Quick Reference Guide: VoiceOver for macOS Keyboard Commands
Recommended browser: Safari

Getting Started

Command + F5 starts the VoiceOver program. VoiceOver uses the Control and Option keys before each command. The combination is referred to as VO in the tables. The VO keys can be locked so that they do not need to be pressed to perform VoiceOver commands by pressing VO + ;.

Keyboard accessibility is NOT enabled by default on a Mac. Your accessibility and screen reader test results will be inaccurate if you do not enable keyboard accessibility in the following two places:

1. **System Preferences:** Keyboard > Shortcuts > Use keyboard navigation to move focus between controls.
2. **Safari Preferences:** Advanced > Accessibility > Press Tab to highlight each item on a webpage.

The Basics

Task	Command
Start (or stop) VoiceOver	Command + F5
VoiceOver activation keys (or VO keys)	Control + Option (referenced as VO)
Start reading	VO + A
Pause or resume reading	Control
Open Rotor (see explanation below)	VO + U
Activate link	Enter or VO + Space Bar
Activate button	Enter or Space Bar or VO + Space Bar
Read next/previous item	VO + Right or Left Arrows
Repeat last spoken phrase	VO + Z
Go to next heading	VO + Command + H
Go to next table	VO + Command + T
Go to previous (heading, table, etc.)	VO + Shift + Command + (H, T, etc.)
Navigate table cells	VO + Arrow Keys
Interact with (go into/out of) objects (like iframes, menus, application regions, etc.)	VO + Shift + Down/Up Arrows

Basic Navigation – Page Elements

Task	Command
Go to next/previous focusable item (link, button, input, etc.)	Tab / Shift + Tab
Next link	VO + Command + L
Next *visited* link	VO + Command + V
Next heading	VO + Command + H
Next form element	VO + Command + J
Next table	VO + Command + T
Next list	VO + Command + X
Next graphic	VO + Command + G
Activate a link or form control	VO + Space Bar
Go to previous (heading, table, etc.)	VO + Shift + Command + (H, T, etc.)
Interact with (go into/out of) objects (like iframes, menus, application regions, etc.)	VO + Shift + Down/Up Arrows

Reading Text

Task	Command
Start reading	VO + A
Stop reading	Control
Read next item	VO + Right Arrow
Read previous item	VO + Left Arrow
Read paragraph	VO + P
Read sentence	VO + S
Read word (press W multiple times to spell words alphabetically and phonetically)	VO + W
Read from top to current location	VO + B
Jump to top of page (using desktop keyboards)	VO + Home
Jump to top of page (using laptop keyboards)	VO + Fn + Left Arrow
Jump to bottom of page (using desktop keyboards)	VO + End
Jump to bottom of page (using laptop keyboards)	VO + Fn + Right Arrow
Select speech setting option (speaking rate, voice, pitch, etc.)	VO + Command + Right Arrow or Left Arrow
Modify the selected speech setting	VO + Command + Up Arrow or Down Arrow

Tables

Task	Command
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
Move up or down in a column	Up Arrow or Down Arrow
Move across a row	Left Arrow or Right Arrow

The Rotor

The VoiceOver "Rotor" feature helps users to do some frequently performed navigation actions quickly and easily. You can choose which element types are viewable in the Rotor by opening the VoiceOver Utility with VO + F8, then going to Web > Web Rotor.

Open the Rotor by pressing VO + U, then use the Left Arrow and Right Arrow keys to choose between element types (availability varies depending on the content of the web page, and whether the element type is enabled for viewing in the Rotor), such as Links, Headings, Tables, Frames, Images, Auto Web Spots (automatically generated list of structural and significant items on the page), Web Spots (user-identified page areas), Form Controls, Landmarks, Visited Links, and Non-Visited Links. Once a page element type is selected, use the Up Arrow and Down Arrow to select a particular element and Enter to activate it. Escape exits the Rotor.

Within the Rotor, you can begin typing to filter the available elements. For example, with the Headers Rotor open, pressing "2" will filter to second level headings. Typing "nav" will filter to the headings that contain those characters.

Full list of commands: https://tinyurl.com/voiceover-macos-guide