

There were issues affecting this run of Lighthouse:

- Chrome extensions negatively affected this page's load performance. Try auditing the page in incognito mode or from a Chrome profile without extensions.
- The page loaded too slowly to finish within the time limit. Results may be incomplete.



Performance

Values are estimated and may vary. The performance score is calculated directly from these metrics. See calculator.

▲ 0-49

50-89

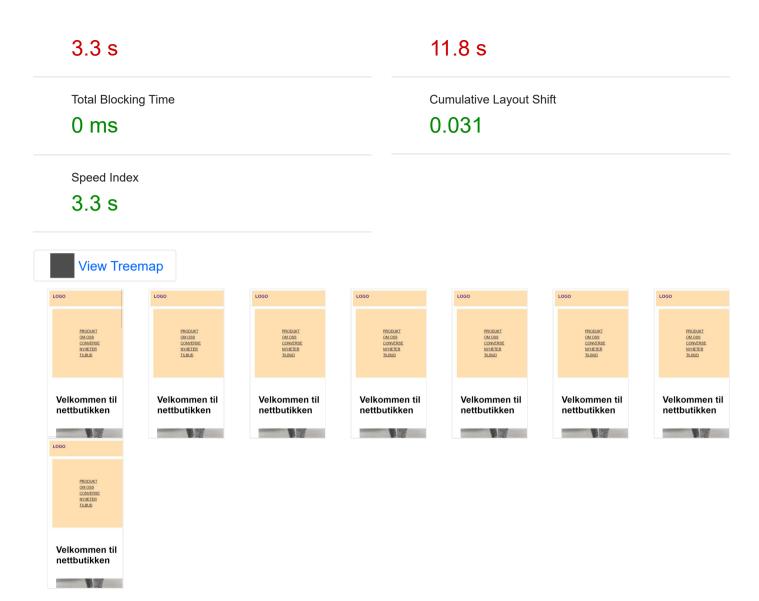
90-100



Expand view **METRICS**

First Contentful Paint





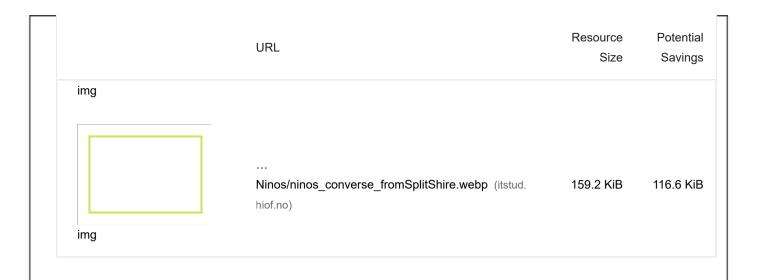
Show audits relevant to: All FCP LCP TBT CLS

OPPORTUNITIES

Opportunity Estimated Savings



Serve images that are appropriately-sized to save cellular data and improve load time. Learn how to size images. Resource Potential URL Size Savings hiof.no 1st Party 1,335.6 KiB 977.7 KiB 446.5 KiB 326.9 KiB Host/host_couple_boots_uglydog0_from_5688709. webp (itstud.hiof.no) img 370.7 KiB 271.4 KiB Host/host_model_from_Alicija.webp (itstud.hiof.no) img Mujeres/mujeres_multi_from_StockSnap.webp (itst 193.1 KiB 141.4 KiB ud.hiof.no) img 166.0 KiB 121.5 KiB Host/lave_host_modell_fra_6318832.webp (itstud.hi of.no)



▲ Enable text compression

2.55s ^

Text-based resources should be served with compression (gzip, deflate or brotli) to minimize total network bytes. <u>Learn</u> more about text compression. (FCP) (LCP)

✓ Show 3rd-party resources (3)

URL	Transfer	Potential
	Size	Savings
kaspersky-labs.com	614.1 KiB	455.6 KiB
/7D8B79A2/init?data=eyJ1cmwiO (gc.kis.v2.scr.kaspersky-labs.com)	255.6 KiB	186.2 KiB
abn/main.css?attr=aHR0cHM6L (gc.kis.v2.scr.kaspersky-labs.com)	247.4 KiB	178.7 KiB
/FD126C42/main.js?attr=A1eVUkKYa (gc.kis.v2.scr.kaspersky-labs.com)	111.1 KiB	90.7 KiB
hiof.no 1st Party	7.0 KiB	4.9 KiB

