



Performance



Accessibility



Best Practices



SEO



Progressive
Web App

▲ 0-49 ■ 50-89 ● 90-100



Performance

Metrics



| | | | |
|---|--------------|---|-----------------|
| <p>■ First Contentful Paint</p> <p>First Contentful Paint marks the time at which the first text or image is painted. Learn more.</p> | <p>2.2 s</p> | <p>▲ Time to Interactive</p> <p>Time to interactive is the amount of time it takes for the page to become fully interactive. Learn more.</p> | <p>14.9 s</p> |
| <p>■ Speed Index</p> <p>Speed Index shows how quickly the contents of a page are visibly populated. Learn more.</p> | <p>5.7 s</p> | <p>▲ Total Blocking Time</p> <p>Sum of all time periods between FCP and Time to Interactive, when task length exceeded 50ms, expressed in milliseconds. Learn more.</p> | <p>1,050 ms</p> |
| <p>■ Largest Contentful Paint</p> | <p>2.6 s</p> | <p>● Cumulative Layout Shift</p> | <p>0.097</p> |

Largest Contentful Paint marks the time at which the largest text or image is painted. [Learn more](#)

Cumulative Layout Shift measures the movement of visible elements within the viewport. [Learn more.](#)

Values are estimated and may vary. The [performance score is calculated](#) directly from these metrics. [See calculator.](#)

 [View Treemap](#)



Show audits relevant to: All FCP LCP TBT CLS

Opportunities — These suggestions can help your page load faster. They don't [directly affect](#) the Performance score.

Opportunity Estimated Savings




▲ **Serve images in next-gen formats** 5.85 s ^



Image formats like JPEG 2000, JPEG XR, and WebP often provide better compression than PNG or JPEG, which means faster downloads and less data consumption. [Learn more.](#)



Consider using a [plugin](#) or service that will automatically convert your uploaded images to the optimal formats.

[Show 3rd-party resources \(5\)](#)

| URL | Resource Size | Potential Savings |
|--|---------------|-------------------|
|  ...04/p5023633.jpg (afalpalma.files.wordpress.com) | 1,989.7 KiB | 716.1 KiB |
|  ...04/1-img_20180503_144927_resized_20180503_052...jpg (afalpalma.files.wordpress.com) | 307.5 KiB | 179.5 KiB |
|  ...04/foto-cruces-mayo-2021-9.jpg (afalpalma.files.wordpress.com) | 323.4 KiB | 166.5 KiB |

| URL | Resource Size | Potential Savings |
|---|---------------|-------------------|
|  ...04/foto-cruces-mayo-2021-2.jpg (afalpalma.files.wordpress.com) | 209.4 KiB | 79.2 KiB |
|  ...04/cropped-logo-afa-horizontal.jpg (afalpalma.files.wordpress.com) | 37.8 KiB | 23.8 KiB |

▲ Reduce unused JavaScript 5.81 s ^

Reduce unused JavaScript and defer loading scripts until they are required to decrease bytes consumed by network activity. [Learn more.](#) LCP



Consider reducing, or switching, the number of [WordPress plugins](#) loading unused JavaScript in your page. To identify plugins that are adding extraneous JS, try running [code coverage](#) in Chrome DevTools. You can identify the theme/plugin responsible from the URL of the script. Look out for plugins that have many scripts in the list which have a lot of red in code coverage. A plugin should only enqueue a script if it is actually used on the page.

Show 3rd-party resources (4)

| URL | Transfer Size | Potential Savings |
|--|---------------|-------------------|
| ...es_ES/base.js (www.youtube.com) | 485.4 KiB | 362.9 KiB |
| ...www-embed-player.vflset/www-embed-player.js (www.youtube.com) | 64.4 KiB | 34.1 KiB |
| /_static/?... (s0.wp.com) | 42.2 KiB | 29.4 KiB |
| /2.23.016.../ata.js (c0.pubmine.com) | 52.1 KiB | 26.2 KiB |

▲ Efficiently encode images 1.35 s ^




Optimized images load faster and consume less cellular data. [Learn more.](#)



Consider using an [image optimization WordPress plugin](#) that compresses your images while retaining quality.

Show 3rd-party resources (3)

| URL | Resource Size | Potential Savings |
|-----|---------------|-------------------|
|-----|---------------|-------------------|

| URL | Resource Size | Potential Savings |
|---|---------------|-------------------|
|  ...04/1- img_20180503_144927_resized_20180503_052....jpg (afalapalma.files.wordpress.com) | 307.5 KiB | 116.6 KiB |
|  ...04/foto-cruces-mayo-2021- 9.jpg (afalapalma.files.wordpress.com) | 323.4 KiB | 94.1 KiB |
|  ...04/foto-cruces-mayo-2021- 2.jpg (afalapalma.files.wordpress.com) | 209.4 KiB | 59.3 KiB |

▲ Eliminate render-blocking resources 1.09 s ^

Resources are blocking the first paint of your page. Consider delivering critical JS/CSS inline and deferring all non-critical JS/styles. [Learn more](#). FCP LCP



There are a number of WordPress plugins that can help you [inline critical assets](#) or [defer less important resources](#). Beware that optimizations provided by these plugins may break features of your theme or plugins, so you will likely need to make code changes.

Show 3rd-party resources (2)

| URL | Transfer Size | Potential Savings |
|---------------------------|---------------|-------------------|
| /_static/?... (s0.wp.com) | 45.2 KiB | 1,080 ms |
| /_static/?... (s0.wp.com) | 41.5 KiB | 150 ms |

▲ Reduce initial server response time 0.72 s ^

Keep the server response time for the main document short because all other requests depend on it. [Learn more](#). FCP LCP



Themes, plugins, and server specifications all contribute to server response time. Consider finding a more optimized theme, carefully selecting an optimization plugin, and/or upgrading your server.

Show 3rd-party resources (0)

| URL | Time Spent |
|------------------------|------------|
| https://afalapalma.net | 820 ms |

Reduce unused CSS

0.6 s ^

Reduce unused rules from stylesheets and defer CSS not used for above-the-fold content to decrease bytes consumed by network activity. [Learn more](#). FCP LCP



Consider reducing, or switching, the number of [WordPress plugins](#) loading unused CSS in your page. To identify plugins that are adding extraneous CSS, try running [code coverage](#) in Chrome DevTools. You can identify the theme/plugin responsible from the URL of the stylesheet. Look out for plugins that have many stylesheets in the list which have a lot of red in code coverage. A plugin should only enqueue a stylesheet if it is actually used on the page.

Show 3rd-party resources (2)

| URL | Transfer Size | Potential Savings |
|--|---------------|-------------------|
| /_static/?... (s0.wp.com) | 45.2 KiB | 43.8 KiB |
| ...11aba956/www-player.css (www.youtube.com) | 45.3 KiB | 43.6 KiB |

Diagnostics — More information about the performance of your application. These numbers don't [directly affect](#) the Performance score.

▲ Ensure text remains visible during webfont load ^

Leverage the font-display CSS feature to ensure text is user-visible while webfonts are loading. [Learn more](#). FCP LCP

Show 3rd-party resources (2)

| URL | Potential Savings |
|--|-------------------|
| ...fonts/genericons-regular-webfont.woff (s0.wp.com) | 10 ms |
| ...v18/KFOmCnqEu....woff2 (fonts.gstatic.com) | 0 ms |

▲ Reduce the impact of third-party code — Third-party code blocked the main thread for 1,480 ms ^

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. [Learn more](#). TBT

Show 3rd-party resources (0)

| Third-Party | Transfer Size | Main-Thread Blocking Time |
|---|---------------|---------------------------|
| YouTube | 631 KiB | 929 ms |
| ...es_ES/base.js (www.youtube.com) | 485 KiB | 576 ms |
| ...www-embed-player.vflset/www-embed-player.js (www.youtube.com) | 64 KiB | 354 ms |
| ...11aba956/www-player.css (www.youtube.com) | 45 KiB | 0 ms |
| Other resources | 36 KiB | 0 ms |
| WordPress | 3,114 KiB | 320 ms |
| /_static/?... (s0.wp.com) | 42 KiB | 320 ms |
| ...04/p5023633.jpg (afalalpalma.files.wordpress.com) | 1,990 KiB | 0 ms |
| ...04/foto-cruces-mayo-2021-9.jpg (afalalpalma.files.wordpress.com) | 324 KiB | 0 ms |
| ...04/1-img_20180503_144927_resized_20180503_052....jpg (afalalpalma.files.wordpress.com) | 308 KiB | 0 ms |
| ...04/foto-cruces-mayo-2021-2.jpg (afalalpalma.files.wordpress.com) | 210 KiB | 0 ms |
| Other resources | 241 KiB | 0 ms |
| WordAds | 60 KiB | 134 ms |
| /2.23.016.../ata.js (c0.pubmine.com) | 52 KiB | 134 ms |
| Other resources | 8 KiB | 0 ms |
| Skimbit | 23 KiB | 62 ms |
| /js/725X1342.skimlinks.js (s.skimresources.com) | 19 KiB | 62 ms |
| Google Analytics | 18 KiB | 21 ms |
| /ga.js (ssl.google-analytics.com) | 17 KiB | 21 ms |
| Media.net | 8 KiB | 10 ms |
| /checksync.php?cid=8CU8HDVRS&cs=13 (contextual.media.net) | 8 KiB | 10 ms |

