Kindera

Accessibility as standard

VoiceOver cheatsheet

Installation

VoiceOver is part of the Mac and iOS operating system, so there is nothing to install.

Keyboard navigation

Before using VoiceOver, you must enable keyboard navigation in the following two places:

1. System Preferences: Keyboard > Use keyboard navigation to move focus between controls.

2. Safari Preferences: Advanced > Accessibility > Press Tab to highlight each item on the web page.

Recommended browser

Although VoiceOver will work with all browsers, its operability varies between browsers. For this reason, Safari is the recommended browser and is the one commonly by users.

Modifier key

All VoiceOver commands are triggered using a two-key combination.

VO represents the VoiceOver modifier in the following tables.

Task	Keys
VoiceOver modifier key	Control + Option
Lock VoiceOver	VO + ;

Rotor

The Rotor is an important navigational aid used by many users.

When activated it presents the page's content grouped by various structured element types like: Links, Headings, Lists, Articles and Landmarks etc.

Not all element types are enabled by default; however, you can define what the Rotor should display by going to:

1. System Preferences: Accessibility > VoiceOver > Open VoiceOver Utility...

2. VoiceOver Utility: Web > Web Rotor (tab)

Rotor commands

A tip when filtering elements: try typing 2 on the headings menu to show all heading level 2 elements.

Task	Keys
Open Rotor	VO + U
Close Rotor	Escape
Navigate between element types	Left/Right Arrow
Navigate elements	Up/Down Arrow
Filter elements	Start typing

Starting and stopping

Task	Keys
Start/stop VoiceOver	Command + F5
Pause or restart reading	Control

Reading text

Task	Keys
Start reading	VO + A
Stop reading	Control
Read next paragraph	VO + Right Arrow
Read previous paragraph	VO + Left Arrow
Read sentence	VO + S
Read from top of current location	VO + B

Navigation

You can reverse the direction of the following commands by using the Shift key in addition to the keys listed below.

Task	Keys
Next focusable item	Tab
Next link	VO + Command + L
Next visited link	VO + Command + V
Activate link, button or form controls	VO + Space Bar
Next heading	VO + Command + H
Next form element	VO + Command + J
Next table	VO + Command + T
Next list	VO + Command + L
Next graphic	VO + Command + G
Next plain text	VO + Command + P

Tables

Task	Keys
Read column header	VO + C
Read row from VO cursor location to end of row	VO + R
Read column from VO cursor location to bottom of column	VO + R + C
Navigate table cells	VO + Arrow Keys

Full list of commands

A full list of commands is available at:

https://support.apple.com/en-gb/guide/voiceover/cpvokys01/mac

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