

The Mexican Studies Centre UNAM – South Africa

Manual for the operation of the narrator for people with disabilities on MAC OS

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^{*}Confidential, only for the use and review of the CEM, and for the use that it is intended.

NARRADOR FUNCTION ON MAC OS

PROCEEDING FOR ENABLING AND DISABLING NARRATOR ON MAC OS

(Mac os Monterey)

On the MAC OS system, the narrator system is known as VoiceOver.

- 1. To enable and disable the narrator it can be done from the keyboard by pressing **Command + F5**.
- 2. Another way to enable it is by telling Siri (the virtual assistant) "Enable VoiceOver" or "Disable VoiceOver".

You can use the keyboard or the mouse pointer to indicate the VoiceOver the text or the part of the screen that you want it to narrate.

PROCEEDING FOR DISPLAYING THE VoiceOver HELP MENU

The VoiceOver **help** menu displays options for information about the user manual, command help, keyboard help, sound help and quick start tutorial. As shown in the picture.



 When VoiceOver is enabled, press VO + H to display the "VoiceOver help" menu.

If you want to increase or decrease the font size of the menu, press the } or { keys.

- 2. To navigate through the menu and submenus use the arrow keys.
- 3. To select a menu element, press the space bar or the Return key.

To close the VoiceOver help menu without making any selection, press the **Esc or Fn + Tab** key.

¹ Image obtained from the official apple website: https://support.apple.com/es-mx/guide/voiceover/mchlp2687/mac

PROCEEDING FOR STOPPING OR MUTING VoiceOver

1. To **pause** the VoiceOver narrator voice, it can be done from the keyboard by pressing the Control key.

Pausing the VoiceOver does not mean that VoiceOver will stop, so by moving the cursor to an element on the screen, the narrator will start describing that element.

- 2. To **mute** the voice narrator you can do any of the following steps:
 - Press VO + Command + Shift + Right Arrow until you hear Volume, then
 press VO + Command + Shift + Down Arrow many times to lower the
 volume until VoiceOver is muted.
 - Open ''VoiceOver utility'' (press VO + F8 when VoiceOver is active), then click on the Voice category, click on Voices, and select ''Voice Muted''.