# VoiceOver Commands

Link to VoiceOver commands: [VoiceOver commands](https://www.apple.com/voiceover/info/guide/_1131.html)

## Essential Commands

* Start/stop VoiceOver (VO): command + f5
* VoiceOver modifier: control + Option
* Start reading: VO + A
* Stop Reading: control
* Read next item: VO + →
* Read previous item: VO + ←
* Read paragraph: VO + P
* Jump to top of page (on laptop keyboards, fn + ← is Home): VO + Home
* Jump to bottom of page (on laptop keyboards, fn + → is End): VO + End
* VO + command + ← / →: Select speech setting option (speaking rate, voice, pitch, etc.). Use VO + command + ↑ / ↓ to modify the selected speech setting
* ..VO + m
* ..Vo + shift + m

## Navigation

* Shift: Reverses the navigation direction
* tab: Next link or form control
* Next link: VO + command + L
* Next heading: VO + command + H
* Next form control: VO + command + J
* Next table: VO + command + T
* Next list: VO + command + X
* Next graphic: VO + command + G
* Activate a link or form control: VO + space