| Third-Party | Transfer Size | Main-Thread Blocking Time |
|---|---------------|---------------------------|
| Rubicon Project | 28 KiB | 0 ms |
| /usync.js (eus.rubiconproject.com) | 19 KiB | 0 ms |
| Other resources | 9 KiB | 0 ms |
| Other Google APIs/SDKs | 14 KiB | 0 ms |
| ...th/MjCYotvJW....js (www.google.com) | 14 KiB | 0 ms |
| Gravatar | 11 KiB | 0 ms |
| /blavatar/4a8c1f7...?s=195 (secure.gravatar.com) | 7 KiB | 0 ms |
| Google Fonts | 11 KiB | 0 ms |
| ...v18/KFOmCnqEu....woff2 (fonts.gstatic.com) | 11 KiB | 0 ms |
| Pubmatic | 11 KiB | 0 ms |
| ...js/user_sync.html?gdpr=... (ads.pubmatic.com) | 6 KiB | 0 ms |
| ...js/user_sync.html? p=156204&gdpr=0&gdpr_consent= (ads.pubmatic.com) | 6 KiB | 0 ms |
| Google/DoubleClick Ads | 7 KiB | 0 ms |
| WordPress Site Stats | 5 KiB | 0 ms |
| /w.js?61 (stats.wp.com) | 4 KiB | 0 ms |
| Yahoo! | 4 KiB | 0 ms |
| Bidswitch | 4 KiB | 0 ms |
| AppNexus | 3 KiB | 0 ms |
| OpenX | 3 KiB | 0 ms |
| Adform | 1 KiB | 0 ms |
| TripleLift | 1 KiB | 0 ms |
| Adobe Tag Manager | 1 KiB | 0 ms |
| AOL / Oath / Verizon Media | 1 KiB | 0 ms |
| Media Math | 1 KiB | 0 ms |

| Third-Party | Transfer Size | Main-Thread Blocking Time |
|---------------------------------------|---------------|---------------------------|
| Quantcast | 1 KiB | 0 ms |
| The Trade Desk | 1 KiB | 0 ms |
| EMX Digital | 1 KiB | 0 ms |
| Admixer for Publishers | 1 KiB | 0 ms |
| Teads | 0 KiB | 0 ms |
| LiveRamp IdentityLink | 0 KiB | 0 ms |
| 33 Across | 0 KiB | 0 ms |

▲ Some third-party resources can be lazy loaded with a facade — 1 facade alternative available ^

Some third-party embeds can be lazy loaded. Consider replacing them with a facade until they are required. [Learn more.](#) TBT

| Product | Transfer Size | Main-Thread Blocking Time |
|--|---------------|---------------------------|
| YouTube Embedded Player (Video) | 631 KiB | 929 ms |
| ...es_ES/base.js (www.youtube.com) | 485 KiB | 576 ms |
| ...www-embed-player.vflset/www-embed-player.js (www.youtube.com) | 64 KiB | 354 ms |
| ...11aba956/www-player.css (www.youtube.com) | 45 KiB | 0 ms |
| /embed/ntiZ6KI1LTg?version=... (www.youtube.com) | 24 KiB | 0 ms |
| ...es_ES/embed.js (www.youtube.com) | 8 KiB | 0 ms |
| Other resources | 4 KiB | 0 ms |

▲ Does not use passive listeners to improve scrolling performance ^

Consider marking your touch and wheel event listeners as `passive` to improve your page's scroll performance. [Learn more.](#)

Show 3rd party resources (1)

Source

...es_ES/base.js:3953:124 (www.youtube.com)

▲ Image elements do not have explicit `width` and `height` ^

Set an explicit width and height on image elements to reduce layout shifts and improve CLS. [Learn more](#) `CLS`

Show 3rd-party resources (4)

URL

Failing Elements



...04/foto-cruces-mayo-2021-9.jpg (afalalpalma.files.wordpress.com)



img

```
<img data-attachment-id="2314" data-permalink="https://afalalpalma.net/foto-cruces-mayo-2021-9/" data-orig-file="https://afalalpalma.files.wordpress.com/2021/04/foto-cruces-mayo-2021-9.jpg" data-orig-size="720,885" data-comments-opened="1" data-image-meta="{&quot;aperture&quot;:&quot;0&quot;,&quot;ot;credit&quot;:&quot;Picasa&quot;,&quot;t;camera&quot;:&quot;&quot;,&quot;caption&quot;:&quot;&quot;,&quot;created_timest..." data-image-title="foto-cruces-mayo-2021-9" data-image-description="" data-medium-file="https://afalalpalma.files.wordpress.com/2021/04/foto-cruces-mayo-2021-9.jpg..." data-large-file="https://afalalpalma.files.wordpress.com/2021/04/foto-cruces-mayo-2021-9.jpg..." ...>
```


URL

Failing Elements

| | | |
|---|---|---|
|  | <p>...04/foto-cruces-mayo-2021-2.jpg (afalapalma.files.wordpress.com)</p> | <p>img <code></code></p> |
|  | <p>...04/cropped-logo-afa-horizontal.jpg (afalapalma.files.wordpress.com)</p> | <p>img <code></code></p> |
|  | <p>/g.gif?blog=... (pixel.wp.com)</p> | <p>:) <code></code></p> |

▲ Serve static assets with an efficient cache policy — 23 resources found ^

A long cache lifetime can speed up repeat visits to your page. [Learn more.](#)

 Read about [Browser Caching in WordPress.](#)

Show 3rd-party resources (23)

| URL | Cache TTL | Transfer Size |
|-----|-----------|---------------|
|-----|-----------|---------------|

| URL | Cache TTL | Transfer Size |
|--|----------------------|---------------|
| /px.gif?ch=1&rn=0.152... (p.skimresources.com) | None | 0 KiB |
| /px.gif?ch=2&rn=0.152... (p.skimresources.com) | None | 0 KiB |
| ...v2/robots.txt?__skimjs_preflight__please_ignore__=... (t.skimresources.com) | None | 0 KiB |
| /AdServer/PugMaster?sec=... (image6.pubmatic.com) | None | 0 KiB |
| /blavatar/4a8c1f7...?s=195 (secure.gravatar.com) | 5 m | 7 KiB |
| /blavatar/4a8c1f7...?s=... (secure.gravatar.com) | 5 m | 2 KiB |
| /blavatar/4a8c1f7...?s=40 (secure.gravatar.com) | 5 m | 2 KiB |
| /instream/ad_status.js (static.doubleclick.net) | 15 m | 1 KiB |
| /js/725X1342.skimlinks.js (s.skimresources.com) | 1 h | 19 KiB |
| /ga.js (ssl.google-analytics.com) | 2 h | 17 KiB |
| | 6 h | |
| /usync.js (eus.rubiconproject.com) | 19 m 33 s | 9 KiB |
| | 6 h | |
| /usync.js (eus.rubiconproject.com) | 20 m 14 s | 9 KiB |
| | 18 d | |
| ...04/cropped-logo-afa-horizontal.jpg (afalpalma.files.wordpress.com) | 14 h 17 m 40 s | 38 KiB |
| | 20 d | |
| ...06/ensalada-....jpg?resize=40%2C40 (afalpalma.files.wordpress.com) | 17 h 24 m 58 s | 2 KiB |
| | 26 d 3 h | |
| ...04/foto-cruces-mayo-2021-2.jpg (afalpalma.files.wordpress.com) | 12 m 26 s | 210 KiB |

| URL | Cache TTL | Transfer Size |
|---|------------------------------|---------------|
| ...04/p5023633.jpg (afalalpalma.files.wordpress.com) | 26 d 13 h 1 m 26 s | 1,990 KiB |
| ...04/foto-cruces-mayo-2021-9.jpg (afalalpalma.files.wordpress.com) | 30 d 19 h 41 m 40 s | 324 KiB |
| ...07/logo-alzh....jpg?resize=40%2C40 (afalalpalma.files.wordpress.com) | 31 d 14 h 3 m 39 s | 2 KiB |
| ...06/sec3b1ora....jpg?resize=40%2C40 (afalalpalma.files.wordpress.com) | 31 d 19 h 6 m 25 s | 1 KiB |
| ...02/talonario....jpg?resize=40%2C40 (afalalpalma.files.wordpress.com) | 32 d 11 h 52 m 46 s | 1 KiB |
| ...04/abuelos-y-nieto.jpg?resize=40%2C40 (afalalpalma.files.wordpress.com) | 36 d 3 h 48 m 26 s | 5 KiB |
| ...04/1-img_20180503_144927_resized_20180503_052....jpg (afalalpalma.files.wordpress.com) | 37 d 5 h 45 m 14 s | 308 KiB |
| ...04/fotos-cruces-5-abril-2021.jpg (afalalpalma.files.wordpress.com) | 37 d 14 h 10 m 3 s | 76 KiB |

▲ Minimize main-thread work — 5.0 s



Consider reducing the time spent parsing, compiling and executing JS. You may find delivering smaller JS payloads helps with this. [Learn more](#) TBT

| Category | Time Spent |
|------------------------------|------------|
| Script Evaluation | 2,439 ms |
| Other | 862 ms |
| Rendering | 521 ms |
| Style & Layout | 434 ms |
| Script Parsing & Compilation | 328 ms |
| Garbage Collection | 247 ms |
| Parse HTML & CSS | 176 ms |

■ Avoid enormous network payloads — Total size was 3,991 KiB ^

Large network payloads cost users real money and are highly correlated with long load times. [Learn more](#). LCP



Consider showing excerpts in your post lists (e.g. via the more tag), reducing the number of posts shown on a given page, breaking your long posts into multiple pages, or using a plugin to lazy-load comments.