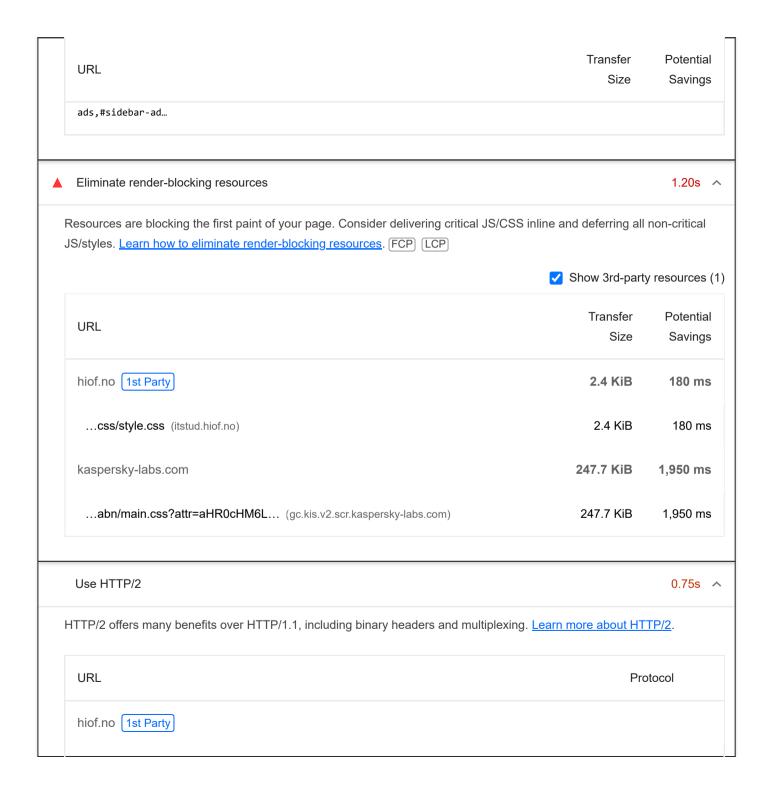
URL	Transfer Size	Potential Savings
Nettside-oblig-3/index.html (itstud.hiof.no)	7.0 KiB	4.9 KiB

▲ Reduce unused CSS 1.50s ^

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

✓ Show 3rd-party resources (1)

URL	Transfer Size	Potential Savings
kaspersky-labs.com	247.7 KiB	247.7 KiB
abn/main.css?attr=aHR0cHM6L (gc.kis.v2.scr.kaspersky-labs.com)	247.7 KiB	247.7 KiB
Unattributable	48.5 KiB	48.5 KiB
<pre>.index-content-ad-wrapper,.index-content-ad-wrapper-top,.index- module_adBeforeContentUYZT,.index</pre>	14.2 KiB	14.2 KiB
.ads-stripe,.ads-styled,.ads-superbanner,.ads-system,.ads-text,.ads-tittle,.ads-to-hide,.ads-top-72	12.0 KiB	12.0 KiB
#AC_ad,#AD_160,#AD_300,#AD_468x60,#AD_G,#AD_L,#AD_ROW,#AD_Top,#AD_text,#ADbox,#Ad-3-Slider,#Ad-4-Sl	11.3 KiB	11.3 KiB
#sidebar-ad-middle,#sidebar-ad-wrap,#sidebar-ad1,#sidebar-ad2,#sidebar-ad3,#sidebar-	11.0 KiB	11.0 KiB



URL	Protocol
Nettside-oblig-3/index.html (itstud.hiof.no)	http/1.1
css/style.css (itstud.hiof.no)	http/1.1
Host/lave_host_modell_fra_6318832.webp (itstud.hiof.no)	http/1.1
Host/host_model_from_Alicija.webp (itstud.hiof.no)	http/1.1
Mujeres/mujeres_multi_from_StockSnap.webp (itstud.hiof.no)	http/1.1
Host/host_couple_boots_uglydog0_from_5688709.webp (itstud.hiof.no)	http/1.1
Ninos/ninos_converse_fromSplitShire.webp (itstud.hiof.no)	http/1.1
brands/instagram.svg (itstud.hiof.no)	http/1.1
brands/snapchat.svg (itstud.hiof.no)	http/1.1
brands/facebook-f.svg (itstud.hiof.no)	http/1.1

Reduce unused JavaScript

0.45s ^

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

<u>Learn how to reduce unused JavaScript</u>. <u>LCP</u>

URL	Transfer Size	Potential Savings
kaspersky-labs.com	111.3 KiB	68.9 KiB
/FD126C42/main.js?attr=A1eVUkKYa (gc.kis.v2.scr.kaspersky-labs.com)	111.3 KiB	68.9 KiB
NordPass (desktop app version) Chrome Extension	45.7 KiB	26.6 KiB
<pre>chrome-extension://fooolghllnmhmmndgjiamiiodkpenpbb/injectedPasswordless.js</pre>	45.7 KiB	26.6 KiB

Minify JavaScript 0.30s ^

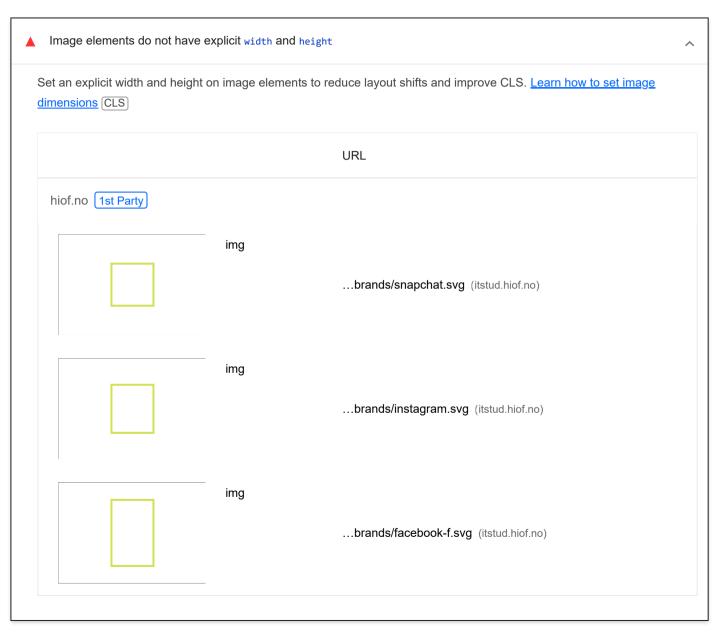
Minifying JavaScript files can reduce payload sizes and script parse time. <u>Learn how to minify JavaScript</u>. <u>FCP</u> <u>LCP</u>

