Shortcuts

Keyboard navigation

Shortcut	Description
Tab	Move to the next focusable element
Shift + Tab	Move to the previous focusable element
Enter	Activate the focused element; Accept selected value
Space	Click button; Open select/picker; Check checkbox
Arrow keys	Navigate within select options; Choose radio button

Screen reader

Mac

VO = Ctrl + Option

Shortcut	Description
⌘ + F5	Turn screen reader on/off
VO + ;	Lock voice-over shortcut
VO + Shift + Down Arrow	Enter content/element
VO + Shift + Up Arrow	Go up a level
VO + Right/Left Arrow	Navigate the website
VO + Cmd + H	Next heading
VO + Cmd + L/T/J	Next link/table/control
VO + U	Activate the rotor
VO + Cmd + Shift + arrow	Open settings

Windows

Shortcut	Description
Ctrl + Win + Enter	Turn screen reader on/off
Up/Down Arrow	Move around the website
H/Shift + H	Next/Previous heading
K/T/F	Next link/table/control
Caps Lock + F5/F6/F7	Landmarks/Headings/Links outline
Caps Lock + Plus/Minus	Increase/Decrease speech rate
Caps Lock + Ctrl + Plus/Minus	Increase/Decrease volume
Caps Lock + Space Bar	Toggle scan mode

Android/iOS

Shortcut	Description
Volume up + down for 3s	Turn screen reader on/off (**Android**)
Home button x 3	Turn screen reader on/off (**iOS**)
Tap the screen	Pause speaking (**Android**)
Two-finger tap	Pause speaking (**iOS**)
Tap x2	Activate element/click
Swipe left/right	Next/Previous element
Swipe up + down	Choose element type (**Android**)
Twist	Choose element type (**iOS**)
Swipe up/down	Navigate by element type