Show 3rd-party resources (10)

| URL | Transfer Size |
|--|---------------|
| ...04/p5023633.jpg (afalapalma.files.wordpress.com) | 1,990.1 KiB |
| ...es_ES/base.js (www.youtube.com) | 485.4 KiB |
| ...04/foto-cruces-mayo-2021-9.jpg (afalapalma.files.wordpress.com) | 323.8 KiB |
| ...04/1- img_20180503_144927_resized_20180503_052....jpg (afalapalma.files .wordpress.com) | 308.0 KiB |
| ...04/foto-cruces-mayo-2021-2.jpg (afalapalma.files.wordpress.com) | 209.8 KiB |
| ...04/fotos-cruces-5-abril-2021.jpg (afalapalma.files.wordpress.com) | 75.7 KiB |
| ...www-embed-player.vflset/www-embed-player.js (www.youtube.com) | 64.4 KiB |
| /2.23.016.../ata.js (c0.pubmine.com) | 52.1 KiB |
| ...11aba956/www-player.css (www.youtube.com) | 45.3 KiB |

| URL | Transfer Size |
|---------------------------|---------------|
| /_static/?... (s0.wp.com) | 45.2 KiB |

■ Reduce JavaScript execution time — 2.6 s ^

Consider reducing the time spent parsing, compiling, and executing JS. You may find delivering smaller JS payloads helps with this. [Learn more](#). TBT

Show 3rd-party resources (11)

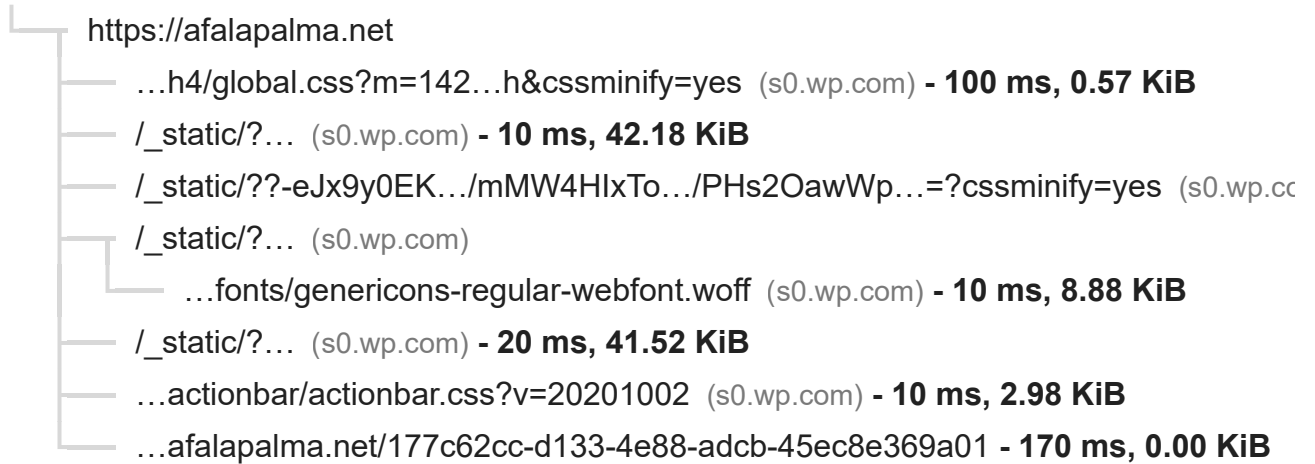
| URL | Total CPU Time | Script Evaluation | Script Parse |
|--|----------------|-------------------|--------------|
| ...es_ES/base.js (www.youtube.com) | 862 ms | 646 ms | 145 ms |
| https://afalapalma.net | 717 ms | 245 ms | 22 ms |
| Unattributable | 577 ms | 15 ms | 1 ms |
| /_static/?... (s0.wp.com) | 560 ms | 80 ms | 9 ms |
| ...www-embed-player.vflset/www-embed-player.js (www.youtube.com) | 491 ms | 452 ms | 16 ms |
| /js/725X1342.skimlinks.js (s.skimresources.com) | 425 ms | 225 ms | 8 ms |
| /2.23.016.../ata.js (c0.pubmine.com) | 312 ms | 245 ms | 13 ms |
| /embed/ntiZ6KI1LTg?version=... (www.youtube.com) | 149 ms | 67 ms | 11 ms |
| /_static/?... (s0.wp.com) | 123 ms | 87 ms | 11 ms |
| /ga.js (ssl.google-analytics.com) | 94 ms | 74 ms | 4 ms |
| /checksync.php?cid=8CU8HDVRS&cs=13 (contextual.media.net) | 94 ms | 65 ms | 11 ms |
| /usync.js (eus.rubiconproject.com) | 91 ms | 78 ms | 7 ms |
| ...js/user_sync.html?gdpr=... (ads.pubmatic.com) | 54 ms | 27 ms | 9 ms |

● Avoid chaining critical requests — 7 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. [Learn more.](#) FCP LCP

Maximum critical path latency: **2,340 ms**

Initial Navigation



● User Timing marks and measures — 3 user timings ^

Consider instrumenting your app with the User Timing API to measure your app's real-world performance during key user experiences. [Learn more.](#)

| Name | Type | Start Time | Duration |
|-----------|------|-------------|----------|
| mark_pe | Mark | 1,493.16 ms | |
| mark_fs | Mark | 1,603.63 ms | |
| mark_qoes | Mark | 1,615.44 ms | |

● Keep request counts low and transfer sizes small — 129 requests • 3,991 KiB ^

To set budgets for the quantity and size of page resources, add a budget.json file. [Learn more.](#)

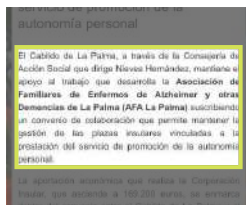
| Resource Type | Requests | Transfer Size |
|---------------|----------|---------------|
| Total | 129 | 3,990.6 KiB |
| Image | 46 | 2,983.0 KiB |
| Script | 19 | 783.4 KiB |
| Stylesheet | 5 | 98.5 KiB |

| Resource Type | Requests | Transfer Size |
|---------------|----------|---------------|
| Document | 14 | 74.3 KiB |
| Other | 43 | 31.3 KiB |
| Font | 2 | 20.1 KiB |
| Media | 0 | 0.0 KiB |
| Third-party | 128 | 3,964.5 KiB |

● Largest Contentful Paint element — 1 element found ^

This is the largest contentful element painted within the viewport. [Learn More](#) LCP

Element



El Cabildo de La Palma, a través de la Consejería de Acción Social que dirige N...

```
<p class="has-text-align-justify" data-adtags-visited="true">
```

● Avoid large layout shifts — 1 element found ^

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

Element

CLS
Contribution



Cabildo destina 169.200 euros a AFA La Palma para la gestión del servicio de pr...

```
<div id="page" class="hfeed">
```

0.097

● Avoid long main-thread tasks — 13 long tasks found ^

Lists the longest tasks on the main thread, useful for identifying worst contributors to input delay. [Learn more](#) TBT

Show 3rd-party resources (12)

URL

Start Time Duration

...es_ES/base.js (www.youtube.com)

16,729 ms 481 ms

| URL | Start Time | Duration |
|--|------------|----------|
| ...es_ES/base.js (www.youtube.com) | 15,210 ms | 374 ms |
| /_static/?... (s0.wp.com) | 4,234 ms | 290 ms |
| /js/725X1342.skimlinks.js (s.skimresources.com) | 11,391 ms | 220 ms |
| ...www-embed-player.vflset/www-embed-player.js (www.youtube.com) | 15,584 ms | 214 ms |
| https://afalapalma.net | 930 ms | 171 ms |
| /2.23.016.../ata.js (c0.pubmine.com) | 6,775 ms | 125 ms |
| /_static/?... (s0.wp.com) | 5,610 ms | 87 ms |
| /checksync.php?cid=8CU8HDVRS&cs=13 (contextual.media.net) | 8,005 ms | 72 ms |
| /_static/?... (s0.wp.com) | 4,165 ms | 69 ms |
| /js/725X1342.skimlinks.js (s.skimresources.com) | 11,275 ms | 65 ms |
| ...www-embed-player.vflset/www-embed-player.js (www.youtube.com) | 5,010 ms | 57 ms |
| /_static/?... (s0.wp.com) | 4,110 ms | 55 ms |

Passed audits (15) ^

● Properly size images ^

Serve images that are appropriately-sized to save cellular data and improve load time. [Learn more](#).



Upload images directly through the [media library](#) to ensure that the required image sizes are available, and then insert them from the media library or use the image widget to ensure the optimal image sizes are used (including those for the responsive breakpoints). Avoid using `Full Size` images unless the dimensions are adequate for their usage. [Learn More](#).



