



VoiceOver

Command Reference

VoiceOver is the free screen reader that is integrated into the Mac operating system.

To turn on or off VoiceOver press Command + F5.

VoiceOver supports three methods for invoking commands:

1. **"VoiceOver keys"** ("VO" for short): Shortcut keys using Control + Option. To display a list of commands while using VoiceOver, press Control + Option + H + H. To turn on keyboard help, press Control + Option + K.
2. **Quick Nav (Navigation) keys:** single keystrokes are used for navigation. Press left arrow + right arrow to turn it on. Quick Nav has a navigation mode that cycles through types of elements such as characters, words, headings, landmarks, etc. Press right arrow + down arrow or left arrow + up arrow to cycle through the modes. In the current mode, navigate to elements using up arrow for previous and down arrow for next.
3. **Gestures:** To see a list of gestures, press Control + Option + Command + F8.

Reading

Read All	VO + A
Read from cursor to bottom	VO + A when interacting with text
Read from top to VoiceOver Cursor	VO + B
Increase or decrease speech rate	VO + V
Pause / resume speech	Control
Read Character	VO + C
Read Line	VO + L
Read Paragraph	VO + P
Read Word	VO + W
Read Sentence	VO + S

Headings

Next / previous heading	Quick Nav: H / Shift + H
Jump to heading level (1-6)	Quick Nav: 1, 2, 3, 4, 5, or 6

Lists

Navigate to the next / previous list	VO + command + X / shift + X Quick Nav: X
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Forms

Next / previous form field	Quick Nav: C / Shift + C
Next / previous text field	Quick Nav: F / Shift + R
Next / previous button	Quick Nav: B / Shift + B



Tables

Next / previous table	VO + command + T / shift + T Quick Nav: T / Shift + T
Next / previous column	VO + command + Y / shift + Y
Read column header	VO + C
Read content of table column	VO + C + C
Move up or down in a column	Up Arrow or Down Arrow
Read table row	VO + R

Note: VoiceOver can be set to read the header text when it navigates the table row. To set this option in the VoiceOver Utility, choose Verbosity in the category table, click Announcements, and then select "Speak header when navigating across a table row" checkbox.

Navigation

Next / previous landmark	Quick Nav: W / Shift + W
Next / previous item	Right arrow / left arrow
Next / previous link	VO + command + L / Shift L Quick Nav: L / Shift + L
Next / previous sentence	VO + command + page down / page up
Next / previous same-type element	Quick Nav: M / Shift + M

VoiceOver Command Charts

- [First-Level VoiceOver Commands](#)
- [Second-Level VoiceOver Commands](#)
- [Third-Level VoiceOver Commands](#)
- [Forth-Level VoiceOver Commands](#)
- [NumPad Commands](#)
- [Quick Nav Reference Guide](#)
- [VoiceOver Gestures](#)

Resources:

- [VoiceOver InDepth](#)
- [VoiceOver Getting Started Guide](#)
- [VoiceOver \(Video\)](#)
- [How to use VoiceOver on iPhone and iPod touch \(Video\)](#)