Show 3rd-party resources (1)

URL	Transfer Size	Potential Savings
kaspersky-labs.com	111.3 KiB	42.1 KiB
/FD126C42/main.js?attr=A1eVUkKYa (gc.kis.v2.scr.kaspersky-labs.com)	111.3 KiB	42.1 KiB
Unattributable	18.0 KiB	7.6 KiB
<pre>chrome-extension://ahkjpbeeocnddjkakilopmfdlnjdpcdm/content/session.js</pre>	8.9 KiB	3.8 KiB
<pre>chrome-extension://ahkjpbeeocnddjkakilopmfdlnjdpcdm/content/password-strength- checker.js</pre>	9.1 KiB	3.8 KiB

These suggestions can help your page load faster. They don't directly affect the Performance score.

DIAGNOSTICS



▲ Page prevented back/forward cache restoration — 2 failure reasons

Many navigations are performed by going back to a previous page, or forwards again. The back/forward cache (bfcache) can speed up these return navigations. <u>Learn more about the bfcache</u>

Failure reason Failure type

The page cannot be cached because it has a BroadcastChannel instance with registered listeners. Actionable

...Nettside-oblig-3/index.html (itstud.hiof.no)

The page has an unload handler in the main frame.

Actionable

...Nettside-oblig-3/index.html (itstud.hiof.no)

▲ Serve static assets with an efficient cache policy — 9 resources found

A long cache lifetime can speed up repeat visits to your page. Learn more about efficient cache policies.

URL	Cache TTL	Transfer Size
hiof.no 1st Party		1,345 KiB
Host/host_couple_boots_uglydog0_from_5688709.webp (itstud.hiof.no)	None	447 KiB
Host/host_model_from_Alicija.webp (itstud.hiof.no)	None	371 KiB
Mujeres/mujeres_multi_from_StockSnap.webp (itstud.hiof.no)	None	193 KiB
Host/lave_host_modell_fra_6318832.webp (itstud.hiof.no)	None	166 KiB

URL	Cache TTL	Transfer Size
Ninos/ninos_converse_fromSplitShire.webp (itstud.hiof.no)	None	159 KiB
brands/snapchat.svg (itstud.hiof.no)	None	4 KiB
css/style.css (itstud.hiof.no)	None	2 KiB
brands/instagram.svg (itstud.hiof.no)	None	1 KiB
brands/facebook-f.svg (itstud.hiof.no)	None	1 KiB

Reduce JavaScript execution time — 2.0 s

with this. Learn how to reduce Javascript execution time. (TBT)

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

✓ Show 3rd-party resources (1)

URL	Total CPU	Script	Script
UKL	Time	Evaluation	Parse
hiof.no 1st Party	1,589 ms	1,193 ms	89 ms
Nettside-oblig-3/index.html (itstud.hiof.no)	1,589 ms	1,193 ms	89 ms
NordPass (desktop app version) Chrome Extension	755 ms	439 ms	260 ms
chrome-	755 ms	439 ms	260 ms
extension://fooolghllnmhmmndgjiamiiodkpenpbb/content.js	733 1118	408 1118	200 1115

	URL	Total CPU Time	Script Evaluation	Script Parse
	Unattributable	214 ms	5 ms	0 ms
Unattributable 214 ms 5 ms 0 ms	Unattributable	214 ms	5 ms	0 ms

Minimize main-thread work — 2.7 s

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Consider reducing the time spent parsing, compiling and executing JS. You may find delivering smaller JS payloads helps with this. Learn how to minimize main-thread work (TBT)

Category	Time Spent
Script Evaluation	1,709 ms
Other	422 ms
Script Parsing & Compilation	361 ms
Garbage Collection	76 ms
Style & Layout	49 ms
Parse HTML & CSS	29 ms
Rendering	5 ms

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.

<u>Learn how to avoid chaining critical requests.</u> FCP <u>LCP</u>

Maximum critical path latency: 69.566 ms

Initial Navigation

...Nettside-oblig-3/index.html (itstud.hiof.no)

...css/style.css (itstud.hiof.no) - 26.74 ms, 2.36 KiB

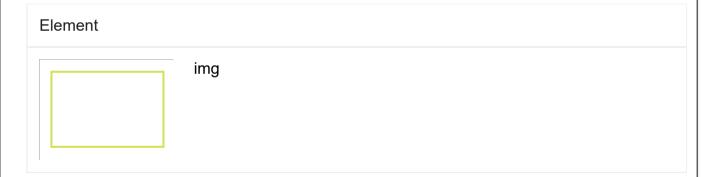
/FD126C42-.../main.js?attr=A1eVUkKYa... (gc.kis.v2.scr.kaspersky-labs.com) - 5.131 ms, 111.32 KiB

