



Performance Report for: <http://www.adconseil.org/>

Report generated: Sun, Dec 10, 2023 1:04 AM +0100 (via API)
 Test Server Location: London, UK
 Using: Chrome 117.0.0.0, Lighthouse 11.0.0
 Analysis options: Adblock Plus

D	Performance 57%	Structure 88%	L. Contentful Paint 4.7s	T. Blocking Time 167ms	C. Layout Shift 0
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Top Issues

IMPACT	AUDIT	
Med	Avoid an excessive DOM size TBT	1,930 elements
Med	Avoid multiple page redirects FCP LCP	Potential savings of 1.6s
Med-Low	Avoid long main-thread tasks TBT	15 long tasks found
Low	Serve static assets with an efficient cache policy	Potential savings of 83.9KB
Low	Use passive listeners to improve scrolling performance	1 event listener not passive

Page Details



Total Page Size - 2.07MB



Total Page Requests - 63



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.**

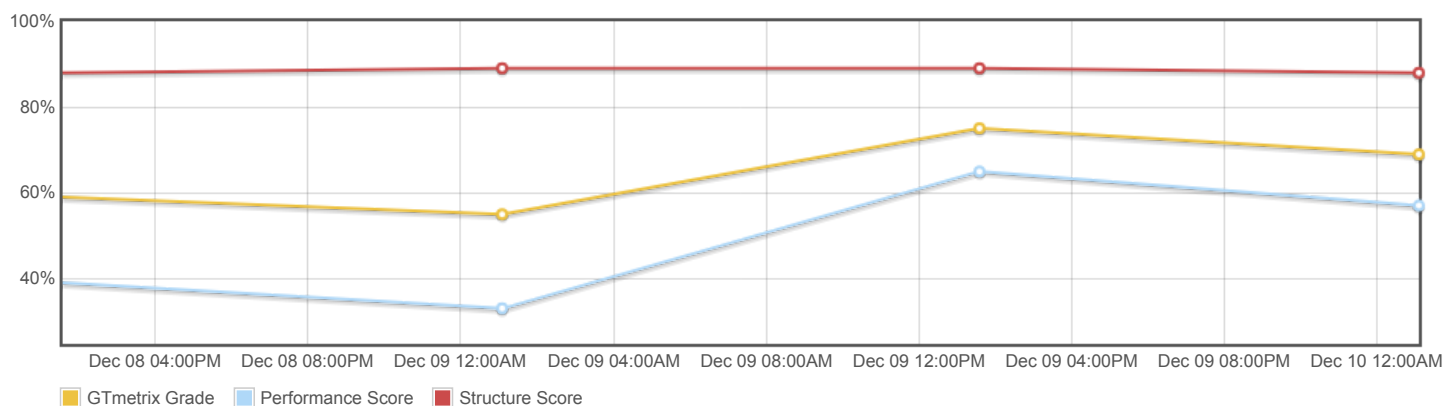
About GTmetrix

CARBON60
THE MANAGED CLOUD COMPANY

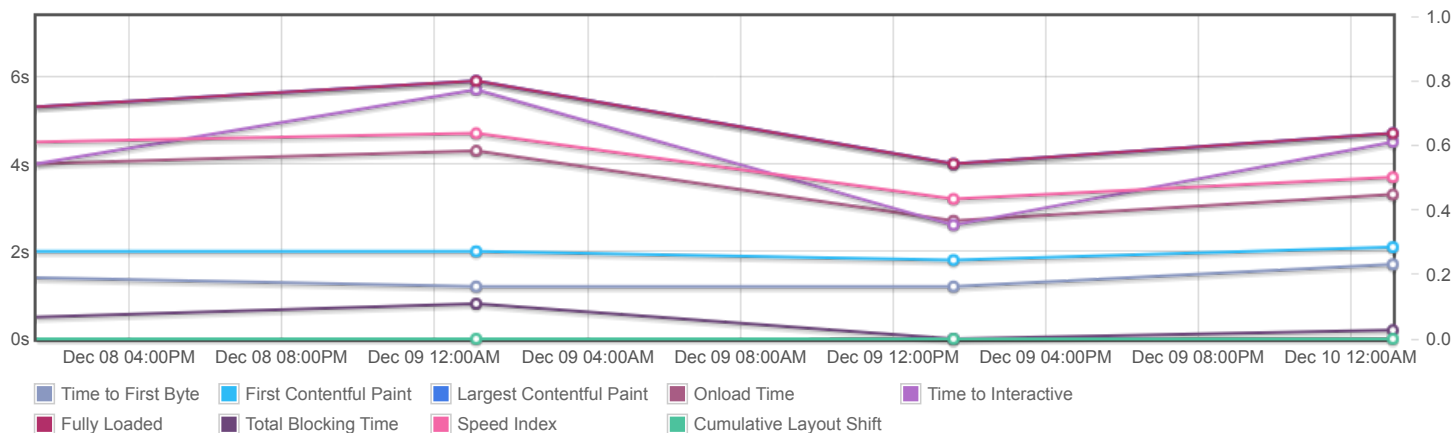
GTmetrix is developed by the good folks at **Carbon60**, a Canadian hosting company with over 27 years experience in web technology.

