

The 5-minute self-audit

Ten checks that catch the barriers people hit most often. Check each item that is true for your site today. Each one maps to a band of the Octave Framework.

How to use it: pick one important page (home, a form, or checkout), test it with these ten items, then repeat on your next most-visited page.

The checklist

☐	01 Every image that carries meaning has alt text.	DIGITAL
☐	02 Text contrast is at least 4.5:1 (3:1 for large text).	ENVIRONMENTAL
☐	03 Every form field has a visible label.	DIGITAL
☐	04 Everything works with a keyboard alone.	PHYSICAL
☐	05 Focus is always visible and never hidden behind sticky bars.	PHYSICAL
☐	06 Each page has one H1 and headings in order.	DIGITAL
☐	07 Links say where they go (no “click here”).	COGNITIVE
☐	08 Video has captions; audio has transcripts.	ENVIRONMENTAL
☐	09 Content reflows at 320 px wide without sideways scrolling.	CONTEXTUAL
☐	10 PDFs are tagged and readable by screen readers.	DIGITAL

What your score means

9 to 10

A strong start. A full audit finds what a quick check can't.

5 to 8

Real barriers remain. Fix the unchecked items first.

0 to 4

People are being locked out today. Talk to a specialist.

This checklist covers common issues, not full WCAG 2.2 AA conformance. Automated tools catch only some problems; a full audit pairs them with manual testing using screen readers, keyboard and zoom.