● Defer offscreen images — Potential savings of 1,571 KiB ^

Consider lazy-loading offscreen and hidden images after all critical resources have finished loading to lower time to interactive. [Learn more](#).



Install a [lazy-load WordPress plugin](#) that provides the ability to defer any offscreen images, or switch to a theme that provides that functionality. Also consider using [the AMP plugin](#).

Show 3rd-party resources (2)

| URL | Resource Size | Potential Savings |
|--|---------------|-------------------|
|  ...04/p5023633.jpg (afalalpalma.files.wordpress.com) | 1,989.7 KiB | 1,563.9 KiB |
|  /blavatar/4a8c1f7...?s=195 (secure.gravatar.com) | 7.0 KiB | 7.0 KiB |

● Minify CSS ^

Minifying CSS files can reduce network payload sizes. [Learn more](#). FCP LCP



A number of [WordPress plugins](#) can speed up your site by concatenating, minifying, and compressing your styles. You may also want to use a build process to do this minification up-front if possible.

● Minify JavaScript — Potential savings of 20 KiB ^

Minifying JavaScript files can reduce payload sizes and script parse time. [Learn more](#). FCP LCP



A number of [WordPress plugins](#) can speed up your site by concatenating, minifying, and compressing your scripts. You may also want to use a build process to do this minification up front if possible.

Show 3rd-party resources (2)

| URL | Transfer Size | Potential Savings |
|---------------------------|---------------|-------------------|
| /_static/?... (s0.wp.com) | 42.2 KiB | 13.8 KiB |
| /_static/?... (s0.wp.com) | 41.5 KiB | 5.8 KiB |

● Enable text compression ^

Text-based resources should be served with compression (gzip, deflate or brotli) to minimize total network bytes. [Learn more](#). FCP LCP



You can enable text compression in your web server configuration.

● Preconnect to required origins ^

Consider adding `preconnect` or `dns-prefetch` resource hints to establish early connections to important third-party origins. [Learn more](#). FCP LCP

● Avoid multiple page redirects ^

Redirects introduce additional delays before the page can be loaded. [Learn more](#). FCP LCP

● Preload key requests ^

Consider using `` to prioritize fetching resources that are currently requested later in page load. [Learn more](#). FCP LCP

● Use video formats for animated content ^

Large GIFs are inefficient for delivering animated content. Consider using MPEG4/WebM videos for animations and PNG/WebP for static images instead of GIF to save network bytes. [Learn more](#) LCP



Consider uploading your GIF to a service which will make it available to embed as an HTML5 video.

● Remove duplicate modules in JavaScript bundles ^

Remove large, duplicate JavaScript modules from bundles to reduce unnecessary bytes consumed by network activity. TBT

● Avoid serving legacy JavaScript to modern browsers — Potential savings of 11 KiB ^

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. [Learn More](#) TBT

URL

Potential Savings

● Preload Largest Contentful Paint image ^

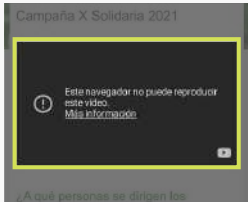
Preload the image used by the LCP element in order to improve your LCP time.

[Learn more.](#) LCP

● Avoids an excessive DOM size — 642 elements ^

A large DOM will increase memory usage, cause longer [style calculations](#), and produce costly [layout reflows](#). [Learn more.](#) TBT

| Statistic | Element | Value |
|--------------------|---------|-------|
| Total DOM Elements | | 642 |

| | | |
|-------------------|---|----|
| Maximum DOM Depth |  <p>iframe</p> <pre><iframe class="youtube-player" src="https://www.youtube.com/embed/ntiZ6K11LTg? version=3&rel=1&showsearch=0&sho ..." allowfullscreen="true" style="border: 0px; display: block; margin: 0px; width: 326.406px; height: 183.88..." sandbox="allow-scripts allow-same-origin allow-popups allow- presentation" data-ratio="0.5633561643835616" data-width="584" data-height="329"></pre> | 13 |
|-------------------|---|----|

| | | |
|------------------------|--|----|
| Maximum Child Elements | <p>Elegir mes junio 2021 mayo 2021 abril 2021 febrero 2021 enero 2021 noviembre 20...</p> <pre><select id="archives-dropdown-3" name="archive-dropdown"></pre> | 78 |
|------------------------|--|----|

● Avoids `document.write()` ^

For users on slow connections, external scripts dynamically injected via `document.write()` can delay page load by tens of seconds. [Learn more.](#)

● Avoid non-composited animations ^

Animations which are not composited can be janky and increase CLS. [Learn more](#)

CLS



Accessibility

These checks highlight opportunities to [improve the accessibility of your web app](#). Only a subset of accessibility issues can be automatically detected so manual testing is also encouraged.

Contrast — These are opportunities to improve the legibility of your content.

- ▲ Background and foreground colors do not have a sufficient contrast ratio. ^

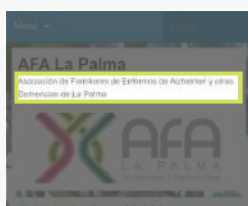
Low-contrast text is difficult or impossible for many users to read. [Learn more](#).

Failing Elements



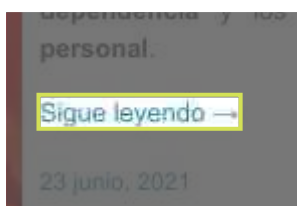
input

```
<input type="text" class="field" name="s" id="s" placeholder="Buscar">
```



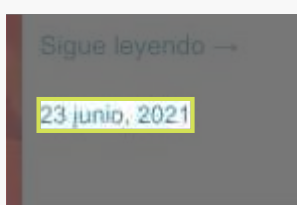
Asociación de Familiares de Enfermos de Alzheimer y otras Demencias de La Palma

```
<h2 id="site-description">
```



Sigue leyendo →

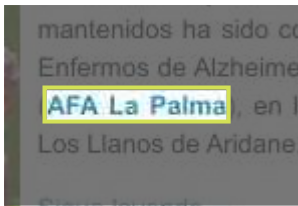
```
<a href="https://afalapalma.net/2021/06/23/cabildo-destina-169-200-euros-afa-la-pal..." class="more-link">
```



23 junio, 2021

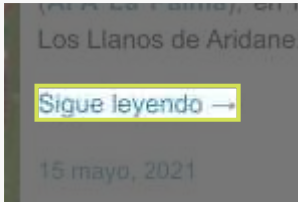
```
<time datetime="2021-06-23T19:56:59+00:00" pubdate="">
```

Failing Elements



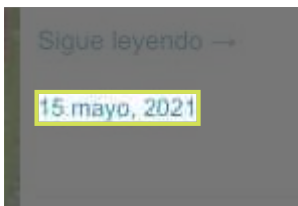
AFA La Palma

```
<a href="https://afalapalma.net/" target="_blank" rel="noreferrer noopener">
```



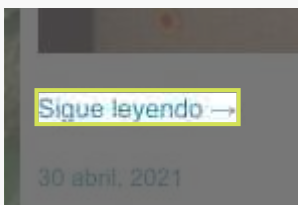
Sigue leyendo →

```
<a href="https://afalapalma.net/2021/05/15/consejera-accion-social-visita-afa-la-pa..." class="more-link">
```



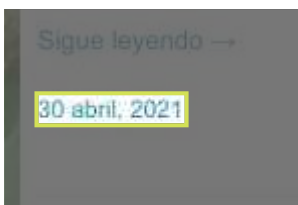
15 mayo, 2021

```
<time datetime="2021-05-15T19:21:06+00:00" pubdate="">
```



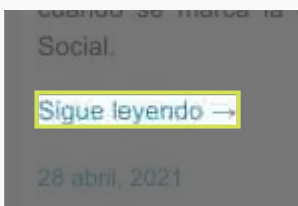
Sigue leyendo →

```
<a href="https://afalapalma.net/2021/04/30/finalizada-la-cruz-de-nuestro-centro/#mo..." class="more-link">
```



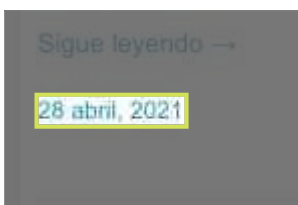
30 abril, 2021

```
<time datetime="2021-04-30T19:21:11+00:00" pubdate="">
```



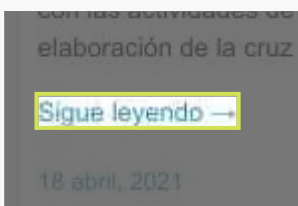
Sigue leyendo →

```
<a href="https://afalapalma.net/2021/04/28/campana-x-solidaria-2021/#more-2306" class="more-link">
```



28 abril, 2021

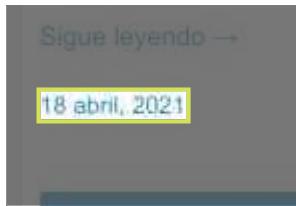
```
<time datetime="2021-04-28T17:37:36+00:00" pubdate="">
```



Sigue leyendo →

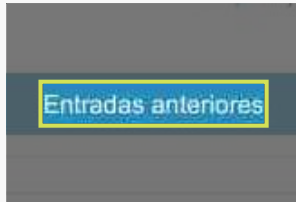
```
<a href="https://afalapalma.net/2021/04/18/afa-la-palma-y-la-tradicion-de-las-cruce..." class="more-link">
```

