https://rpires71.github.io/milestone1/certifications.html

92	100	100	100
Performance	**Accessibility**	**Best Practices**	**SEO**

SI   FCP

CLS   **92**   LCP

TBT

Performance

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

▲   0–49   50–89   90–100

Skip to content

Certifications

Over the years, I've pursued a wide range of certifications to complement my academic background in Computer Science and strengthen my role as an educator and IT professional. From foundational training in programming, networks, and web development in Portugal to earning globally recognised qualifications such as the CompTIA A+, ITF+, CCNA, and ECDL, each step has expanded my technical expertise. My PGCE and ongoing Level 5 Full Stack Web Development Diploma reflect a commitment to lifelong learning and professional growth. These certifications not only validate my knowledge but also enhance my ability to teach, lead, and innovate in education and

METRICS   Expand view

First Contentful Paint

2.0 s

Largest Contentful Paint

3.2 s

Total Blocking Time

0 ms

Cumulative Layout Shift

0

Speed Index

2.0 s

View Treemap

Later this year, insights will replace performance audits. [Learn more and provide feedback here](#).

Try insights

Show audits relevant to: All   FCP   LCP   TBT   CLS

DIAGNOSTICS

🔺 Eliminate render-blocking resources — Est savings of 810 ms   ⌄

🔺 Properly size images — Est savings of 584 KiB   ⌄

🔺 Largest Contentful Paint element — 3,190 ms   ⌄

🔺 Minify CSS — Est savings of 5 KiB   ⌄

Image elements do not have explicit `width` and `height`   ⌄

Serve static assets with an efficient cache policy — 20 resources found   ⌄

Reduce unused CSS — Est savings of 11 KiB   ⌄

◯ Avoid chaining critical requests — 4 chains found   ⌄

◯ Minimize third-party usage — Third-party code blocked the main thread for 0 ms   ⌄

◯ Avoid long main-thread tasks — 4 long tasks found   ⌄

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

PASSED AUDITS (28)   Show

100

Accessibility

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)   Show

These items address areas which an automated testing tool cannot cover. Learn more in our guide on [conducting an accessibility review](#).

PASSED AUDITS (19)   Show

NOT APPLICABLE (38)   Show

100

Best Practices

TRUST AND SAFETY

○ Ensure CSP is effective against XSS attacks   ⌄

○ Use a strong HSTS policy   ⌄

○ Ensure proper origin isolation with COOP   ⌄

○ Mitigate clickjacking with XFO or CSP   ⌄

PASSED AUDITS (15)   Show

100

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) Show

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

PASSED AUDITS (8) Show

NOT APPLICABLE (2) Show

Captured at Aug 19, 2025, 11:13 PM GMT	Emulated Moto G Power with Lighthouse 12.6.1	Single page session
Initial page load	Slow 4G throttling	Using Chromium 139.0.0.0 with devtools

Generated by **Lighthouse** 12.6.1 | [File an issue](#)