^

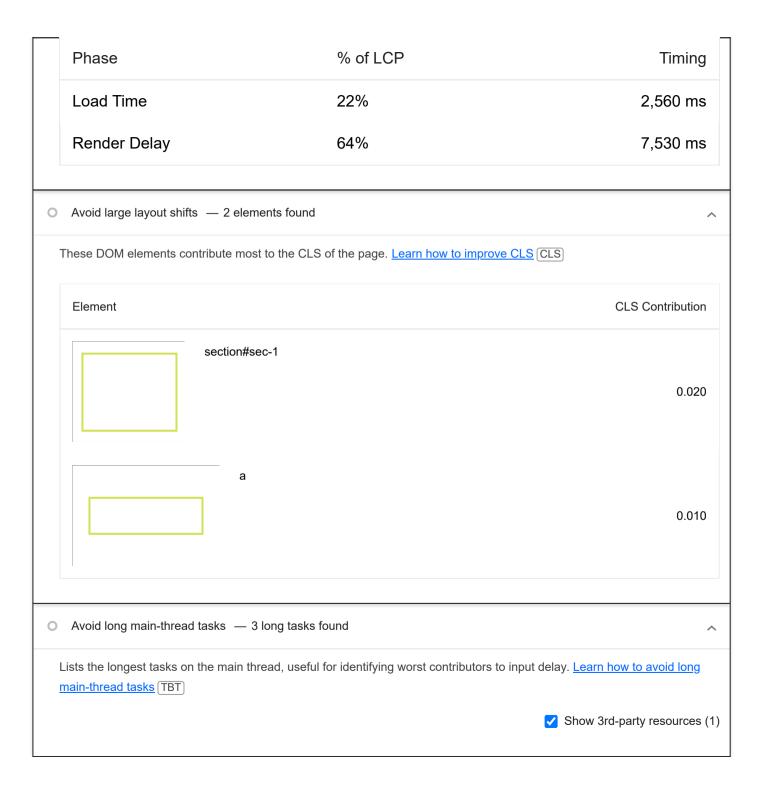
...abn/main.css?attr=aHR0cHM6L... (gc.kis.v2.scr.kaspersky-labs.com) - 3.98 ms, 247.68 KiB

O Largest Contentful Paint element — 11,760 ms

This is the largest contentful element painted within the viewport. <u>Learn more about the Largest Contentful Paint element</u> <u>[LCP]</u>



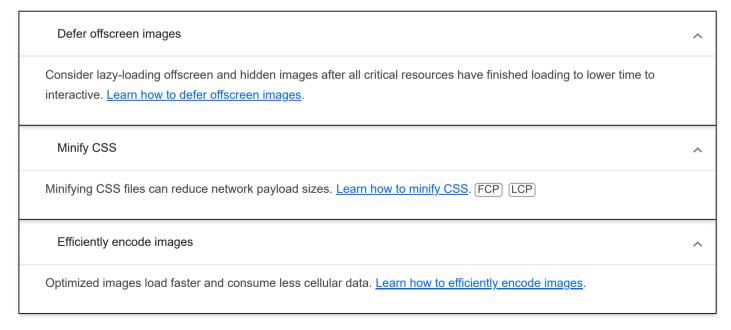
Phase	% of LCP	Timing
TTFB	5%	630 ms
Load Delay	9%	1,040 ms

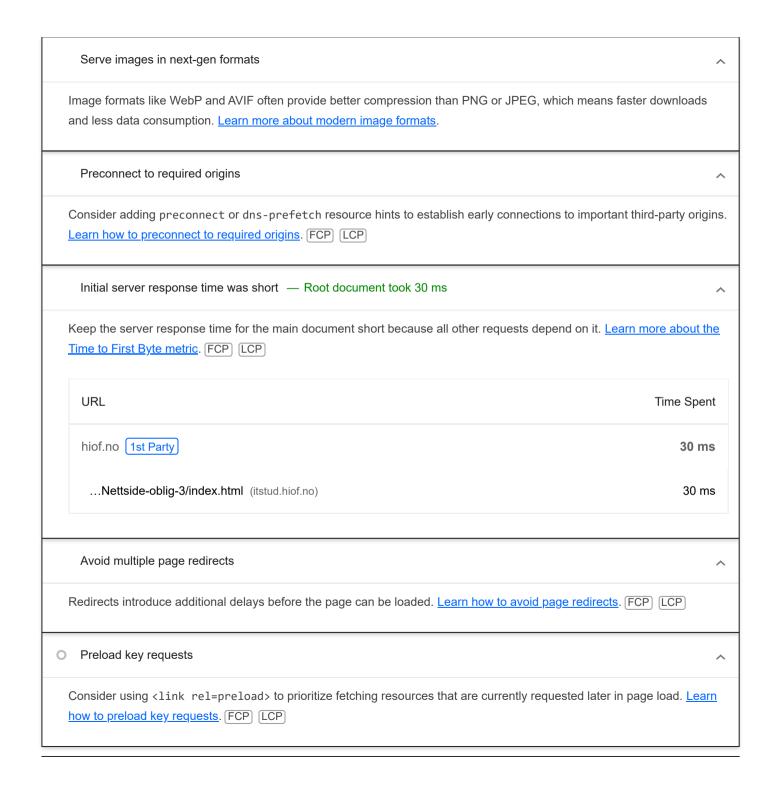


URL	Start Time	Duration
NordPass (desktop app version) Chrome Extension		678 ms
chrome-extension://fooolghllnmhmmndgjiamiiodkpenpbb/content.js	908 ms	678 ms
hiof.no 1st Party		197 ms
Nettside-oblig-3/index.html (itstud.hiof.no)	779 ms	115 ms
Nettside-oblig-3/index.html (itstud.hiof.no)	1,586 ms	82 ms

More information about the performance of your application. These numbers don't <u>directly affect</u> the Performance score.