Failing Elements



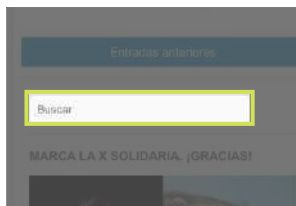
18 abril, 2021

```
<time datetime="2021-04-18T12:15:25+00:00" pubdate="">
```



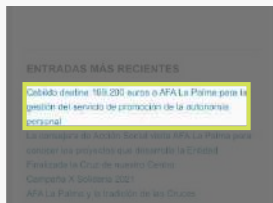
Entradas anteriores

```
<button>
```



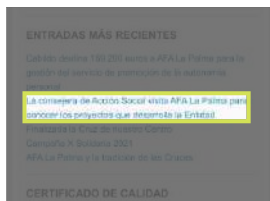
input

```
<input type="text" class="field" name="s" id="s" placeholder="Buscar">
```



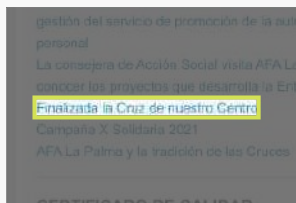
Cabildo destina 169.200 euros a AFA La Palma para la gestión del servicio de pr...

```
<a href="https://afalapalma.net/2021/06/23/cabildo-destina-169-200-euros-afa-la-pal...">
```



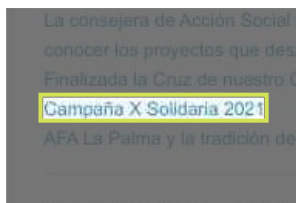
La consejera de Acción Social visita AFA La Palma para conocer los proyectos qu...

```
<a href="https://afalapalma.net/2021/05/15/consejera-accion-social-visita-afa-la-pa...">
```



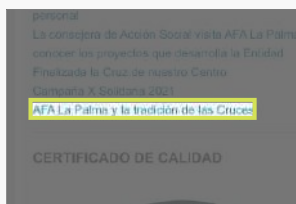
Finalizada la Cruz de nuestro Centro

```
<a href="https://afalapalma.net/2021/04/30/finalizada-la-cruz-de-nuestro-centro/">
```



Campaña X Solidaria 2021

```
<a href="https://afalapalma.net/2021/04/28/campana-x-solidaria-2021/">
```



AFA La Palma y la tradición de las Cruces

```
<a href="https://afalapalma.net/2021/04/18/afa-la-palma-y-la-tradicion-de-las-cruce...">
```

Failing Elements

8 ALIMENTOS PARA PROTEGER TU CEREBRO

Portal de transparencia

LA IMPORTANCIA DE VISITAR A UNA PERSONA CON ALZHEIMER

PETICIÓN PARA RECONOCER LA DEMENCIA COMO PRIORIDAD DE SALUD PÚBLICA

5 MITOS Y REALIDADES SOBRE EL ALZHEIMER

RIFA SOLIDARIA, A BENEFICIO DE AFA LA PALMA

Breña Baja

Cabildo de La Palma

Campañas Benéficas

CEAFA

Consejos

Failing Elements

Convenios

```
<a href="https://afalapalma.net/tag/convenios-2/" class="tag-cloud-link tag-link-35325809 tag-link-position-8" style="font-size: 13.568181818182pt;" aria-label="Convenios (26 elementos)">
```

Cuidadores

```
<a href="https://afalapalma.net/tag/cuidadores-2/" class="tag-cloud-link tag-link-52836349 tag-link-position-9" style="font-size: 8.4772727272727pt;" aria-label="Cuidadores (12 elementos)">
```

Demencias

```
<a href="https://afalapalma.net/tag/demencias/" class="tag-cloud-link tag-link-149719 tag-link-position-10" style="font-size: 16.75pt;" aria-label="Demencias (42 elementos)">
```

Día Mundial del Alzheimer

```
<a href="https://afalapalma.net/tag/dia-mundial-del-alzheimer/" class="tag-cloud-link tag-link-11263276 tag-link-position-11" style="font-size: 14.840909090909pt;" aria-label="Día Mundial del Alzheimer (31 elementos)">
```

Empresas Comprometidas Alzheimer

```
<a href="https://afalapalma.net/tag/empresas-comprometidas-alzheimer/" class="tag-cloud-link tag-link-430900562 tag-link-position-12" style="font-size: 9.5909090909091pt;" aria-label="Empresas Comprometidas Alzheimer (14 elementos)">
```

La Palma

```
<a href="https://afalapalma.net/tag/la-palma/" class="tag-cloud-link tag-link-269325 tag-link-position-13" style="font-size: 13.568181818182pt;" aria-label="La Palma (26 elementos)">
```

Los Llanos de Aridane

```
<a href="https://afalapalma.net/tag/los-llanos-de-aridane/" class="tag-cloud-link tag-link-20994200 tag-link-position-14" style="font-size: 8.4772727272727pt;" aria-label="Los Llanos de Aridane (12 elementos)">
```

Luchada Alzheimer La Palma

```
<a href="https://afalapalma.net/tag/luchada-alzheimer-la-palma/" class="tag-cloud-link tag-link-538697431 tag-link-position-15" style="font-size: 8pt;" aria-label="Luchada Alzheimer La Palma (11 elementos)">
```

Mayores

```
<a href="https://afalapalma.net/tag/mayores/" class="tag-cloud-link tag-link-265841 tag-link-position-16" style="font-size: 8pt;" aria-label="Mayores (11 elementos)">
```

Failing Elements

Prevención

```
<a href="https://afalapalma.net/tag/prevencion/" class="tag-cloud-link tag-link-60337 tag-link-position-17" style="font-size: 14.840909090909pt;" aria-label="Prevención (31 elementos)">
```

SCE

```
<a href="https://afalapalma.net/tag/sce/" class="tag-cloud-link tag-link-887613 tag-link-position-18" style="font-size: 8.4772727272727pt;" aria-label="SCE (12 elementos)">
```

Terapias

```
<a href="https://afalapalma.net/tag/terapias/" class="tag-cloud-link tag-link-74541 tag-link-position-19" style="font-size: 9.1136363636364pt;" aria-label="Terapias (13 elementos)">
```

X Solidaria

```
<a href="https://afalapalma.net/tag/x-solidaria/" class="tag-cloud-link tag-link-35572795 tag-link-position-20" style="font-size: 8.4772727272727pt;" aria-label="X Solidaria (12 elementos)">
```

RSS - Entradas

```
<a href="https://afalapalma.net/feed/">
```

RSS - Comentarios

```
<a href="https://afalapalma.net/comments/feed/">
```

Ver sitio web completo

```
<a href="https://afalapalma.net/?ak_action=reject_mobile">
```

Crea un blog o un sitio web gratuitos con WordPress.com.

```
<a href="https://wordpress.com/?ref=footer_website" rel="nofollow">
```

No vendas mi información personal

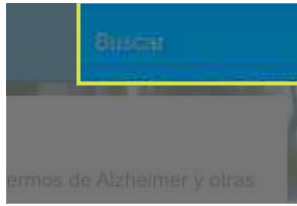
```
<a href="https://wordpress.com/es/advertising-program-optout" class="do-not-sell-link" rel="nofollow" style="margin-left: 0.5em;">
```

ARIA — These are opportunities to improve the usage of ARIA in your application which may enhance the experience for users of assistive technology, like a screen reader.

▲ ARIA IDs are not unique ^

The value of an ARIA ID must be unique to prevent other instances from being overlooked by assistive technologies. [Learn more](#).

Failing Elements



input

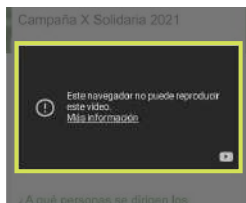
```
<input type="text" class="field" name="s" id="s"
placeholder="Buscar">
```

Names and labels — These are opportunities to improve the semantics of the controls in your application. This may enhance the experience for users of assistive technology, like a screen reader.

▲ `<frame>` or `<iframe>` elements do not have a title

Screen reader users rely on frame titles to describe the contents of frames. [Learn more](#).

Failing Elements



iframe

```
<iframe class="youtube-player"
src="https://www.youtube.com/embed/ntiZ6K11LTg?
version=3&rel=1&showsearch=0&sho..."
allowfullscreen="true" style="border: 0px; display: block;
margin: 0px; width: 326.406px; height: 183.88..." sandbox="allow-scripts allow-
same-origin allow-popups allow-presentation" data-ratio="0.5633561643835616"
data-width="584" data-height="329">
```

▲ Links do not have a discernible name

Link text (and alternate text for images, when used as links) that is discernible, unique, and focusable improves the navigation experience for screen reader users. [Learn more](#).

