# Turn VoiceOver on or off on Mac

* Press Command-F5. If VoiceOver is on, pressing the keys turns it off.
* Use Siri. Say something like: “Turn VoiceOver on” or “Turn VoiceOver off.”
* If your Mac or Magic Keyboard has Touch ID, press and hold the Command key while you quickly press Touch ID three times. If VoiceOver is on, pressing the Command key and Touch ID turns it off.

You can also turn VoiceOver on or off using the Accessibility Options shortcut panel. To show it, press Option-Command-F5 or, if your Mac or Magic Keyboard has Touch ID, quickly press Touch ID three times. In the shortcut panel, press the Tab key until you hear the VoiceOver option, then press the Space bar.

# VoiceOver general commands on Mac

Use these commands to perform actions such as turning VoiceOver on and off, getting help, or changing basic settings. VO represents the VoiceOver modifier (see [Use the VoiceOver modifier](https://support.apple.com/guide/voiceover/voiceover-modifier-unac048/10/mac/12.0)).

*Note:*When VoiceOver is on, you can enter VoiceOver commands by using the Fn and number keys with the VoiceOver modifier, as an alternative to using the function keys (F1 through F12). For example, to open VoiceOver Utility you can press Control-Option-Fn-8 (instead of Control-Option-F8).

If you use the function keys (F1 through F12), you may need to press and hold the Fn key, depending on how you set the behavior of function keys in Keyboard preferences.

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| Action | Command |
| Turn VoiceOver on or off | Command-F5  If your Mac or Magic Keyboard has Touch ID, press and hold the Command key while you quickly press Touch ID three times. |
| Lock and unlock the VoiceOver modifier | VO-; |
| Open VoiceOver Utility | VO-F8 |
| Start keyboard help | VO-K |
| Open the VoiceOver Help menu | VO-H |
| Open the VoiceOver Quick Start | VO-Command-F8 |
| Open the VoiceOver User Guide | VO-? |
| Read the help tag for the current item | VO-Shift-H |
| Read the VoiceOver hint for the current item | VO-Shift-N |
| Open the Commands menu | VO-H-H |
| Open the Find Commands menu | VO-Shift-F |
| Open the Notifications menu | VO-N |
| Close a menu or rotor, stop an action, or exit a mode | Escape or Fn-Tab |
| Tell VoiceOver to ignore the next key or key combination you press | VO-Tab |
| Open the Verbosity rotor | VO-V  Then press the Left Arrow or Right Arrow key to choose the setting. Use the Up Arrow and Down Arrow keys to change the level for the setting. |
| Increase magnification of the item in the VoiceOver cursor | VO-} |
| Decrease magnification of the item in the VoiceOver cursor | VO-{ |
| Temporarily hide or show the VoiceOver cursor and the caption or braille panels | VO-Command-F11 |
| Hide or show the caption panel only | VO-Command-F10 |
| Resize or move the caption panel | VO-Shift-F10  Press again to cycle through these actions. Then use the arrow keys to resize the panel or move it. |
| Hide or show the braille panel only | VO-Command-F9 |
| Resize or move the braille panel | VO-Shift-F9  Press again to cycle through these actions. Then use the arrow keys to resize the panel or move it. |
| Tile visuals (dim the screen, highlight the caption or braille panel, and show the item in the VoiceOver cursor in the center of the screen) | VO-F10  Press again to return to the normal view. |
| Turn the NumPad Commander on or off | VO-Clear |
| Turn the Keyboard Commander on or off | VO-Shift-K |
| Turn the Trackpad Commander on or off | Press the VO (Control and Option) keys and rotate two fingers clockwise (on) or counterclockwise (off). |
| Turn the screen curtain on or off | VO-Shift-F11 |
| Cycle through settings (such as voice, rate, pitch, volume, intonation, and braille table) in the rotor | **VO-Command-Shift-Right Arrow** or Left Arrow |
| Change the current setting for voice, rate, pitch, volume, intonation, and braille table in the rotor | VO-Command-Shift-Up Arrow or Down Arrow |

# VoiceOver interaction commands on Mac

Use these commands to perform actions such as interacting with items on the screen. VO represents the VoiceOver modifier (see [Use the VoiceOver modifier](https://support.apple.com/guide/voiceover/voiceover-modifier-unac048/10/mac/12.0)).