<https://carbon60.com/>

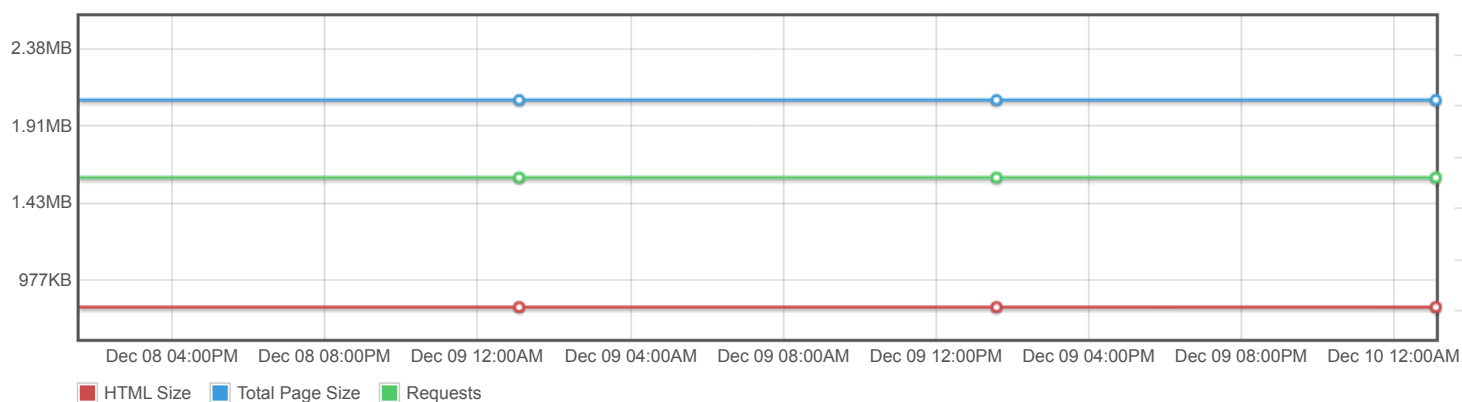
Page scores



Page metrics

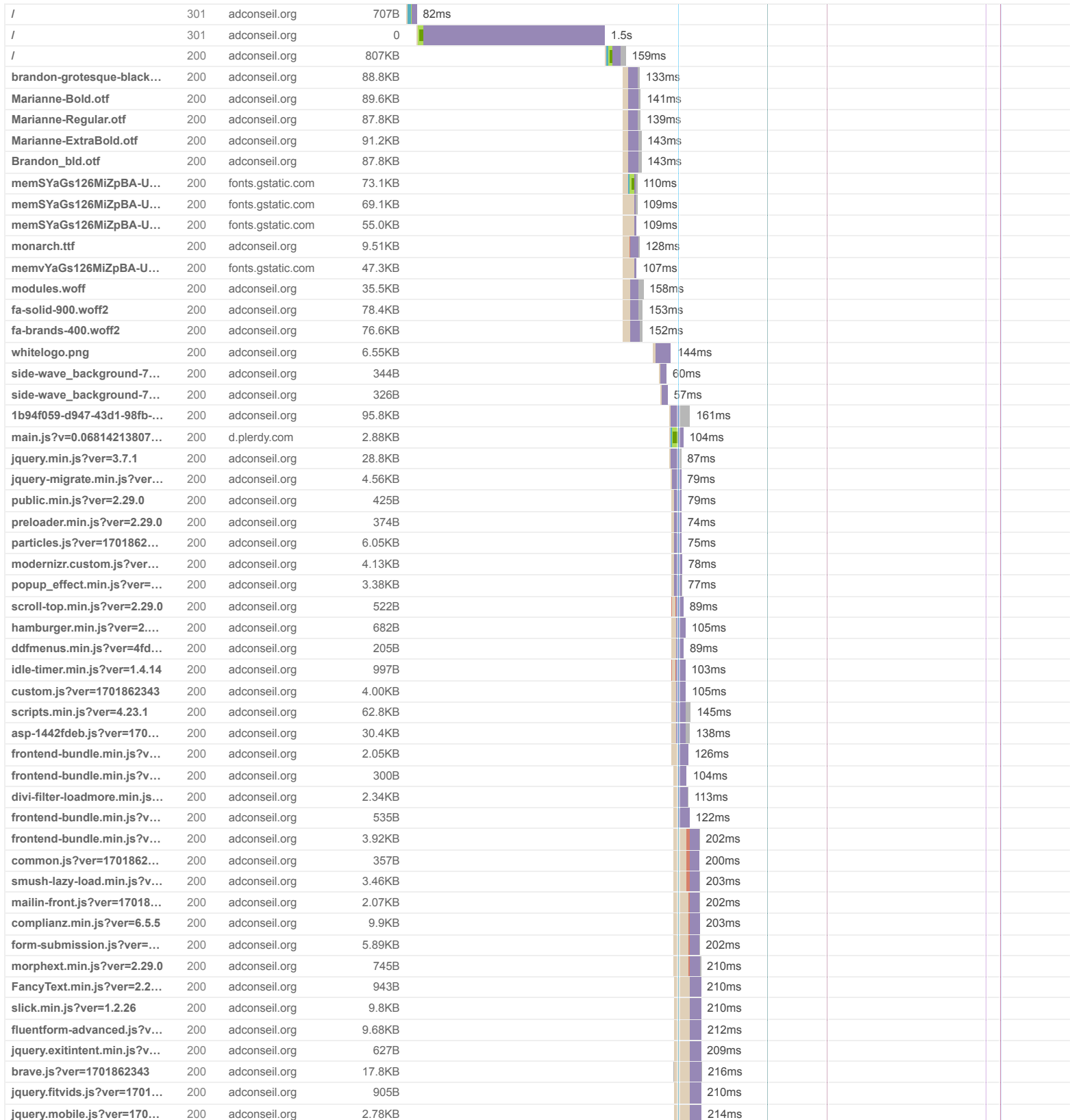


Page sizes and request counts

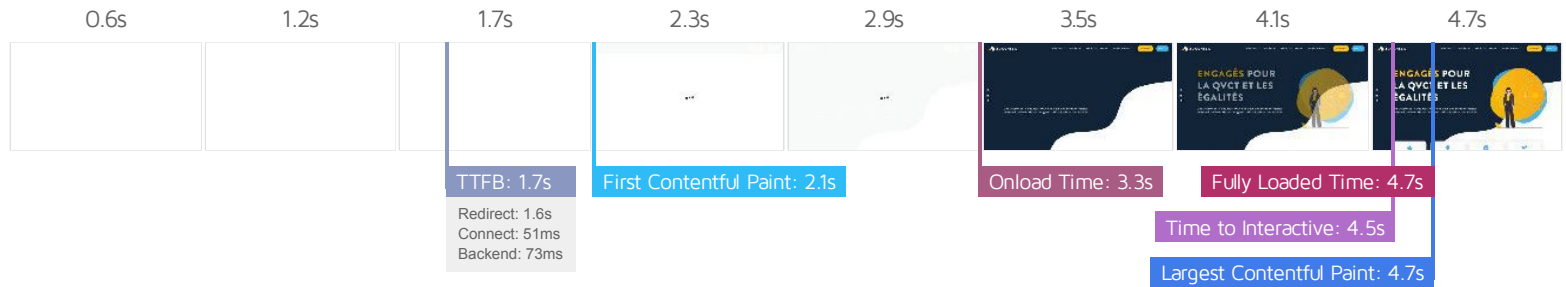


The waterfall chart displays the loading behaviour of your site in your selected browser. It can be used to discover simple issues such as 404's or more complex issues such as external resources blocking page rendering.

Santé et Qualité de vie au travail : Conseils et formations QVT



easypiechart.js?ver=1701...	200	adconseil.org	1.88KB	212ms				
sticky-elements.js?ver=1...	200	adconseil.org	55.7KB	231ms				
banner-1-optin.css?v=22...	200	adconseil.org	2.55KB		71ms			
Favicon-AD_Favicon.png	200	adconseil.org	1.69KB			76ms		
magicpattern-blob-16797...	200	adconseil.org	268B				64ms	
magicpattern-blob-16797...	200	adconseil.org	272B				66ms	
undraw_data_extraction_i...	200	adconseil.org	1.52KB				67ms	
undraw_pie_graph_re_fv...	200	adconseil.org	3.73KB					65ms
hhh.svg	200	adconseil.org	4.17KB					71ms
undraw_getting_coffee_w...	200	adconseil.org	20.6KB					100ms
63 Requests 2.07MB (3.28MB Uncompressed) Fully Loaded 4.7s (Onload 3.3s)								