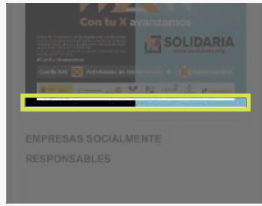
Failing Elements



img

```
<a href="https://afalpalma.net/">
```

Failing Elements



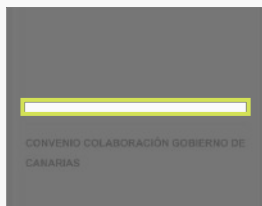
img

<https://afalpalma.net/2020/05/11/un-millon-razones-marcar-x-solidaria-dec...>



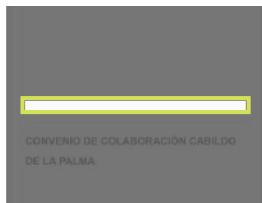
img

<https://afalpalma.files.wordpress.com/2021/06/certificado-iso-9001-2015.-...>



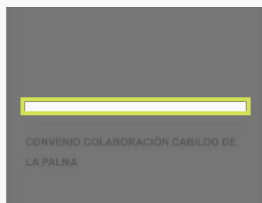
img

<https://afalpalma.net/acerca-de/proyectos-vigentes/>



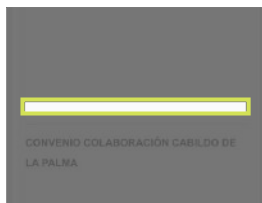
img

<https://afalpalma.net/acerca-de/proyectos-vigentes/>



img

<https://afalpalma.net/acerca-de/proyectos-vigentes/>



img

<https://afalpalma.net/tag/cabildo-de-la-palma/>

img

<https://www.fundaciondisa.org/>

img

<https://afalpalma.net/2015/12/04/la-caixa-gobierno-de-canarias-y-fundacio...>

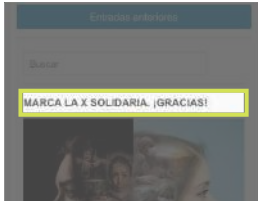
img

<https://afalpalma.net/2020/09/03/dia-mundial-del-alzheimer-2020/>

▲ Heading elements are not in a sequentially-descending order ^

Properly ordered headings that do not skip levels convey the semantic structure of the page, making it easier to navigate and understand when using assistive technologies. [Learn more.](#)

Failing Elements



MARCA LA X SOLIDARIA. ¡GRACIAS!

`<h3 class="widget-title">`

Additional items to manually check (10) — These items address areas which an automated testing tool cannot cover. Learn more in our guide on [conducting an accessibility review.](#) ^

● The page has a logical tab order ^

Tabbing through the page follows the visual layout. Users cannot focus elements that are offscreen. [Learn more.](#)

● Interactive controls are keyboard focusable ^

Custom interactive controls are keyboard focusable and display a focus indicator. [Learn more.](#)

● Interactive elements indicate their purpose and state ^

Interactive elements, such as links and buttons, should indicate their state and be distinguishable from non-interactive elements. [Learn more.](#)

● The user's focus is directed to new content added to the page ^

If new content, such as a dialog, is added to the page, the user's focus is directed to it. [Learn more.](#)

● User focus is not accidentally trapped in a region ^

A user can tab into and out of any control or region without accidentally trapping their focus. [Learn more.](#)

● Custom controls have associated labels ^

Custom interactive controls have associated labels, provided by `aria-label` or `aria-labelledby`. [Learn more](#).

● Custom controls have ARIA roles ^

Custom interactive controls have appropriate ARIA roles. [Learn more](#).

● Visual order on the page follows DOM order ^

DOM order matches the visual order, improving navigation for assistive technology. [Learn more](#).

● Offscreen content is hidden from assistive technology ^

Offscreen content is hidden with `display: none` or `aria-hidden=true`. [Learn more](#).

● HTML5 landmark elements are used to improve navigation ^

Landmark elements (`<main>`, `<nav>`, etc.) are used to improve the keyboard navigation of the page for assistive technology. [Learn more](#).

Passed audits (16) ^

● `[aria-*]` attributes match their roles ^

Each ARIA `role` supports a specific subset of `aria-*` attributes. Mismatching these invalidates the `aria-*` attributes. [Learn more](#).

● `[aria-hidden="true"]` is not present on the document `<body>` ^

Assistive technologies, like screen readers, work inconsistently when `aria-hidden="true"` is set on the document `<body>`. [Learn more](#).

● `[role]`s have all required `[aria-*]` attributes ^

Some ARIA roles have required attributes that describe the state of the element to screen readers. [Learn more](#).

● `[role]` values are valid ^

ARIA roles must have valid values in order to perform their intended accessibility functions. [Learn more](#).

● [aria-*] attributes have valid values ^

Assistive technologies, like screen readers, can't interpret ARIA attributes with invalid values. [Learn more](#).

● [aria-*] attributes are valid and not misspelled ^

Assistive technologies, like screen readers, can't interpret ARIA attributes with invalid names. [Learn more](#).

● Buttons have an accessible name ^

When a button doesn't have an accessible name, screen readers announce it as "button", making it unusable for users who rely on screen readers. [Learn more](#).

● The page contains a heading, skip link, or landmark region ^

Adding ways to bypass repetitive content lets keyboard users navigate the page more efficiently. [Learn more](#).

● Document has a <title> element ^

The title gives screen reader users an overview of the page, and search engine users rely on it heavily to determine if a page is relevant to their search. [Learn more](#).

● <html> element has a [lang] attribute ^

If a page doesn't specify a lang attribute, a screen reader assumes that the page is in the default language that the user chose when setting up the screen reader. If the page isn't actually in the default language, then the screen reader might not announce the page's text correctly. [Learn more](#).

● <html> element has a valid value for its [lang] attribute ^

Specifying a valid [BCP 47 language](#) helps screen readers announce text properly. [Learn more](#).

● Image elements have `[alt]` attributes ^

Informative elements should aim for short, descriptive alternate text. Decorative elements can be ignored with an empty alt attribute. [Learn more](#).

● Form elements have associated labels ^

Labels ensure that form controls are announced properly by assistive technologies, like screen readers. [Learn more](#).

● Lists contain only `` elements and script supporting elements (`<script>` and `<template>`). ^

Screen readers have a specific way of announcing lists. Ensuring proper list structure aids screen reader output. [Learn more](#).

● List items (``) are contained within `` or `` parent elements ^

Screen readers require list items (``) to be contained within a parent `` or `` to be announced properly. [Learn more](#).

● `[user-scalable="no"]` is not used in the `<meta name="viewport">` element and the `[maximum-scale]` attribute is not less than 5. ^

Disabling zooming is problematic for users with low vision who rely on screen magnification to properly see the contents of a web page. [Learn more](#).

Not applicable (23) ^

● `[accesskey]` values are unique ^

Access keys let users quickly focus a part of the page. For proper navigation, each access key must be unique. [Learn more](#).

● `button`, `link`, and `menuitem` elements have accessible names ^

When an element doesn't have an accessible name, screen readers announce it with a generic name, making it unusable for users who rely on screen readers.

[Learn more.](#)

- `[aria-hidden="true"]` elements do not contain focusable descendents ^

Focusable descendents within an ``[aria-hidden="true"]`` element prevent those interactive elements from being available to users of assistive technologies like screen readers. [Learn more.](#)

- ARIA input fields have accessible names ^

When an input field doesn't have an accessible name, screen readers announce it with a generic name, making it unusable for users who rely on screen readers. [Learn more.](#)

- ARIA `meter` elements have accessible names ^

When an element doesn't have an accessible name, screen readers announce it with a generic name, making it unusable for users who rely on screen readers. [Learn more.](#)

- ARIA `progressbar` elements have accessible names ^

When an element doesn't have an accessible name, screen readers announce it with a generic name, making it unusable for users who rely on screen readers. [Learn more.](#)

- Elements with an ARIA `[role]` that require children to contain a specific `[role]` have all required children. ^

Some ARIA parent roles must contain specific child roles to perform their intended accessibility functions. [Learn more.](#)

- `[role]`s are contained by their required parent element ^

Some ARIA child roles must be contained by specific parent roles to properly perform their intended accessibility functions. [Learn more.](#)

- ARIA toggle fields have accessible names ^

When a toggle field doesn't have an accessible name, screen readers announce it with a generic name, making it unusable for users who rely on screen readers. [Learn more.](#)

- ARIA `tooltip` elements have accessible names ^

When an element doesn't have an accessible name, screen readers announce it with a generic name, making it unusable for users who rely on screen readers. [Learn more.](#)

-
- ARIA `treeitem` elements have accessible names ^

When an element doesn't have an accessible name, screen readers announce it with a generic name, making it unusable for users who rely on screen readers. [Learn more.](#)

- `<dl>`'s contain only properly-ordered `<dt>` and `<dd>` groups, `<script>`, `<template>` or `<div>` elements. ^

When definition lists are not properly marked up, screen readers may produce confusing or inaccurate output. [Learn more.](#)

- Definition list items are wrapped in `<dl>` elements ^

Definition list items (`<dt>` and `<dd>`) must be wrapped in a parent `<dl>` element to ensure that screen readers can properly announce them. [Learn more.](#)

- `[id]` attributes on active, focusable elements are unique ^

All focusable elements must have a unique `id` to ensure that they're visible to assistive technologies. [Learn more.](#)

- No form fields have multiple labels ^

Form fields with multiple labels can be confusingly announced by assistive technologies like screen readers which use either the first, the last, or all of the labels. [Learn more.](#)

- `<input type="image">` elements have `[alt]` text ^

When an image is being used as an `<input>` button, providing alternative text can help screen reader users understand the purpose of the button. [Learn more.](#)

- The document does not use `<meta http-equiv="refresh">` ^

Users do not expect a page to refresh automatically, and doing so will move focus back to the top of the page. This may create a frustrating or confusing experience. [Learn more.](#)