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If you use the function keys (F1 through F12), you may need to press and hold the Fn key, depending on how you [set the behavior of function keys](https://support.apple.com/guide/voiceover/change-function-key-behavior-mchlp2685/10/mac/12.0) in Keyboard preferences.

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| Action | Command |
| Start interacting with an item | VO-Shift-Down Arrow |
| Stop interacting with an item | VO-Shift-Up Arrow |
| Navigate without automatically interacting with a group on a webpage | **VO-Shift-Left Arrow** or Right Arrow  If Quick Nav is turned on, press Shift-Right Arrow or Left Arrow. |
| Perform the default action for the item in the VoiceOver cursor | VO-Space bar |
| Click the mouse | VO-Shift-Space bar |
| Double-click the mouse | VO-Shift-Space bar-Space bar |
| Start multiple selection in a list or table, and select each item | VO-Command-Return  To stop multiple selection, cut or copy the selected items, press the Escape key or Fn-Tab, or stop interacting with the list or table in which the items are located. |
| Perform a sticky mouse down or mouse up (for use when dragging an item from one location to drop in another location) | VO-Command-Shift-Space bar |
| Select a menu or list item | VO-Return |
| Open or close a disclosure triangle | VO-\ |
| Read additional content, when available, for the item in the VoiceOver cursor. | VO-Command-/ |
| Describe an image or photo  VoiceOver describes text in images (even if an image isn’t annotated). It also describes objects in photos, such as a tree, a dog, or four faces with smiles. | VO-Shift-L |
| Read the row header in a table | VO-R |
| Read the contents of a table row from the location of the VoiceOver cursor to the end of the row | VO-R-R |
| Read the column header in a table | VO-C |
| Read the contents of a table column from the location of the VoiceOver cursor to the bottom of the column | VO-C-C |
| Read row and column numbers in a table | VO-Shift-T |
| Read the number of columns and rows (the dimensions) in a table | VO-Shift-T-T |
| Interact with scroll bars | VO-Shift-S  Then use the arrow keys to scroll up or down or side to side. To scroll vertically one page at a time, use Page Up and Page Down. To scroll horizontally one page at a time, use Shift-Page Up and Shift-Page Down. |
| Resize a window | VO-~  From the menu, choose Resize, Resize and Move to Grid, or Resize and Move to Section. Then navigate to a submenu where you can choose to resize an edge or corner, resize and move to an area of a grid (such as the top left), or resize and move to a section (such as the bottom half).  To resize an edge, use the VO and arrow keys (for example, press VO-Right Arrow to extend the right edge of a window).  To resize a corner, use the VO and two arrow keys (for example, press VO-Right Arrow-Up Arrow to extend the top-right corner of a window). |
| Move a window | VO-`  Then use the VO and arrow keys (for example, press VO-Left Arrow to move a window left). To move a window diagonally, use the VO and two arrow keys (for example, press VO-Left Arrow-Up Arrow to move a window diagonally left and up). |
| Resize an object | VO-Command-~  From the menu, choose Resize, Resize and Move to Grid, or Resize and Move to Section. Then navigate to a submenu where you can choose to resize an edge or handle, resize and move to an area of a grid (such as the top left), or resize and move to a section (such as the bottom half).  To resize an edge, use the VO and arrow keys (for example, press VO-Right Arrow to extend the right edge of an object).  To resize a handle, use the VO and two arrow keys (for example, press VO-Right Arrow-Up Arrow to extend the top right handle of an object). |
| Move an object | VO-Command-`  Then use the VO and arrow keys (for example, press VO-Left Arrow to move an object left). To move an object diagonally, use the VO and two arrow keys (for example, press VO-Left Arrow-Up Arrow to move an object diagonally left and up). |
| Stop scrolling or resizing | Escape or Fn-Tab |
| Create a custom label | VO-/ |
| Close the current window or the selected desktop in Mission Control | VO-Command-Escape |
| Open the Actions menu | VO-Command-Space bar |
| Open the Activity Chooser (this command works only if you’re in an app or website for which you created an activity) | VO-X |
| Switch to the previous activity | VO-X-X |

# VoiceOver navigation commands on Mac

Use these commands to perform actions such as moving around the screen, moving inside windows and webpages, and controlling cursor tracking. VO represents the VoiceOver modifier (see [Use the VoiceOver modifier](https://support.apple.com/guide/voiceover/voiceover-modifier-unac048/10/mac/12.0)).

