-item > div.wdcl-overlay > ::after <::after>	
Unsupported CSS Property: font-size	font-size
Unsupported CSS Property: color	color
div.wdcl_logo_carousel_child > div.et_pb_module_inner > div.wdcl-carousel-item > div.wdcl-overlay <div class="wdcl-overlay" data-icon="">	
Unsupported CSS Property: color	color
div.et_pb_module_inner > div.wdcl-carousel-item > div.wdcl-overlay > ::after <::after>	
Unsupported CSS Property: font-size	font-size
Unsupported CSS Property: color	color
div.et_pb_module_inner > div.wdcl-carousel-item > div.wdcl-overlay > ::after <::after>	
Unsupported CSS Property: font-size	font-size
Unsupported CSS Property: color	color
div.et_pb_module_inner > div.wdcl-carousel-item > div.wdcl-overlay > ::after <::after>	
Unsupported CSS Property: font-size	font-size
Unsupported CSS Property: color	color
div.wdcl_logo_carousel_child > div.et_pb_module_inner > div.wdcl-carousel-item > div.wdcl-overlay <div class="wdcl-overlay" data-icon="">	
Unsupported CSS Property: color	color
div.et_pb_module_inner > div.wdcl-carousel-item > div.wdcl-overlay > ::after <::after>	
Unsupported CSS Property: font-size	font-size
Unsupported CSS Property: color	color
div.wdcl_logo_carousel_child > div.et_pb_module_inner > div.wdcl-carousel-item > div.wdcl-overlay <div class="wdcl-overlay" data-icon="">	
Unsupported CSS Property: color	color
div.wdcl_logo_carousel_child > div.et_pb_module_inner > div.wdcl-carousel-item > div.wdcl-overlay <div class="wdcl-overlay" data-icon="">	
Unsupported CSS Property: color	color
div.et_pb_module_inner > div.wdcl-carousel-item > div.wdcl-overlay > ::after <::after>	
Unsupported CSS Property: font-size	font-size
Unsupported CSS Property: color	color
div.et_pb_module_inner > div.wdcl-carousel-item > div.wdcl-overlay > ::after <::after>	
Unsupported CSS Property: font-size	font-size
Unsupported CSS Property: color	color
div.wdcl_logo_carousel_child > div.et_pb_module_inner > div.wdcl-carousel-item > div.wdcl-overlay <div class="wdcl-overlay" data-icon="">	

ELEMENT	NAME
Unsupported CSS Property: color	color
div.et_pb_module_inner > div.wdcl-carousel-item > div.wdcl-overlay > ::after	
<::after>	
Unsupported CSS Property: font-size	font-size
Unsupported CSS Property: color	color
div.et_pb_column > div.et_pb_button_module_wrapper > a.et_pb_button > ::before	
<::before>	
Unsupported CSS Property: color	color
Unsupported CSS Property: color	color
Unsupported CSS Property: color	color
Unsupported CSS Property: color	color
Unsupported CSS Property: color	color

Low

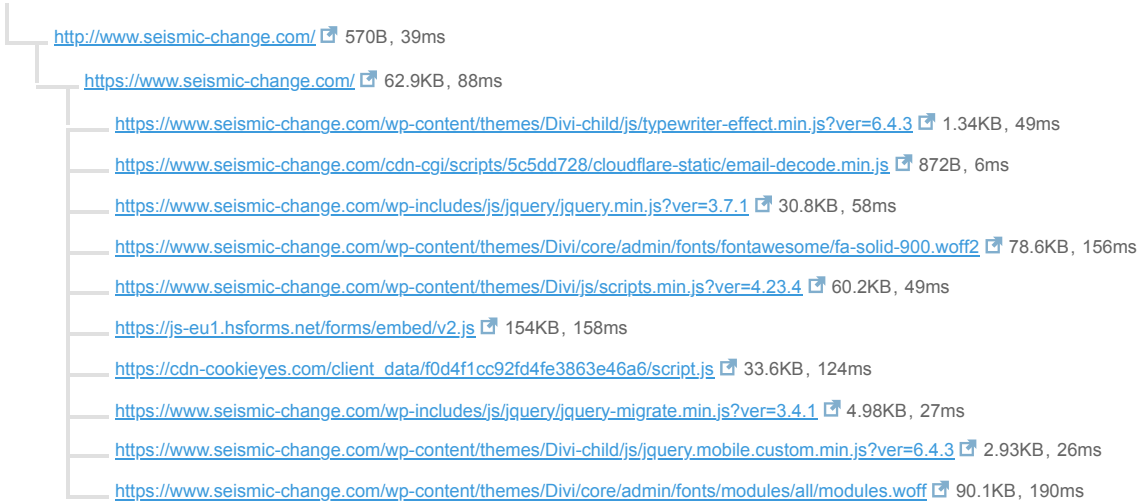
**Avoid chaining critical requests** FCP LCP

10 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: **740ms**

#### INITIAL NAVIGATION



Low

**Reduce unused JavaScript** LCP

Potential savings of 82.2KB

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

URL	TRANSFER SIZE	POTENTIAL SAVINGS
<a href="https://js-eu1.hsforms.net/forms/embed/v2.js">https://js-eu1.hsforms.net/forms/embed/v2.js</a>	154KB	43.5KB
<a href="https://www.seismic-change.com/wp-content/themes/Divi/js/scripts.min.js?ver=4.23.4">https://www.seismic-change.com/wp-content/themes/Divi/js/scripts.min.js?ver=4.23.4</a>	60.2KB	38.7KB

N/A

**Largest Contentful Paint element** LCP

1,680 ms

This is the largest contentful element painted within the viewport.