PASSED AUDITS (23)





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 about efficient video formats [CCP] 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 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 how to use modern JavaScript (TBT) Preload Largest Contentful Paint image If the LCP element is dynamically added to the page, you should preload the image in order to improve LCP. Learn more about preloading LCP elements. LCP Avoids enormous network payloads — Total size was 1,967 KiB Large network payloads cost users real money and are highly correlated with long load times. Learn how to reduce payload sizes. LCP ✓ Show 3rd-party resources (3)

URL	Transfer Size
hiof.no (1st Party)	1,347.8 KiB
Host/host_couple_boots_uglydog0_from_5688709.webp (itstud.hiof.no)	446.8 KiB
Host/host_model_from_Alicija.webp (itstud.hiof.no)	371.0 KiB
Mujeres/mujeres_multi_from_StockSnap.webp (itstud.hiof.no)	193.4 KiB
Host/lave_host_modell_fra_6318832.webp (itstud.hiof.no)	166.3 KiB
Ninos/ninos_converse_fromSplitShire.webp (itstud.hiof.no)	159.5 KiB
Nettside-oblig-3/index.html (itstud.hiof.no)	7.3 KiB
brands/snapchat.svg (itstud.hiof.no)	3.6 KiB
kaspersky-labs.com	614.9 KiB
/7D8B79A2/init?data=eyJ1cmwiO (gc.kis.v2.scr.kaspersky-labs.com)	255.9 KiB
abn/main.css?attr=aHR0cHM6L (gc.kis.v2.scr.kaspersky-labs.com)	247.7 KiB
/FD126C42/main.js?attr=A1eVUkKYa (gc.kis.v2.scr.kaspersky-labs.com)	111.3 KiB

Avoids an excessive DOM size — 71 elements

A large DOM will increase memory usage, cause longer <u>style calculations</u>, and produce costly <u>layout reflows</u>. <u>Learn how to</u>



Third-Party	Transfer Size	Main-Thread Blockin Tim
kaspersky-labs.com	615 KiB	0 m
/7D8B79A2/init?data=eyJ1cmwiO (gc.kis.v2.scr.kaspersky-labs.com)	256 KiB	0 m
abn/main.css?attr=aHR0cHM6L (gc.kis.v2.scr.kaspersky-labs.com)	248 KiB	0 m
/FD126C42/main.js?attr=A1eVUkKYa (gc.kis.v2.scr.kaspersky-labs.com)	111 KiB	0 m
NordPass (desktop app version) Chrome Extension	46 KiB	0 m
<pre>chrome- extension://fooolghllnmhmmndgjiamiiodkpenpbb/injectedPasswordless.js</pre>	46 KiB	0 m
Lazy load third-party resources with facades Some third-party embeds can be lazy loaded. Consider replacing them with a fa	acade until they a	re required. <u>Learn how to</u>
some third-party embeds can be lazy loaded. Consider replacing them with a fa	acade until they a	re required. <u>Learn how t</u> o
Some third-party embeds can be lazy loaded. Consider replacing them with a fa	acade until they a	re required. <u>Learn how to</u>
Some third-party embeds can be lazy loaded. Consider replacing them with a factor third-parties with a facade. TBT Largest Contentful Paint image was not lazily loaded Above-the-fold images that are lazily loaded render later in the page lifecycle, we have the some contents of the page lifecycle, we have the some contents of the page lifecycle, we have the some contents of the page lifecycle, we have the some contents of the page lifecycle, we have the some contents of the page lifecycle, we have the some contents of the page lifecycle, we have the page		
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Some third-party embeds can be lazy loaded. Consider replacing them with a fallefer third-parties with a facade. TBT Largest Contentful Paint image was not lazily loaded Above-the-fold images that are lazily loaded render later in the page lifecycle, we carn more about optimal lazy loading. LCP Element		

Element Uses 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 about adopting passive event listeners. Avoids document.write() For users on slow connections, external scripts dynamically injected via document.write() can delay page load by tens of seconds. Learn how to avoid document.write(). Avoid non-composited animations Animations which are not composited can be janky and increase CLS. Learn how to avoid non-composited animations (CLS) Has a <meta name="viewport"> tag with width or initial-scale A <meta name="viewport"> not only optimizes your app for mobile screen sizes, but also prevents a 300 millisecond delay to user input. Learn more about using the viewport meta tag. TBT



These checks highlight opportunities to improve the accessibility of your web app. Automatic detection can only detect a subset of issues and does not guarantee the accessibility of your web app, so manual testing is also encouraged.

ADDITIONAL ITEMS TO MANUALLY CHECK (10)

Hide

Interactive controls are keyboard focusable	^
Custom interactive controls are keyboard focusable and display a focus indicator. <u>Learn how to make custom controls focusable</u> .	
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 how to decorate interactive elements with affordance hints.	
The page has a logical tab order	^
Tabbing through the page follows the visual layout. Users cannot focus elements that are offscreen. Learn more about logical tab ordering.	
O Visual order on the page follows DOM order	^
DOM order matches the visual order, improving navigation for assistive technology. <u>Learn more about DOM and visual ordering.</u>	
O 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 how to avoid focus trap	<u>ps</u> .