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If you use the function keys (F1 through F12), you may need to press and hold the Fn key, depending on how you [set the behavior of function keys](https://support.apple.com/guide/voiceover/change-function-key-behavior-mchlp2685/10/mac/12.0) in Keyboard preferences.

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| Action | Command |
| Move the VoiceOver cursor up | VO-Up Arrow |
| Move the VoiceOver cursor down | VO-Down Arrow |
| Move the VoiceOver cursor to the left | VO-Left Arrow |
| Move the VoiceOver cursor to the right | VO-Right Arrow |
| Move to the top of the visible area (such as a window or text area) where the VoiceOver cursor is located | VO-Shift-Home  VO-Shift-Fn-Left Arrow. |
| Move to the bottom of the visible area (such as a window or text area) where the VoiceOver cursor is located | VO-Shift-End  VO-Shift-Fn-Right Arrow |
| Move to the top of the area (such as a window or text area) where the VoiceOver cursor is located, scrolling if necessary | VO-Home  VO-Fn-Left Arrow |
| Move to the bottom of the area (such as a window or text area) where the VoiceOver cursor is located, scrolling if necessary | VO-End  VO-Fn-Right Arrow |
| Move to the top of a window, the first item in the Dock, or the first item on your desktop, depending on your location | VO-Command-Home  VO-Command-Fn-Left Arrow |
| Move to the lower-right corner of a window, the last item in the Dock, or the last item on your desktop, depending on your location | VO-Command-End  **VO-Command-Fn-Right Arrow** |
| Move the window containing the VoiceOver cursor to the front, making it the active window | VO-Shift-F2 |
| Open the Item Chooser | VO-I |
| Open the VoiceOver rotor | VO-U |
| Move to the Dock | VO-D |
| Move to the desktop | VO-Shift-D |
| Move to the menu bar | VO-M |
| Move to the status menus in the menu bar | VO-M-M |
| Open or close Notification Center | VO-O |
| Open a shortcut menu | VO-Shift-M |
| Jump to a linked item (for example, from a message in the Mail messages list to the message preview) | VO-J |
| Temporarily turn the cursor tracking options selected in VoiceOver Utility on or off. The command doesn’t change the settings in VoiceOver Utility. | VO-Shift-F3 |
| Move the VoiceOver cursor to the keyboard focus | VO-Shift-F4 |
| Move the keyboard focus to the VoiceOver cursor | VO-Command-F4 |
| Move the VoiceOver cursor to the mouse pointer | VO-Shift-F5 |
| Move the mouse pointer to the VoiceOver cursor | VO-Command-F5 |
| Jump from the current location to any displayed input method or auto correction panel, and then jump back to the original location | VO-Shift-J |
| Find text | VO-F |
| While finding text, cycle through search item history | VO-Up Arrow or Down Arrow |
| Move the VoiceOver cursor in the given direction, wrapping when necessary | VO-Command-Shift-arrow keys |
| Set or remove a hot spot | **VO-Shift-[*hot spot number*]** |
| Jump to a hot spot | **VO-[*hot spot number*]** |
| Hear a description of a hot spot | **VO-Command-[*hot spot number*]** |
| Toggles watching a hot spot for changes | **VO-Command-Shift-[*hot spot number*]** |
| Open the Hot Spot Chooser | VO-Shift-X |
| Move to the next hot spot | VO-] |
| Move to the previous hot spot | VO-[ |
| Jump back to a parent folder | VO-Command-\ |
| Jump to the sort button in a column header in a table | VO-|  If the table also contains a row header, VoiceOver displays a menu where you choose a column or row header. Press VO-Right Arrow until you hear the header you want, then press the Space bar. |

# VoiceOver orientation commands on Mac

Use these commands to perform actions such as hearing information about the current item and what’s open on the screen. VO represents the VoiceOver modifier (see [Use the VoiceOver modifier](https://support.apple.com/guide/voiceover/voiceover-modifier-unac048/10/mac/12.0)).

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If you use the function keys (F1 through F12), you may need to press and hold the Fn key, depending on how you [set the behavior of function keys](https://support.apple.com/guide/voiceover/change-function-key-behavior-mchlp2685/10/mac/12.0) in Keyboard preferences.