ELEMENT

Video Player

```
<div class="et_pb_section et_pb_section_1 et_pb_section_video et_pb_with_background et...">
```

PHASE	% OF LCP	TIMING
TTFB	7%	120ms
Load Delay	86%	1.4s
Load Time	1%	19ms
Render Delay	6%	97ms

N/A **Reduce initial server response time** FCP LCP Root document took 51ms

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

URL	TIME SPENT
• <a href="https://www.seismic-change.com/">https://www.seismic-change.com/</a>	51ms

N/A **Avoid serving legacy JavaScript to modern browsers** TBT Potential savings of 37.7KB

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
<a href="https://cdn-cookieyes.com/client_data/f0d4f1cc92fd4fe3863e46a6/banner.js">https://cdn-cookieyes.com/client_data/f0d4f1cc92fd4fe3863e46a6/banner.js</a> Line:0 Column:39638 Line:0 Column:39901 Line:0 Column:40066 Line:0 Column:41304 Line:0 Column:43788 Line:0 Column:44227 Line:0 Column:75699	13.9KB <code>Array.prototype.filter</code> <code>Array.prototype.find</code> <code>Array.from</code> <code>Array.prototype.map</code> <code>Object.getOwnPropertyDescriptors</code> <code>Object.keys</code> <code>@babel/plugin-transform-regenerator</code>
<a href="https://cdn-cookieyes.com/client_data/f0d4f1cc92fd4fe3863e46a6/script.js">https://cdn-cookieyes.com/client_data/f0d4f1cc92fd4fe3863e46a6/script.js</a> Line:0 Column:40849 Line:0 Column:41014 Line:0 Column:42252	13.8KB <code>Array.prototype.find</code> <code>Array.from</code> <code>Array.prototype.map</code>
<a href="https://www.seismic-change.com/wp-content/cache/min/1/wp-content/themes/Divi/includes/builder/feature/dynamic-assets/assets/js/easypiechart.js?ver=1710236957">https://www.seismic-change.com/wp-content/cache/min/1/wp-content/themes/Divi/includes/builder/feature/dynamic-assets/assets/js/easypiechart.js?ver=1710236957</a> Line:13 Column:0	9.9KB <code>Date.now</code>
<a href="https://www.seismic-change.com/wp-includes/js/mediaelement/mediaelement-and-player.min.js?ver=4.2.17">https://www.seismic-change.com/wp-includes/js/mediaelement/mediaelement-and-player.min.js?ver=4.2.17</a> Line:11 Column:12531	53B <code>@babel/plugin-transform-classes</code>

N/A

**Minimize main-thread work** TBT

Main-thread busy for 1.7s

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

CATEGORY	TIME SPENT
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Other	622ms
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Script Evaluation	574ms
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Style & Layout	285ms
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Rendering	80ms
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Script Parsing & Compilation	72ms
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Parse HTML & CSS	53ms
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Garbage Collection	5ms
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N/A

**Reduce the impact of third-party code** TBT

Third-party code blocked the main thread for 8ms

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
<b>HUBSPOT</b>	159KB	8ms
• <a href="https://js-eu1.hsforms.net/forms/embed/v2.js">https://js-eu1.hsforms.net/forms/embed/v2.js</a>	154KB	8ms
<b>CDN-COOKIEYES.COM</b>	78.9KB	0ms
• <a href="https://cdn-cookieyes.com/client_data/f0d4f1cc92fd4fe3863e46a6/script.js">https://cdn-cookieyes.com/client_data/f0d4f1cc92fd4fe3863e46a6/script.js</a>	33.6KB	0ms
• <a href="https://cdn-cookieyes.com/client_data/f0d4f1cc92fd4fe3863e46a6/banner.js">https://cdn-cookieyes.com/client_data/f0d4f1cc92fd4fe3863e46a6/banner.js</a>	32.5KB	0ms
• <a href="https://cdn-cookieyes.com/client_data/f0d4f1cc92fd4fe3863e46a6/config/MoLNPG_i.json">https://cdn-cookieyes.com/client_data/f0d4f1cc92fd4fe3863e46a6/config/MoLNPG_i.json</a>	5.65KB	0ms
• Other resources	7.20KB	0ms
<b>GOOGLE FONTS</b>	2.66KB	0ms
<b>COOKIEYES.COM</b>	305B	0ms

N/A

**User Timing marks and measures**

No user timings and/or marks found.