**Help for the Hands Free for Chrome Extension**

Say **help** again to hide this guide. Use the scrolling commands to scroll around the guide.

**Scrolling**

To scroll up a small amount, say **up.**

To scroll down a small amount, say **down.**

To scroll a small amount to the right, say **right.**

To scroll a small amount to the left, say **left**.

To page up, say **rise**.

To page down, say **fall**.

To scroll to the bottom of the page, say **bottom**.

To scroll to the top of the page, say **top.**

To set the page scrolling continuously up, say **keep scrolling up.**

To set the page scrolling continuously down, say **keep scrolling down**.

To stop the page from continously scrolling, say **stop**.

To control the speed of scrolling, say **faster** or **slower**. The changes will be

small, but you can issue these commands repeatedly for incremental gains.

**Clicking**

To paint number tags alongside what are most likely clickable elements of the page, say **map**. Saying **map** a second time will hide the number tags, as will using any of the scrolling commands.

If the element you wish to click is not numbered by **map**, try hiding the numbers and using **other** instead.

*Note: The system by which clickable elements are numbered will be heavily improved in the future—for the time being there will be many frustrations in the placement of the numbers.*

To click a numbered element, simply speak the number. Enunciate *very* clearly—the speech engine will readily confuse numbers like 15 and 50, or 16 and 60. If the number consists of multiple words, it may help to say it a little faster—if you say “fifty five” too slowly, the engine will register “fifty” before you finish speaking. Again, enunciate as clearly as possible.

**Dictation Mode**

If you’ve clicked a text input, Hands Free will switch into dictation mode, and anything you say will be written as text into the selected text input.

To turn off dictation mode and return to the normal control functionality, say **stop**.

To submit the textbox you’re typing in (the equivalent of pressing ‘enter’), say **go**. This is what you want when typing in a searchbox, for example.

To move the cursor to the next input in the form (for example, from username to password), say **next**.

*Note: Buttons in forms count as inputs, so you may inadvertently move to a button first. Simply continue to say* ***next*** *until the input you desire is selected.*

To remove the last word you entered from the textbox, say **undo**.

**Navigation**

To go to ANY website, say the name of the website on its own with the domain specified. There is no need to say “www.”

Examples: **google.com, en.wikipedia.org, mit.edu, fr.wikipedia.org**

To go to a particular .com website, say **go to [website name].** You can include the .com or omit it.

Examples: **go to google, go to google.com, go to amazon, go to facebook**

*Note: there are some websites with longer names which will register erroneously with the engine. For example, there is no way to reach freecreditreport.com, which will be heard as “free credit report.com”, and will consequently send you to report.com.*

To go back one page in your history, say **back**.

To go forward on page in your history, say **forward.**

To go to google.com, say **home**.

**Controlling Tabs**

To open a new tab, say **new tab**.

*Note: When opening a new tab, this extension will stop working unless you have installed the new tab redirect extension, which will direct new tabs to default to a page of your choosing. That extension can be found at https://chrome.google.com/webstore/detail/new-tab-redirect/icpgjfneehieebagbmdbhnlpiopdcmna?hl=en*

To close the current tab, say **close tab**.

To switch the active tab to the next tab in the window, say **switch**.

**Controlling the Window**

To enter or exit full screen mode**,** say **full screen**. All commands work just the same in full screen mode.

To minimize, say **minimize**.

*Note: Unfortunately the ‘maximize’ command is broken in Chrome. You may be able to restore your window from a minimized state by using the full screen command and then toggling it off, but this has lately proved unreliable. Using the minimize command is currently not recommended*.

To close all Chrome windows entirely, say **exit** or **quit**.

**Zooming**

To zoom in, say **zoom in**, or say **zoom**.

To zoom out, say **zoom out**.

To restore the zoom level to normal, say **zoom normal.**

*Note: The zoom normal command oftentimes fails once or twice. Try repeating it after a moment*.

**Refreshing**

To reload the page, say **reload** or **refresh**.

Lastly, to turn off Hands Free, say **done**.