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| Action | Command |
| Hear a summary of open apps | VO-F1 |
| Open the Application Chooser | VO-F1-F1 |
| Hear a summary of the current window | VO-F2 |
| Open the Window Chooser to access open windows and system dialogs | VO-F2-F2 |
| Hear the dimensions of the current window and the section of the screen where it’s located | VO-Command-F2 |
| Hear the position of the current window and whether anything overlaps it | VO-Command-F2-F2 |
| Hear a description of the item in the VoiceOver cursor, including the item’s current state, such as whether a checkbox is selected, or the percent value of a slider | VO-F3 |
| Hear the dimensions of the current item and the section of the screen where it’s located | VO-Command-F3 |
| Hear the position of the current item and whether anything overlaps it | VO-Command-F3-F3 |
| Hear a description of the item that has keyboard focus, including its current state, such as whether a checkbox is selected, or the percent value of a slider | VO-F4 |
| Hear details about the item that has keyboard focus  In text, you hear the location of the insertion point relative to the top-left corner of the text item in which the insertion point is located. For example, you might hear “Insertion point is two inches right, five inches down from top-left corner of edit text.” | VO-F4-F4 |
| Hear a description of the item under the pointer, including the item’s current state, such as whether a checkbox is selected, or the percent value of a slider | VO-F5 |
| Hear the location of the pointer as x and y coordinates on the screen, relative to the top-left corner of the screen | VO-F5-F5 |
| Hear the location of the pointer as x and y coordinates relative to the current window | VO-F5-F5-F5 |
| Read the selected item | VO-F6 |
| Read the contents of the VoiceOver cursor | VO-A |
| Read the visible contents of the window, the Dock, or your desktop, depending on your location | VO-Shift-W |
| Repeat the last spoken phrase | VO-Z |
| Copy the last spoken phrase to the Clipboard (also called the “Pasteboard”) | VO-Shift-C |
| Save the last spoken phrase and the crash log to a file on the desktop for troubleshooting | VO-Shift-Z |

# VoiceOver search commands on Mac

Use these commands to perform actions such as searching for text attributes, graphics, controls, and other items in text documents and webpages. VO represents the VoiceOver modifier (see [Use the VoiceOver modifier](https://support.apple.com/guide/voiceover/voiceover-modifier-unac048/10/mac/12.0)).

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If you use the function keys (F1 through F12), you may need to press and hold the Fn key, depending on how you [set the behavior of function keys](https://support.apple.com/guide/voiceover/change-function-key-behavior-mchlp2685/10/mac/12.0) in Keyboard preferences.

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| Action | Command |
| Find | VO-F |
| Open the Find Commands menu | VO-Shift-F |
| Find the next searched text | VO-G |
| Find the previous searched text | VO-Shift-G |
| Find the next list | VO-Command-X |
| Find the previous list | VO-Command-Shift-X |
| Find the next bold text | VO-Command-B |
| Find the previous bold text | VO-Command-Shift-B |
| Find the next style change | VO-Command-C |
| Find the previous style change | VO-Command-Shift-C |
| Find the next italic text | VO-Command-I |
| Find the previous italic text | VO-Command-Shift-I |
| Find the next color change | VO-Command-K |
| Find the previous color change | VO-Command-Shift-K |
| Find the next font change | VO-Command-O |
| Find the previous font change | VO-Command-Shift-O |
| Find the next table | VO-Command-T |
| Find the previous table | VO-Command-Shift-T |
| Find the next underlined text | VO-Command-U |
| Find the previous underlined text | VO-Command-Shift-U |
| Find the next control | VO-Command-J |
| Find the previous control | VO-Command-Shift-J |
| Find the next different item | VO-Command-D |
| Find the previous different item | VO-Command-Shift-D |
| Find the next item that’s the same type as the current item | VO-Command-S |
| Find the previous item that’s the same type as the current item | VO-Command-Shift-S |
| Find the next graphic | VO-Command-G |
| Find the previous graphic | VO-Command-Shift-G |
| Find the next heading | VO-Command-H |
| Find the previous heading | VO-Command-Shift-H |
| Find the next link | VO-Command-L |
| Find the previous link | VO-Command-Shift-L |
| Find the next heading of the same level | VO-Command-M |
| Find the previous heading of the same level | VO-Command-Shift-M |
| Find the next plain text | VO-Command-P |
| Find the previous plain text | VO-Command-Shift-P |
| Find the next visited link | VO-Command-V |
| Find the previous visited link | VO-Command-Shift-V |
| Find the next misspelled word | VO-Command-E |
| Find the previous misspelled word | VO-Command-Shift-E |
| Find the next blockquote | VO-Command-Q |
| Find the previous blockquote | VO-Command-Shift-Q |
| Find the next blockquote of the same level | VO-Command-W |
| Find the previous blockquote of the same level | VO-Command-Shift-W |

# VoiceOver text commands on Mac

Use these commands to perform actions such as reading and editing text and tables. Before you can use most of these commands, you must interact with text in a text area. VO represents the VoiceOver modifier (see [Use the VoiceOver modifier](https://support.apple.com/guide/voiceover/voiceover-modifier-unac048/10/mac/12.0)).