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 how to direct focus to new content.	
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 technologuearn more about landmark elements.</nav></main>	ıgy.
Offscreen content is hidden from assistive technology	^
Offscreen content is hidden with display: none or aria-hidden=true. Learn how to properly hide offscreen content.	
Custom controls have associated labels	^
Custom interactive controls have associated labels, provided by aria-label or aria-labelledby. <u>Learn more about custom controls and labels</u> .	
Custom controls have ARIA roles	^
Custom interactive controls have appropriate ARIA roles. <u>Learn how to add roles to custom controls</u> .	
These items address areas which an automated testing tool cannot cover. Learn more in our guide on conducting an accessib	<u>pility</u>

review.

PASSED AUDITS (13) Hide [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 how aria-hidden affects the document body. 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 about the alt attribute. [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 about the viewport meta tag. Background and foreground colors have a sufficient contrast ratio Low-contrast text is difficult or impossible for many users to read. Learn how to provide sufficient color contrast. 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 about document titles. [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 how to fix duplicate ids. <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 about the lang attribute. <html> element has a valid value for its [lang] attribute Specifying a valid BCP 47 language helps screen readers announce text properly. Learn how to use the lang attribute. Links 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 how to make links accessible. 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 about proper list structure. List items () are contained within , or <menu> parent elements Screen readers require list items () to be contained within a parent , or <menu> to be announced properly. Learn more about proper list structure. Heading elements appear 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 about heading order. Image elements do not have [alt] attributes that are redundant text.

Informative elements should aim for short, descriptive alternative text. Alternative text that is exactly the same as the text adjacent to the link or image is potentially confusing for screen reader users, because the text will be read twice. <u>Learn more about the alt attribute</u>.

NOT APPLICABLE (48) Hide [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 about access keys. O [aria-*] attributes match their roles \wedge Each ARIA role supports a specific subset of aria-* attributes. Mismatching these invalidates the aria-* attributes. Learn how to match ARIA attributes to their roles. Values assigned to role="" are valid ARIA roles. ARIA roles enable assistive technologies to know the role of each element on the web page. If the role values are misspelled, not existing ARIA role values, or abstract roles, then the purpose of the element will not be communicated to users of assistive technologies. Learn more about ARIA roles. 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 how to make command elements more accessible. O Elements with role="dialog" or role="alertdialog" have accessible names.

ARIA dialog elements without accessible names may prevent screen readers users from discerning the purpose of these elements. Learn how to make ARIA dialog elements more accessible.
O [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 how aria-hidden affects focusable elements.
O 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 about input field labels.
ARIA meter elements have accessible names
When a meter 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. <u>Learn how to name meter elements</u> .
O ARIA progressbar elements have accessible names
When a progressbar 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. <u>Learn how to label progressbar elements</u> .
O [role]s have all required [aria-*] attributes
Some ARIA roles have required attributes that describe the state of the element to screen readers. <u>Learn more about roles</u> and required attributes.
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. <u>Learn more about the same roles and required children elements.</u>	<u>ut</u>
[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 <u>Learn more about ARIA roles and required parent element.</u>	i.
O [role] values are valid	^
ARIA roles must have valid values in order to perform their intended accessibility functions. <u>Learn more about valid ARIA roles</u> .	
Elements with the role=text attribute do not have focusable descendents.	^
Adding role=text around a text node split by markup enables VoiceOver to treat it as one phrase, but the element's focusable descendents will not be announced. <u>Learn more about the role=text attribute</u> .	
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 about toggle fields.	е
ARIA tooltip elements have accessible names	^
When a tooltip 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 how to name tooltip elements.	
 ARIA treeitem elements have accessible names 	^

When a treeitem 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. <u>Learn more about labeling treeitem elements</u> .
O [aria-*] attributes have valid values
Assistive technologies, like screen readers, can't interpret ARIA attributes with invalid values. <u>Learn more about valid values</u> for ARIA attributes.
O [aria-*] attributes are valid and not misspelled
Assistive technologies, like screen readers, can't interpret ARIA attributes with invalid names. <u>Learn more about valid ARIA attributes</u> .
O 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 how to make buttons more accessible.
The page contains a heading, skip link, or landmark region
Adding ways to bypass repetitive content lets keyboard users navigate the page more efficiently. <u>Learn more about bypass</u> <u>blocks</u> .
When definition lists are not properly marked up, screen readers may produce confusing or inaccurate output. <u>Learn how to structure definition lists correctly.</u>
O Definition list items are wrapped in <d1> elements</d1>

Definition list items (<dt> and <dd>) must be wrapped in a parent <d1> element to ensure that screen readers can properly announce them. Learn how to structure definition lists correctly.</d1></dd></dt>
O ARIA IDs are unique
The value of an ARIA ID must be unique to prevent other instances from being overlooked by assistive technologies. <u>Learn</u> how to fix duplicate ARIA IDs.
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 how to use form labels.
<frame/> or <iframe> elements have a title</iframe>
Screen reader users rely on frame titles to describe the contents of frames. <u>Learn more about frame titles</u> .
<html> element has an [xml:lang] attribute with the same base language as the [lang] attribute.</html>
If the webpage does not specify a consistent language, then the screen reader might not announce the page's text correctly. <u>Learn more about the lang attribute</u> .
O Input buttons have discernible text.
Adding discernable and accessible text to input buttons may help screen reader users understand the purpose of the input button. Learn more about input buttons.
<pre>O <input type="image"/> elements have [alt] text</pre>
When an image is being used as an <input/> button, providing alternative text can help screen reader users understand the