Performance Metrics

First Contentful Paint How quickly content like text or images are painted onto your page. A good user experience is 0.9s or less.	Much longer than recommended 2.1s	Time to Interactive How long it takes for your page to become fully interactive. A good user experience is 2.5s or less.	Much longer than recommended 4.5s
Speed Index How quickly the contents of your page are visibly populated. A good user experience is 1.3s or less.	Much longer than recommended 3.7s	Total Blocking Time How much time is blocked by scripts during your page loading process. A good user experience is 150ms or less.	OK, but consider improvement 167ms
Largest Contentful Paint 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.	Much longer than recommended 4.7s	Cumulative Layout Shift How much your page's layout shifts as it loads. A good user experience is a score of 0.1 or less.	Good - Nothing to do here 0

Browser Timings

Redirect	1.6s	Connect	51ms	Backend	73ms
TTFB	1.7s	First Paint	2.1s	DOM Int.	2.8s
DOM Loaded	2.8s	Onload	3.3s	Fully Loaded	4.7s

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Low	Serve static assets with an efficient cache policy	Potential savings of 83.9KB
Low	Use passive listeners to improve scrolling performance	1 event listener not passive
Low	Avoid chaining critical requests FCP LCP	33 chains found
Low	Reduce JavaScript execution time TBT	810ms spent executing JavaScript
Low	Avoid enormous network payloads LCP	Total size was 1.38MB
Low	Reduce unused CSS FCP LCP	Potential savings of 57.5KB
Low	Defer offscreen images	Potential savings of 33.6KB
Low	Avoid non-composited animations CLS	72 animated elements found
Low	Minify JavaScript FCP LCP	Potential savings of 12.0KB
Low	Reduce unused JavaScript LCP	Potential savings of 92.5KB
N/A	Largest Contentful Paint element LCP	4,650 ms
N/A	Reduce initial server response time FCP LCP	Root document took 72ms
N/A	Avoid serving legacy JavaScript to modern browsers TBT	Potential savings of 30.1KB
N/A	Minimize main-thread work TBT	Main-thread busy for 2.2s
N/A	Reduce the impact of third-party code TBT	Total size was 248KB
N/A	Eliminate render-blocking resources FCP LCP	
N/A	Avoid large layout shifts CLS	
N/A	User Timing marks and measures	