

VoiceOver User Guide for Key Commands

VoiceOver

VoiceOver is Apple's built-in screen reader that speaks aloud what's on your screen and lets you control your Mac using the keyboard.

VoiceOver Modifier Keys (VO Keys)

This is your dedicated key for VoiceOver commands, often set to the Caps Lock key or Control + Option pressed together. The keys **Control + Option** (^ + ⌥) are used together as the **VO Keys** for VoiceOver commands.

How to Turn It On or Off

- **Shortcut:** Command + F5 (or Fn + Command + F5 on newer Macs)
- **Menu:** System Settings → Accessibility → VoiceOver → Turn On VoiceOver

Basic Navigation Commands

Task	Command
Turn VoiceOver on/off	Command + F5
Open VoiceOver Utility	VO + F8
Move to next item	VO + →
Move to previous item	VO + ←
Read from current position	VO + A
Stop speech	Control
Open Apple menu	VO + M
Interact with item	VO + Shift + ↓
Stop interacting	VO + Shift + ↑

VoiceOver Utility

Open with **VO + F8** or through *System Settings* → *Accessibility* → *VoiceOver* → *Open VoiceOver Utility*.

Here you can customize voice, speech rate, verbosity, and more.

Practice Mode

Press **VO + K** to enter Practice Mode. It lets you try commands safely. Press **Escape** to exit.

Quick Troubleshooting

Problem

VoiceOver won't turn off
Speech too fast or unclear
Forgot Commands

Solution

Hold **Command + F%** a bit longer
VoiceOver Utility → Speech
Use **VO + K** for Practice Mode

Turn Off VoiceOver

Press **Command + F5** again, or go to *System Settings* → *Accessibility* → *VoiceOver* → *Off*.

Tip: Practice a few commands daily — soon you'll move around your Mac quickly using just the keyboard!