purpose of the button. <u>Learn about input image alt text</u> .
Elements with visible text labels have matching accessible names.
Visible text labels that do not match the accessible name can result in a confusing experience for screen reader users. <u>Learn more about accessible names</u> .
O Form elements have associated labels
Labels ensure that form controls are announced properly by assistive technologies, like screen readers. <u>Learn more about form element labels</u> .
Links are distinguishable without relying on color.
Low-contrast text is difficult or impossible for many users to read. Link text that is discernible improves the experience for users with low vision. Learn how to make links distinguishable.
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 about the refresh meta tag.
O <object> elements have alternate text</object>
Screen readers cannot translate non-text content. Adding alternate text to <object> elements helps screen readers convey meaning to users. Learn more about alt text for object elements.</object>
Select elements have associated label elements.
Form elements without effective labels can create frustrating experiences for screen reader users. Learn more about the select element.

O Skip links are focusable.
Including a skip link can help users skip to the main content to save time. <u>Learn more about skip links</u> .
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. <u>Learn more about the tabindex attribute</u> .
 Tables have different content in the summary attribute and <caption>.</caption>
The summary attribute should describe the table structure, while <caption> should have the onscreen title. Accurate table mark-up helps users of screen readers. Learn more about summary and caption.</caption>
 Tables use <caption> instead of cells with the [colspan] attribute to indicate a caption.</caption>
Screen readers have features to make navigating tables easier. Ensuring that tables use the actual caption element instead of cells with the [colspan] attribute may improve the experience for screen reader users. <u>Learn more about captions</u> .
elements in a large have one or more table headers.
Screen readers have features to make navigating tables easier. Ensuring that elements in a large table (3 or more cells in width and height) have an associated table header may improve the experience for screen reader users. Learn more about table headers.
Cells in a element that use the [headers] attribute refer to table cells within the same table.
Screen readers have features to make navigating tables easier. Ensuring cells using the [headers] attribute only refer to other cells in the same table may improve the experience for screen reader users. Learn more about the headers attribute.

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. <u>Learn more about table headers</u> .	
O [lang] attributes have a valid value	^
Specifying a valid <u>BCP 47 language</u> on elements helps ensure that text is pronounced correctly by a screen reader. <u>Learn</u> how to use the <u>lang attribute</u> .	
<pre></pre>	^
When a video provides a caption it is easier for deaf and hearing impaired users to access its information. <u>Learn more abovideo captions</u> .	<u>ut</u>
O All heading elements contain content.	^
A heading with no content or inaccessible text prevent screen reader users from accessing information on the page's structure. <u>Learn more about headings</u> .	
O Identical links have the same purpose.	^
Links with the same destination should have the same description, to help users understand the link's purpose and decide whether to follow it. <u>Learn more about identical links</u> .	
O Document has a main landmark.	^
One main landmark helps screen reader users navigate a web page. <u>Learn more about landmarks</u> .	

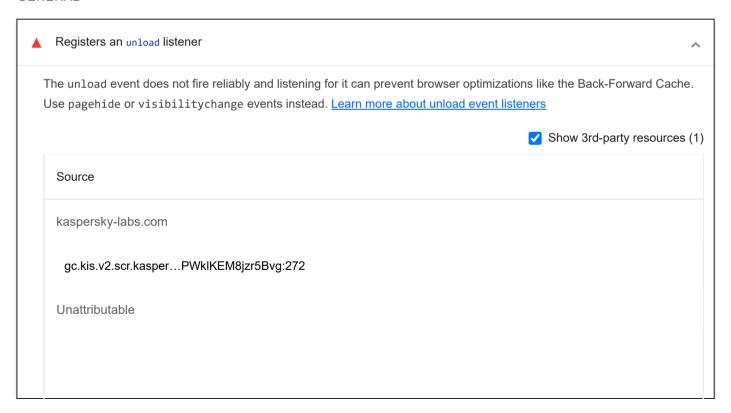
O Touch targets have sufficient size and spacing.

Touch targets with sufficient size and spacing help users who may have difficulty targeting small controls to activate the targets. <u>Learn more about touch targets</u>.