- `<object>` elements have `[alt]` text ^

Screen readers cannot translate non-text content. Adding alt text to `<object>` elements helps screen readers convey meaning to users. [Learn more.](#)

- No element has a `[tabindex]` value greater than 0 ^

A value greater than 0 implies an explicit navigation ordering. Although technically valid, this often creates frustrating experiences for users who rely on assistive

technologies. [Learn more.](#)

- Cells in a `<table>` element that use the `[headers]` attribute refer to table cells within the same table. ^

Screen readers have features to make navigating tables easier. Ensuring `<td>` cells using the `[headers]` attribute only refer to other cells in the same table may improve the experience for screen reader users. [Learn more.](#)

- `<th>` elements and elements with `[role="columnheader"/"rowheader"]` have data cells they describe. ^

Screen readers have features to make navigating tables easier. Ensuring table headers always refer to some set of cells may improve the experience for screen reader users. [Learn more.](#)

- `[lang]` attributes have a valid value ^

Specifying a valid [BCP 47 language](#) on elements helps ensure that text is pronounced correctly by a screen reader. [Learn more.](#)

- `<video>` elements contain a `<track>` element with `[kind="captions"]` ^

When a video provides a caption it is easier for deaf and hearing impaired users to access its information. [Learn more.](#)



Best Practices

Trust and Safety

- ▲ Links to cross-origin destinations are unsafe ^

Warnings: Unable to determine the destination for anchor (``). If not used as a hyperlink, consider removing `target=_blank`.

Add `rel="noopener"` or `rel="noreferrer"` to any external links to improve performance and prevent security vulnerabilities. [Learn more](#).

Failing Anchors

a

```
<a class="jp-carousel-image-download" target="_blank" style="display: none;">
```

● Ensure CSP is effective against XSS attacks ^

A strong Content Security Policy (CSP) significantly reduces the risk of cross-site scripting (XSS) attacks. [Learn more](#)

| Description | Directive | Severity |
|----------------------------------|-----------|----------|
| No CSP found in enforcement mode | | High |

General

▲ Browser errors were logged to the console ^

Errors logged to the console indicate unresolved problems. They can come from network request failures and other browser concerns. [Learn more](#)

Show 3rd-party resources (1)

| Source | Description |
|------------------------------------|--|
| /709414.gif:1:0 (i d.rlcdn.com) | Failed to load resource: the server responded with a status of 451 (Unavailable For Legal Reasons) |

Passed audits (15) ^

● Uses HTTPS ^

All sites should be protected with HTTPS, even ones that don't handle sensitive data. This includes avoiding [mixed content](#), where some resources are loaded over HTTP despite the initial request being served over HTTPS. HTTPS prevents intruders from tampering with or passively listening in on the communications

between your app and your users, and is a prerequisite for HTTP/2 and many new web platform APIs. [Learn more](#).

- Avoids requesting the geolocation permission on page load ^

Users are mistrustful of or confused by sites that request their location without context. Consider tying the request to a user action instead. [Learn more](#).

- Avoids requesting the notification permission on page load ^

Users are mistrustful of or confused by sites that request to send notifications without context. Consider tying the request to user gestures instead. [Learn more](#).

- Avoids front-end JavaScript libraries with known security vulnerabilities ^

Some third-party scripts may contain known security vulnerabilities that are easily identified and exploited by attackers. [Learn more](#).

- Allows users to paste into password fields ^

Preventing password pasting undermines good security policy. [Learn more](#).

- Displays images with correct aspect ratio ^

Image display dimensions should match natural aspect ratio. [Learn more](#).

- Serves images with appropriate resolution ^

Image natural dimensions should be proportional to the display size and the pixel ratio to maximize image clarity. [Learn more](#).

- Page has the HTML doctype ^

Specifying a doctype prevents the browser from switching to quirks-mode. [Learn more](#).

- Properly defines charset ^

A character encoding declaration is required. It can be done with a `<meta>` tag in the first 1024 bytes of the HTML or in the Content-Type HTTP response header. [Learn more](#).

● Avoids `unload` event listeners ^

The `unload` event does not fire reliably and listening for it can prevent browser optimizations like the Back-Forward Cache. Consider using the `pagehide` or `visibilitychange` events instead. [Learn more](#)

● Avoids Application Cache ^

Application Cache is deprecated. [Learn more](#).

● Detected JavaScript libraries ^

All front-end JavaScript libraries detected on the page. [Learn more](#).

| Name | Version |
|-----------|----------------------|
| jQuery | 3.5.1 |
| SWFObject | |
| WordPress | WordPress.com |
| core-js | core-js-global@3.6.5 |

● Avoids deprecated APIs ^

Deprecated APIs will eventually be removed from the browser. [Learn more](#).

● Page has valid source maps ^

Source maps translate minified code to the original source code. This helps developers debug in production. In addition, Lighthouse is able to provide further insights. Consider deploying source maps to take advantage of these benefits. [Learn more](#).

● No issues in the `Issues` panel in Chrome Devtools ^

Issues logged to the `Issues` panel in Chrome Devtools indicate unresolved problems. They can come from network request failures, insufficient security controls, and other browser concerns. Open up the Issues panel in Chrome DevTools for more details on each issue.

Not applicable (1)



- Fonts with `font-display: optional` are preloaded 

Preload `optional` fonts so first-time visitors may use them. [Learn more](#)



SEO

These checks ensure that your page is optimized for search engine results ranking. There are additional factors Lighthouse does not check that may affect your search ranking. [Learn more](#).

Crawling and Indexing — To appear in search results, crawlers need access to your app.

- ▲ Links are not crawlable 

Search engines may use `href` attributes on links to crawl websites. Ensure that the `href` attribute of anchor elements links to an appropriate destination, so more pages of the site can be discovered. [Learn More](#)

Uncrawlable Link

a

```
<a class="jp-carousel-image-download" target="_blank" style="display: none;">
```

Seguir

```
<a class="actnbr-action actnbr-actn-follow" href="">
```

Siguiendo

```
<a class="actnbr-action actnbr-actn-following no-display" href="">
```

Uncrawlable Link

Contraer esta barra

```
<a href="">
```

Mobile Friendly — Make sure your pages are mobile friendly so users don't have to pinch or zoom in order to read the content pages. [Learn more](#).

■ Tap targets are not sized appropriately — 78% appropriately sized tap targets ^

Interactive elements like buttons and links should be large enough (48x48px), and have enough space around them, to be easy enough to tap without overlapping onto other elements. [Learn more](#).

Tap Target

Size

Overlapping Target

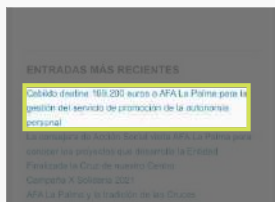
X Solidaria

```
<a href="https://afalalpalma.net/tag/x-solidaria/" class="tag-cloud-link tag-link-35572795 tag-link-position-20" style="font-size: 8.477272727272727pt;" aria-label="X Solidaria (12 elementos)">
```

43x12

Terapias

```
<a href="https://afalalpalma.net/tag/terapias/" class="tag-cloud-link tag-link-74541 tag-link-position-19" style="font-size: 9.1136363636364pt;" aria-label="Terapias (13 elementos)">
```

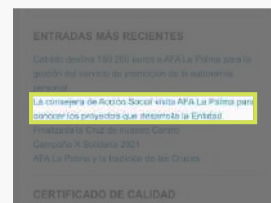


Cabildo destina 169.200 euros a AFA La Palma para la gestión del servicio de

291x14

pr...

```
<a href="https://afalalpalma.net/2021/06/23/cabildo-destina-169-200-euros-afa-la-pal...">
```

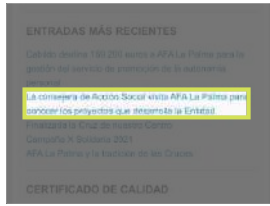


La consejera de Acción Social visita AFA

La Palma para conocer los proyectos qu...

```
<a href="https://afalalpalma.net/2021/05/15/consejera-accion-social-visita-afa-la-pa...">
```


Tap Target

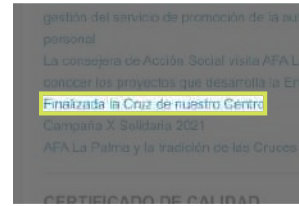


La consejera de Acción Social visita AFA La Palma para conocer los

Size

296x14

Overlapping Target



Finaliza da la Cruz de nuestro Centro

proyectos qu...

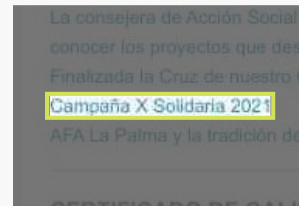
[La consejera de Acción Social visita AFA La Palma para conocer los proyectos que des...](https://afalapalma.net/2021/05/15/consejera-accion-social-visita-afa-la-pa...)

