

Keyboard Navigation Cheat Sheet

The keys and quick test every keyboard-only check comes down to, for any course, page, or app.

1 page

Reference card

The keys

What each key should do when you're testing with a keyboard alone

KEY	WHAT IT SHOULD DO
Tab	Move to the next interactive element
Shift + Tab	Move to the previous interactive element
Enter or Space	Activate the focused button, link, or control
Arrow keys	Move within a set of options, like a menu, radio group, or set of answer choices
Esc	Close the open dialog, menu, or popup

Try this on any course

Six steps, using only the keys above. Works for a Storyline slide, a Rise lesson, or a plain web page.

1. Put your mouse away. Use only Tab, Shift+Tab, Enter, Space, arrow keys, and Esc.
2. Press Tab repeatedly from the very beginning. Confirm you can reach every link, button, and interactive element, nothing should get skipped.
3. Watch where focus lands each time. You should always be able to see it, a visible outline, not guess.
4. Check the order focus moves in. It should match how the content reads, top to bottom.
5. Try what you tabbed to. Press Enter or Space to activate buttons and links, use arrow keys inside menus or answer choices.
6. If you open a popup or menu, confirm you can Tab or Esc your way back out without getting stuck.

Got stuck at any step? That is exactly what a keyboard-only learner would experience.