Use of Headings (H1-H6) in ARIA Landmarks

- `main` landmarks should contain `h1` element at the beginning of section:
  - `h1` element content describes the content or the purpose of the page
  - Provides a redundant means for assistive technology users to navigate to main content
  - Use headers in a structural way or in combination with HTML5 section elements
  - If more than one `main` landmark on the page use `aria-labelledby` to use the heading as accessible name to the landmark

- `navigation` and `complementary` landmarks should contain `h2` element at the beginning of section:
  - `h2` element content describes the content or the purpose of the page
  - Provides a redundant means for assistive technology users to navigate to content
  - If more than one `navigation` or `complementary` landmark on the page use `aria-labelledby` to use the heading as accessible name for each landmark

- `contentinfo` landmark should contain `h2` element at the beginning of section:
  - `h2` element identifies the section as footer information
  - Provides a redundant means for assistive technology users to navigate to content

- `banner` landmark may contain `h1` element at the beginning of section:
  - `h1` element identifies the website information
  - Provides a redundent means for assistive technology users to orient to the website