




MacOS VoiceOver Cheatsheet (version-α) - ole@omgwtf.dk












VoiceOver-keys

VoiceOver on MacOS uses the VoiceOver-keys for working with VoiceOver.

VoiceOver-keys (VO)  and (or)  + 

You can change this behaviour in the VoiceOver Utility.

VoiceOver Help


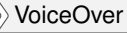
Start VoiceOver help  + 
Start VoiceOver help  + 
Start VoiceOver keyboard-help  +  + 
Start VoiceOver Quickstart  +  +  + 








Starting and stopping VoiceOver

Start VoiceOver with  + 
Start VoiceOver (Touchbar) .  +  three times













Setting up VoiceOver

Open your *System Preferences*.










You can find the VoiceOver settings:  > .

VoiceOver Utility  +  + 
Turn screencurtain on or off  +  +  + 









Adjust Voice-settings

Select Voice-setting  +  +  and  or 
Set Voice-setting  +  +  and  or 
Adjust verbosity  + 

Reading commands

Read element from current position  + 
Read element from beginning  + 
Read line  + 
Read text-attributes  + 
Stop speech 

Using the Rotor

Set the rotor  +  and  or 
Navigate using the rotor-setting ..  +  and  or 

Basic navigation

| | |
|-------------------------------------|-----------------|
| Move to next element | VO + → |
| Move to previous element | VO + ← |
| Interact with element | VO + ↑ + ↓ |
| Stop interaction with element | VO + ↑ + ↑ |
| Activate element | VO + Space |
| Go to first element | VO + ⌘ + fn + ← |
| Go to last element | VO + ⌘ + fn + → |

Navigating the user-interface

| | |
|-----------------------------|------------|
| Goto menubar | VO + m |
| Goto statusmenu | VO + m + m |
| Goto Dock | VO + d |
| Goto Desktop | VO + ↑ + d |
| Open element i Finder | VO + o |

Using Safari

| | |
|--------------------------------|----------------|
| Start Web-rotor | VO + u |
| Jump to next heading | VO + ⌘ + h |
| Jump to previous heading | VO + ⌘ + ↑ + h |
| Jump to next link | VO + ⌘ + l |
| Jump to previous link | VO + ⌘ + ↑ + h |

| | |
|----------------------------------|----------------|
| Jump to next plaintext | VO + ⌘ + p |
| Jump to previous plaintext | VO + ⌘ + ↑ + p |

Quick navigation

| | |
|--------------------------------------|----------------|
| Start and stop QuickNavigation | ← + → |
| Next element | → |
| Previous element | ← |
| Interact with element | → + ↓ |
| Stop interaction | ← + ↓ |
| Set the Rotor | ← + ↑ or → + ↑ |
| Navigate using Rotor-setting | ↓ or ↑ |

Choosers

| | |
|---------------------------|-----------------|
| Application Chooser | VO + fn + 1 + 1 |
| Window Chooser | VO + fn + 2 + 2 |
| Item Chooser | VO + i |

Application

| | |
|--------------------------------|-----------|
| Start Spotlight-launcher | ⌘ + Space |
| Switch Applications | ⌘ + ⇧ |