# Transcript for Using the Tab and Space Keys to Navigate a Website Video

(Julie Rummings speaking)

Julie: How do you activate links, buttons, and other interactive elements without using the mouse? The following keyboard shortcuts are the same on both Mac and Windows. Use the tab key on the keyboard to move the focus to the next link, button or interactive element. Once the focus is on what you need, use the space key on the keyboard to activate the link, button or interactive element. I will demonstrate. I have a website open in my browser. I am using the tab key to shift the focus from link to link and to navigate to each of the options in the navigation menu. To activate a link or button, I will press the space key. If there is a video or some media on the website, I should also be able to shift the focus using the tab key to the buttons on the player. If I am unable to navigate to and activate links and buttons then this resource is not accessible to students with disabilities.