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If you use the function keys (F1 through F12), you may need to press and hold the Fn key, depending on how you [set the behavior of function keys](https://support.apple.com/guide/voiceover/change-function-key-behavior-mchlp2685/10/mac/12.0) in Keyboard preferences.

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| Action | Command |
| Read the contents of the VoiceOver cursor | VO-A |
| Select all text in the VoiceOver cursor | VO-Shift-A |
| Start and stop text selection in a text field (text selection tracking must be on) | VO-Return |
| Speak text attributes | VO-T |
| Jump to a hot spot in text | **VO-[*hot spot number*]**  For example, VO-1 or VO-9. |
| Read the paragraph in the VoiceOver cursor | VO-P |
| Read the next paragraph | VO-Shift-Page Down |
| Read the previous paragraph | VO-Shift-Page Up |
| Read the sentence in the VoiceOver cursor | VO-S |
| Read the next sentence | VO-Command-Page Down |
| Read the previous sentence | VO-Command-Page Up |
| Read the line in the VoiceOver cursor | VO-L |
| Read the next line | VO-Down Arrow |
| Read the previous line | VO-Up Arrow |
| Read the word in the VoiceOver cursor | VO-W |
| Spell alphabetically the word in the VoiceOver cursor | VO-W-W |
| Spell phonetically the word in the VoiceOver cursor | VO-W-W-W |
| Read the next word | VO-Right Arrow |
| Read the previous word | VO-Left Arrow |
| Read the character in the VoiceOver cursor | VO-C |
| Read phonetically the character in the VoiceOver cursor | VO-C-C |
| Move to the first visible word | VO-Shift-Home  VO-Fn-Left Arrow. |
| Move to the last visible word | VO-Shift-End  VO-Fn-Right Arrow. |
| Move to the beginning of text, scrolling if necessary | VO-Home  VO-Shift-Fn-Left Arrow. |
| Move to the end of text, scrolling if necessary | VO-End  VO-Shift-Fn-Right Arrow. |
| Add a new tab stop in TextEdit (the VoiceOver cursor must be on a tab stop in the ruler) | VO-Space bar |
| Delete the current tab stop in TextEdit (the VoiceOver cursor must be on a tab stop in the ruler) | VO-Delete |
| Interact with a tab stop in TextEdit (the VoiceOver cursor must be on a tab stop in the ruler) | VO-Shift-Down Arrow  Then use the Left Arrow and Right Arrow keys to move the stop. |
| Reads the current word and character in the VoiceOver cursor | VO-F3 |
| Reads the total number of lines and the number of visible lines in a document | VO-F3-F3 |

# VoiceOver web commands on Mac

Use these commands to perform actions such as navigating and interacting with webpages. VO represents the VoiceOver modifier (see [Use the VoiceOver modifier](https://support.apple.com/guide/voiceover/voiceover-modifier-unac048/10/mac/12.0)).

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| Action | Command |
| Move to the next column | VO-Command-Y |
| Move to the previous column | VO-Command-Shift-Y |
| Move to the next frame | VO-Command-F |
| Move to the previous frame | VO-Command-Shift-F |
| Move to the next auto web spot | VO-Command-N |
| Move to the previous auto web spot | VO-Command-Shift-N |
| Move to the next web spot | VO-Command-] |
| Move to the previous web spot | VO-Command-[ |
| Read from the current location on a webpage to the end of the page | VO-A |
| Read from the beginning of a webpage to the current location | VO-B |
| Read a link address (URL) | VO-Shift-U |
| Read the next sentence | VO-Command-Page Down |
| Read the previous sentence | VO-Command-Page Up |
| Read webpage statistics | VO-Shift-| |
| Remove a web spot or window spot | VO-Command-Shift-{ |
| Create a web spot | VO-Command-Shift-} |
| Set the sweet spot | VO-Command-Shift-}-} |
| Turn the grouping of items within a table on or off | VO-Command-= |
| Turn single-key webpage navigation on or off | VO-Q |