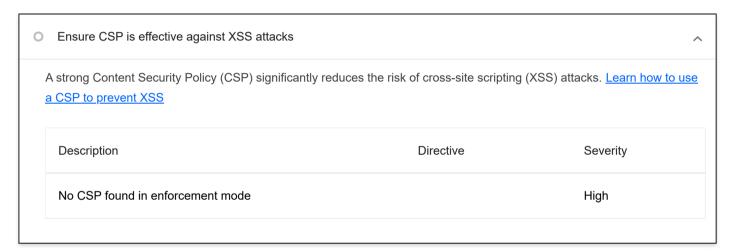
Best Practices

GENERAL

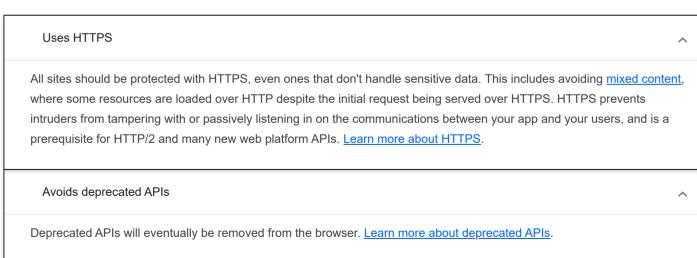




TRUST AND SAFETY



PASSED AUDITS (12) Hide



Allows users to paste into input fields
Preventing input pasting is a bad practice for the UX, and weakens security by blocking password managers. <u>Learn more about user-friendly input fields</u> .
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. <u>Learn more about the geolocation permission</u> .
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. <u>Learn more about responsibly getting permission for notifications</u> .
Displays images with correct aspect ratio
Image display dimensions should match natural aspect ratio. <u>Learn more about image aspect ratio</u> .
Serves images with appropriate resolution
Image natural dimensions should be proportional to the display size and the pixel ratio to maximize image clarity. <u>Learn how to provide responsive images</u> .
Page has the HTML doctype
Specifying a doctype prevents the browser from switching to quirks-mode. <u>Learn more about the doctype declaration</u> .
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 about declaring the character encoding. No browser errors 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 about this errors in console diagnostic audit 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. 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 about source maps. NOT APPLICABLE (2) Hide Fonts with font-display: optional are preloaded Preload optional fonts so first-time visitors may use them. Learn more about preloading fonts Detected JavaScript libraries

All front-end JavaScript libraries detected on the page. Learn more about this JavaScript library detection diagnostic audit.



SEO

These checks ensure that your page is following basic search engine optimization advice. There are many additional factors Lighthouse does not score here that may affect your search ranking, including performance on Core Web Vitals. Learn more about Google Search Essentials.

ADDITIONAL ITEMS TO MANUALLY CHECK (1)

Hide

Structured data is valid

Run the Structured Data Testing Tool and the Structured Data Linter to validate structured data. Learn more about Structured Data.

Run these additional validators on your site to check additional SEO best practices.

PASSED AUDITS (12) Hide

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

A <meta name="viewport"> not only optimizes your app for mobile screen sizes, but also prevents a 300 millisecond delay to user input. Learn more about using the viewport meta tag. TBT

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 about document titles. Document has a meta description Meta descriptions may be included in search results to concisely summarize page content. Learn more about the meta description. Page has successful HTTP status code \wedge Pages with unsuccessful HTTP status codes may not be indexed properly. Learn more about HTTP status codes. Links have descriptive text Descriptive link text helps search engines understand your content. Learn how to make links more accessible. Links are crawlable \wedge 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 how to make links crawlable 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 about crawler directives. 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 about the alt attribute.

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.

<u>Learn more about hreflang.</u>

Document uses legible font sizes — 98.43% 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. <u>Learn more about legible font sizes</u>.

Source	Selector	% of Page Text	Font Size
hiof.no 1st Party			
style.css:139	aside ul	1.57%	0рх
Unattributable			
Legible text		98.43%	≥ 12px

Document avoids plugins

Search engines can't index plugin content, and many devices restrict plugins or don't support them. <u>Learn more about avoiding plugins</u>.

Tap targets are sized appropriately $\,-\,$ 100% appropriately sized tap targets

Interactive elements like buttons and links should be large enough (48x48px), or have enough space around them, to be easy enough to tap without overlapping onto other elements. <u>Learn more about tap targets</u>.

^

NOT APPLICABLE (2)

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 about robots.txt.
 Document has a valid rel=canonical
 Canonical links suggest which URL to show in search results. Learn more about canonical links.



PWA

These checks validate the aspects of a Progressive Web App. <u>Learn what</u> <u>makes a good Progressive Web App.</u>

INSTALLABLE

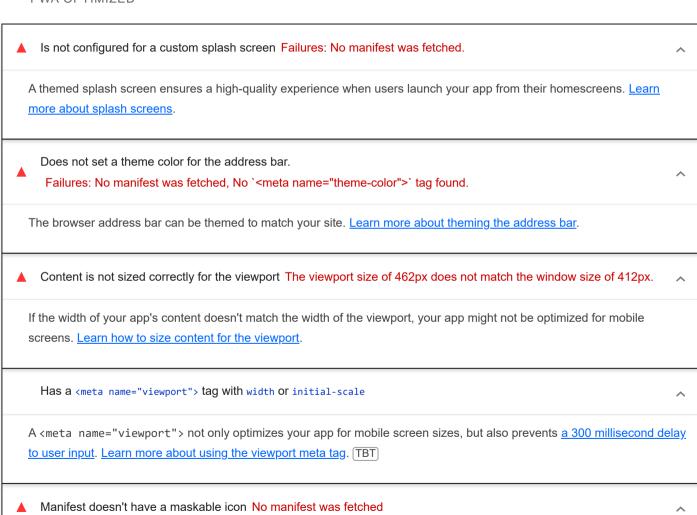
▲ Web app manifest or service worker do not meet the installability requirements — 1 reason

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 about manifest installability requirements.

Failure reason

Page has no manifest <link> URL

PWA OPTIMIZED



A maskable icon ensures that the image fills the entire shape without being letterboxed when installing the app on a device. <u>Learn about maskable manifest icons</u>.

ADDITIONAL ITEMS TO MANUALLY CHECK (3)

Learn more about providing deep links.

Hide

Site works cross-browser
 To reach the most number of users, sites should work across every major browser. Learn about cross-browser compatibility.
 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 about page transitions.
 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.

These checks are required by the baseline <u>PWA Checklist</u> but are not automatically checked by Lighthouse. They do not affect your score but it's important that you verify them manually.



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