[Finalizada la Cruz de nuestro Centro](https://afalapalma.net/2021/04/30/finalizada-la-cruz-de-nuestro-centro/)



Finalizada la Cruz de nuestro Centro

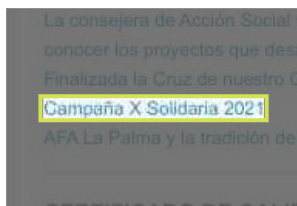
195x14



Campana X Solidaria 2021

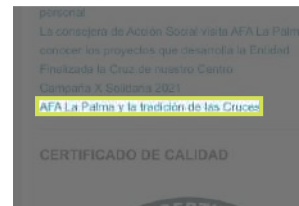
[Finalizada la Cruz de nuestro Centro](https://afalapalma.net/2021/04/30/finalizada-la-cruz-de-nuestro-centro/)

[Campana X Solidaria 2021](https://afalapalma.net/2021/04/28/campana-x-solidaria-2021/)



Campana X Solidaria 2021

143x14



AFA La Palma y la tradición de las

[Campana X Solidaria 2021](https://afalapalma.net/2021/04/28/campana-x-solidaria-2021/)

[AFA La Palma y la tradición de las Cruces](https://afalapalma.net/2021/04/18/afa-la-palma-y-la-tradicion-de-las-cruces/)

RSS - Entradas

[RSS - Entradas](https://afalapalma.net/feed/)

83x14

RSS - Comentarios

[RSS - Comentarios](https://afalapalma.net/comments/feed/)

Luchada Alzheimer La Palma

[Luchada Alzheimer La Palma](https://afalapalma.net/tag/luchada-alzheimer-la-palma/)

105x12

X Solidaria

[X Solidaria](https://afalapalma.net/tag/x-solidaria/)

| Tap Target | Size | Overlapping Target |
|--|--------|--|
| <p>No vendas mi información personal</p> <pre></pre> | 169x14 | <p>Crea un blog o un sitio web gratuitos con WordPress.com.</p> <pre></pre> |
| <p>SCE</p> <pre></pre> | 23x12 | <p>Terapias</p> <pre></pre> |
| <p>Breña Baja</p> <pre></pre> | 52x12 | <p>Campañas Benéficas</p> <pre></pre> |
| <p>Cuidadores</p> <pre></pre> | 57x12 | <p>Día Mundial del Alzheimer</p> <pre></pre> |
| <p>Consejos</p> <pre></pre> | 57x16 | <p>Demencias</p> <pre></pre> |

| Tap Target | Size | Overlapping Target |
|--|-------|--|
| <p>Convenios</p> <pre></pre> | 85x20 | <p>Campañas Benéficas</p> <pre></pre> |
| <p>Consejos</p> <pre></pre> | 57x16 | <p>Cabildo de La Palma</p> <pre></pre> |
| <p>Cuidadores</p> <pre></pre> | 57x12 | <p>Campañas Benéficas</p> <pre></pre> |
| <p>La Palma</p> <pre></pre> | 76x20 | <p>Día Mundial del Alzheimer</p> <pre></pre> |

Additional items to manually check (1) — Run these additional validators on your site to check additional SEO best practices. ^

-
- Structured data is valid ^

Run the [Structured Data Testing Tool](#) and the [Structured Data Linter](#) to validate structured data. [Learn more.](#)

Passed audits (11) ^

-
- Has a `<meta name="viewport">` tag with `width` or `initial-scale` ^

Add a `<meta name="viewport">` tag to optimize your app for mobile screens. [Learn more.](#)

- Document has a `<title>` element ^

The title gives screen reader users an overview of the page, and search engine users rely on it heavily to determine if a page is relevant to their search. [Learn more.](#)

- Document has a meta description ^

Meta descriptions may be included in search results to concisely summarize page content. [Learn more.](#)

- Page has successful HTTP status code ^

Pages with unsuccessful HTTP status codes may not be indexed properly. [Learn more.](#)

- Links have descriptive text ^

Descriptive link text helps search engines understand your content. [Learn more.](#)

- Page isn't blocked from indexing ^

Search engines are unable to include your pages in search results if they don't have permission to crawl them. [Learn more.](#)

- robots.txt is valid ^

If your robots.txt file is malformed, crawlers may not be able to understand how you want your website to be crawled or indexed. [Learn more.](#)

● Image elements have [alt] attributes ^

Informative elements should aim for short, descriptive alternate text. Decorative elements can be ignored with an empty alt attribute. [Learn more.](#)

● Document has a valid hreflang ^

hreflang links tell search engines what version of a page they should list in search results for a given language or region. [Learn more.](#)

● Document uses legible font sizes — 86.24% legible text ^

Font sizes less than 12px are too small to be legible and require mobile visitors to “pinch to zoom” in order to read. Strive to have >60% of page text ≥12px. [Learn more.](#)

Show 3rd-party resources (1)

| Source | Selector | % of Page Text | Font Size |
|------------------------------------|---|----------------|-----------|
| /_static/?...:2:320024 (s0.wp.com) | html, body, div, span, applet, object, iframe, h1, h2, h3, h4, h5, h6, p, blockquote, pre, a, abbr, acronym, address, big, cite, code, del, dfn, em, font, ins, kbd, q, s, samp, small, strike, strong, sub, sup, tt, var, dl, dt, dd, ol, ul, li, fieldset, form, label, legend, table, caption, tbody, tfoot, thead, tr, th, td | 12.80% | 11.999px |
| https://afalapalma.net | | 0.38% | 10.6667px |
| https://afalapalma.net | | 0.16% | 11.303px |

| Source | Selector | % of Page Text | Font Size |
|------------------------|---|----------------|-----------|
| https://afalapalma.net | <code></code> | 0.15% | 11.303px |
| https://afalapalma.net | <code></code> | 0.07% | 10.6667px |
| https://afalapalma.net | <code></code> | 0.07% | 11.303px |
| https://afalapalma.net | <code></code> | 0.05% | 10.6667px |
| Add'l illegible text | | 0.07% | < 12px |
| Legible text | | 86.24% | ≥ 12px |

● Document avoids plugins ^

Search engines can't index plugin content, and many devices restrict plugins or don't support them. [Learn more.](#)

Not applicable (1) ^

● Document has a valid `rel=canonical` ^



Canonical links suggest which URL to show in search results. [Learn more.](#)



Progressive Web App

These checks validate the aspects of a Progressive Web App. [Learn more.](#)

Installable

-  Web app manifest or service worker do not meet the installability requirements — 
1 reason

Service worker is the technology that enables your app to use many Progressive Web App features, such as offline, add to homescreen, and push notifications. With proper service worker and manifest implementations, browsers can proactively prompt users to add your app to their homescreen, which can lead to higher engagement. [Learn more.](#)

Failure reason

No manifest was fetched

PWA Optimized

-  Does not register a service worker that controls page and `start_url` 

The service worker is the technology that enables your app to use many Progressive Web App features, such as offline, add to homescreen, and push notifications. [Learn more.](#)

-  Redirects HTTP traffic to HTTPS 

If you've already set up HTTPS, make sure that you redirect all HTTP traffic to HTTPS in order to enable secure web features for all your users. [Learn more.](#)

-
- ▲ Is not configured for a custom splash screen **Failures: No manifest was fetched.** ^

A themed splash screen ensures a high-quality experience when users launch your app from their homescreens. [Learn more.](#)

- ▲ Does not set a theme color for the address bar.
Failures: No manifest was fetched, No ``<meta name="theme-color">`` tag found. ^

The browser address bar can be themed to match your site. [Learn more.](#)

- Content is sized correctly for the viewport ^

If the width of your app's content doesn't match the width of the viewport, your app might not be optimized for mobile screens. [Learn more.](#)

- Has a `<meta name="viewport">` tag with `width` or `initial-scale` ^

Add a `<meta name="viewport">` tag to optimize your app for mobile screens. [Learn more.](#)

- Provides a valid `apple-touch-icon` ^

For ideal appearance on iOS when users add a progressive web app to the home screen, define an `apple-touch-icon`. It must point to a non-transparent 192px (or 180px) square PNG. [Learn More.](#)

- ▲ Manifest doesn't have a maskable icon **No manifest was fetched** ^

A maskable icon ensures that the image fills the entire shape without being letterboxed when installing the app on a device. [Learn more.](#)

Additional items to manually check (3) — These checks are required by the baseline [PWA Checklist](#) but are not automatically checked by Lighthouse. They do not affect your score but it's important that you verify them manually. ^

-
- Site works cross-browser ^

To reach the most number of users, sites should work across every major browser. [Learn more.](#)

- Page transitions don't feel like they block on the network ^

Transitions should feel snappy as you tap around, even on a slow network. This experience is key to a user's perception of performance. [Learn more](#).

- Each page has a URL ^

Ensure individual pages are deep linkable via URL and that URLs are unique for the purpose of shareability on social media. [Learn more](#).

Runtime Settings

| | |
|-----------------------------|---|
| URL | https://afalapalma.net/ |
| Fetch Time | Jun 25, 2021, 7:07 PM GMT+1 |
| Device | Emulated Moto G4 |
| Network throttling | Unknown |
| CPU throttling | Unknown |
| Channel | lr |
| User agent (host) | Mozilla/5.0 (X11; Linux x86_64) AppleWebKit/537.36 (KHTML, like Gecko) HeadlessChrome/90.0.4430.97 Safari/537.36 |
| User agent (network) | Mozilla/5.0 (Linux; Android 7.0; Moto G (4)) AppleWebKit/537.36 (KHTML, like Gecko) Chrome/90.0.4420.0 Mobile Safari/537.36 Chrome-Lighthouse |
| CPU/Memory Power | 1104 |